Zesty rhubarb sauce covers ham

An old favorite, ham loaf, takes on a new taste and appearance when a touch of spring, a sweet 'n tangy, mapley-rhubarb sauce, is added. Try it and you'll want to make it often.

It's an economical and easy main dish. Quick or old fashioned oats (also a source of 7 B vitamins, vitamin E and 9 minerals) extend the meat into extra portions, a budget consideration. Prepared mustard, chopped onion and parsley flakes give the loaf its unique flavor. Working women will appreciate the fact that the loaf can be mixed and shaped in the morning and stored in the refrigerator until ready to bake. After work, they just pop the loaf into the oven

While the loaf bakes, the sauce, the crowning glory, is prepared. Three simple ingredients, chopped rhubarb, maple flavored table syrup and water, are simmered into a bright sauce. At serving time, spoon half of it on the loaf and pass the rest of it in a dish. Ham Loaf with

Rhubarb Sauce is a moist, mouthwatering main dish that truly celebrates spring!

> HAM LOAF WITH RHUBARB SAUCE

Ham Loaf:

2 eggs 1/2 cup milk

1 tablespoon prepared mustard 1/4 cup quick or old fashioned oats,

31/4 cups finely chopped cooked ham

1 tablespoon chopped onion I tablespoon dried parsley flakes

Rhubarb Sauce:

21/2 cups chopped rhubarb 1/2 cup maple flavored table syrup 2 tablespoons water

For ham loaf: Heat oven to 350° F. Line 8x4-inch loaf pan with foil, allowing edges of foil to extend over sides of pan; grease well. In large bowl, combine eggs, milk and mustard; mix well. Stir in oats; let stand 5 minutes. Add ham, onion and parsley; mix well. Place ham mixture in loaf pan. Bake 45 minutes. Meanwhile, prepare rhubarb sauce.

For rhubarb sauce: In medium saucepan, bring all ingredients to a boil. Reduce heat. Simmer 5 to 7 minutes or until thickened, stirring occasionally. Remove ham loaf from oven; let stand for 10 minutes. With edges of foil, gently lift ham loaf from pan to serving plate; remove foil. Spoon half of sauce over ham loaf; serve with remaining

Makes 4 to 6 servings.



AMERICA'S FAVORITE FOOD STORE

Peanut spread cheap, good

Looks like peanut butter, tastes like peanut butter. Kids love it and it's about 25 percent less expensive than peanut butter.

It's the all new Peanut Spread, in either crunchy or creamy smooth, combining peanuts and soy nutribits with all the same nutritional advantages of protein, energy and vitamins, at a savings of about 25 percent over regular peanut butter.

Peanut Spread has all the eating pleasure, cooking advantages and convenience that you are familiar with. The only thing missing is the high cost. The generic label has an even greater savings to you.

Use Peanut Spread any way you would use peanut butter . . . to stuff celery or blend it with chutney for a vegetable spread appetizer. Give the youngsters a taste treat of Peanut Spread and jelly sandwiches using raisin bread. For especially good eating try our easy to prepare Peanut Spread Candy Bars.

> PEANUT SPREAD CANDY BARS

I cup dark corn syrup 1/2 cup white sugar

1/2 cup packed brown sugar

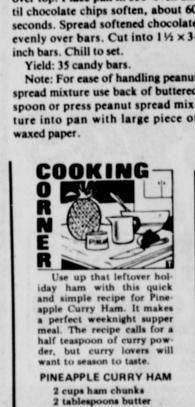
1 teaspoon vanilla 1 cup peanut spread

6 cups corn flakes I cup peanuts (optional)

1 package (12 oz.) chocolate chips

Combine corn syrup, sugars and vanilla in large 3-quart saucepan, bring to a rolling boil. Remove from heat and quickly stir in peanut spread, corn flakes and peanuts. Spread mixture evenly and firmly in a buttered 101/2 × 151/2-inch jelly roll pan. Sprinkle chocolate chips evenly over top. Place pan in 350 oven until chocolate chips soften, about 60 seconds. Spread softened chocolate evenly over bars. Cut into 11/2 x 3-

Note: For ease of handling peanut spread mixture use back of buttered spoon or press peanut spread mixture into pan with large piece of



1/2 teaspoon curry powder 1 can (20 oz.) Dole Chunk

1/2 cup chopped chutney 1/4 cup chopped green Hot fluffy rice Sauté ham in butter until lightly browned. Stir in curry powder, blending well.

Drain pineapple, reserving 1/2 cup syrup. Stir in pineapple syrup and chutney. Fold in pineapple. Simmer 5 to 6 minutes to blend

flavors. Sprinkle with green onions. Serve over hot fluf-fy rice. Makes 4 servings.

Pineapple in Syrup

SAFEWAY BONELESS **Round Tip Roast Grade A Turkey** Sales Limited Quality Beef To Retail Quantities Prices Effective 5/11 Thru 5/17/83 We're proud to be part of your life At Safeway In Portland Dole Dole neapple juice Dole neapple juice Dole crushed pineappl crushed? Ramen Noodle **Dole Pineapple Lucerne Ice Cream** Pineapple Juice Refreshing Town In Juice. **Assorted Assorted** House **Flavors** Dole 46-Ounce **Assorted Varieties** 1/2 Gallon 3-Ounce 20-Ounce Size Can Celebrity Chunk Light Tuna 6.5-0z. C&H 10-Lb. Granulated Sugar Fine Hintz Coconut Cream Pie Or Rich's Lemon 99° Bel-air Hawaiian Vegetables Frozen. 10-02. Minute Maid Fruit Punch FIELD RIPENED NATURALLY SWEET Mix or Match 8 Fashion Colors PERFECT FOR TODAY'S CASUAL, CONTEMPORARY DINING Half Flat Of 6 Baskets . . . \$2.69 YOUR The Mug, Bowl CHOICE or Plate Cantaloupe **Pineapple** Mangos