

# Nutritious Food in Daily Diet

## Menu Uses Vitamin Foods

"Food for Defense" is the slogan this week in many grocery stores, with the accent on nutritious foods to be included in the menus for the family. Most women are fast gaining a real knowledge of the best foods for wartime, and women are anxious to learn new ideas in menus and cooking.

Here's a menu for a special meal:

- Veal scrolls, prune stuffing
- Creamed string beans
- Mashed potato border
- Cole slaw
- Dutch cherry cake

### VEAL SCROLLS

3 veal cutlets, sliced thin  
Salt  
Pepper  
Prune stuffing  
Have butcher cut veal cutlets in halves and pound thin. Sprinkle each cutlet with salt and pepper, cover with a generous amount of prune stuffing made by mixing well 6 tablespoons melted butter, 1/4 cup chopped walnuts, 9 tablespoons chopped, stewed prunes, 2 1/2 cups bread crumbs, 1 tablespoon chopped parsley, 1/2 teaspoon salt, 1/16 teaspoon pepper. Roll up and tie securely. Bake in moderate oven (350 degrees) one hour, or until tender, basting frequently with a mixture of 1/2 cup Nucoa and 1 cup hot water. To make gravy, thicken liquor in pan with 1 tablespoon flour; add 1/2 cup boiling water and season with salt and pepper. Yield: 6 to 8 servings.

### DUTCH CHERRY CAKE

1/2 cup Nucoa, melted  
2 cups canned red cherries  
1 1/2 cups sifted flour  
3 teaspoons baking powder  
1/2 teaspoon salt  
3/4 cup sugar  
2 eggs, separated  
1/4 cup milk  
1 teaspoon vanilla  
Drain cherries, saving juice for sauce. Sift flour once, measure, add baking powder, salt and 1/2 cup sugar and sift together three times. Beat egg yolks and combine with milk, vanilla and melted Nucoa. Add liquids to flour all at once and beat until smooth. Fold in cherries and egg whites which have been beaten until stiff, but not dry, with remaining sugar. Bake in well Nucoa-d pan 7x11x1 1/2 inches in moderate oven (350 degrees) 50 minutes, or until done. Serve either hot or cold with hot cherry sauce. Yield: 6 to 8 servings.

### Today's Menu

Men for today will include an olive and fish dish, with no points used for either the olives or the fish.

- Sliced tomatoes
- Ripe olive and fish savory
- Rice
- Graham muffins
- Artichoke with drawn butter
- Apricot cobbler

Point value is so high on tomatoes, that it's practical now to use fresh tomatoes, even though they are rather high in price. In a salad they are given their due of importance and respect.

### RIPE OLIVE AND FISH SAVORY

- 1 cup whole ripe olives
- 2 cups heavy white sauce
- 1/2 teaspoon paprika
- 1/2 teaspoon celery salt
- 1/2 cup chopped green sweet pepper

1 cup flaked cooked fish  
6 servings hot-boiled rice  
2 hard cooked eggs  
Cut olives from pits. Combine white sauce, paprika, celery salt, sweet pepper and fish and heat to boiling. Remove from heat, add olives and blend. Form nests of rice and fill with fish mixture. Sprinkle tops with finely chopped egg. Serves 6.

For the cobbler, use dried apricots or peaches and cover with biscuit dough. Bake in same oven with muffins.

### GRAHAM MUFFINS (7 or 8)

- 1 cup graham (or whole wheat) flour
- 1 cup flour
- 1 teaspoon soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 4 tablespoons molasses
- 1 egg
- 1 cup buttermilk (or sour milk)
- 1 tablespoon shortening, melted

Lightly mix ingredients and half-fill greased muffin pans. Bake 25 minutes in moderate oven.

### RATION CALENDAR

**FOOD**  
Canned Goods - Blue stamps D, E and F good through April 30. Stamps G, H and I now valid and good through May 31.  
Meat, Cheese, Canned Fish, Fats, Butter and Margarine - Red stamps A, B, C and D valid through April 30. Stamp E good until May 31.  
Sugar - Coupon No. 12 good for 8 pounds, expires May 31.  
Coffee - Coupon No. 23 good for 1 pound, valid through May 30.  
**GASOLINE**  
Book A coupons No. 5, good for four gallons each, expire May 31.  
**FUEL OIL**  
Period 5 coupons expire September 1.  
**SHOES**  
No. 11 coupon in ration book No. 1 good for 1 pair, expires June 15.  
**TIRES**  
Cars with C books must have tires inspected by May 31; B books by June 30.



VEAL SCROLLS will make the meat dish on a fine company or family menu as listed in accompanying story.

## Pie Good for Desserts

Here are other good recipes to try.

### SHEPHERD'S PIE

- 6 tablespoons Nucoa
- 1 1/2 cups cooked mashed potatoes
- 1 1/2 cups cooked mashed carrots
- 2 cups cooked peas
- 2 cups diced roast lamb
- 1 1/2 cups sliced scallions or onions
- 2 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1 cup medium white sauce
- Mix mashed potatoes and carrots with 4 tablespoons Nucoa, 2 teaspoons salt, and 1/2 teaspoon pepper. Arrange diced meat in a nucoa-d casserole. Sprinkle with part of remaining salt and pepper. Dot with part of remaining nucoa. Repeat procedure using a layer of peas, then a layer of scallions. Cover with white sauce. Put potato mixture on top. Bake in hot oven 425 degrees 20 minutes, or until brown. Yield: 6 servings.

### BEAN POT SPECIAL

- 4 tablespoons nucoa, melted
- 1 1/2 cups diced baked ham
- 4 1/2 cups canned baked beans
- 1 tablespoon Best Foods prepared mustard with horseradish
- 1 1/2 tablespoons molasses
- Brown bread and nucoa
- Mix nucoa, ham, beans, prepared mustard and molasses. Place in a well nucoa-d baked bean pot. Bake in hot oven 400 degrees 25 minutes, or until thoroughly heated. Serve with brown bread and nucoa. Yield: 6 easily prepared servings.

### HASH 'TWEEN TOAST

- 1/2 to 1 cup nucoa
- 1 cup chopped left-over roast beef
- 1 cup coarsely chopped onions
- 12 slices white bread
- 2 eggs, beaten
- 1 cup milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- Cook beef, onion, 1/2 teaspoon salt and 1/2 teaspoon pepper together in 1 tablespoon nucoa over low heat until onions are tender. Remove from pan. Mix eggs, milk and salt together thoroughly. Dip bread in egg mixture. Brown lightly on both sides in nucoa, adding nucoa as needed. Heap meat and onion mixture on browned slices of bread. Cook slowly until thoroughly heated. Yield: 6 servings.

### Double Dose

**HAZEL GREEN** - Betty Koper, youngest daughter of Mr. and Mrs. Tony Koper, is recovering from the measles and mumps. She got mumps two days after breaking out with the measles.

### Shootin' Grandma



WHAT her job consists of is shown to the cameraman by Mrs. Ruby Barnett, one of the first grandmothers to join the WOW (Women Ordnance Workers) as she is interviewed in New York. Assigned to the Aberdeen, Md., proving grounds, Mrs. Barnett test fires rifles and machine guns. She has three grandchildren in the service. (Internationals)

## Displays Feature Fats

American housewives are being impressed by government officials of the necessity of vitamin-rich foods in every day menus. Among the items listed are fats. Cooking fats such as lard, oils and shortening must be supplemented with good spreads for breads, and this may include vitamin-rich margarine.

Local merchants are featuring displays of margarine this week, and have available booklets on the use of this spread, explaining its uses in cooking.

Here are typical recipes from the booklet:

### BAKED CORN AND CARROTS

- 4 tablespoons Nucoa
- 12 medium-sized carrots
- 1 small onion, sliced
- 2 1/2 tablespoons flour
- 1/2 teaspoon salt
- 1-16 teaspoon pepper
- 1 1/2 cups milk
- 1 1/2 cups cooked or canned corn kernels
- 6 slices broiled bacon

Cook carrots and onion in boiling salted water until tender. Drain and place in baking dish. Boil down liquid to 1/4 cup. Melt shortening. Add flour and seasonings and stir until smooth. Add milk and carrot liquid gradually and cook stirring constantly until thick and smooth. Add corn and pour over carrots. Bake in moderately hot oven (375 degrees) about 15 minutes, or until heated through. Top with bacon. Yield: 6 delicious servings.

### Valley Births

**UNIONVALE** - Mr. and Mrs. Carl Churchd are the parents of a six pound and five ounce daughter born April 6 at a Eugene hospital. She has been named Virginia Kay. Mrs. Church and infant are guests of Mr. and Mrs. J. C. Church. Carl Church is overseas in the South Sea islands and March 21 he was promoted to a first lieutenant.

**GERVAIS** - A 7 1/4 pound son was born at a Salem hospital Tuesday night, April 27, to Mr. and Mrs. Jake Cutsforth (Norma Bainer). It is their first child.

**GERVAIS** - A son which weighed 7 1/2 pounds was born Tuesday night, April 27, at a Salem hospital, to Mr. and Mrs. Jake Cutsforth, (Norma Bainer). He is the first child.

**SILVERTON** - Robert Lynn Riches, 8 pounds and 3 1/2 ounces, arrived at the Silverton hospital Wednesday to be the fourth generation of one of the Waldo Hills' best known pioneer families still living on the original farmstead. He is the son of Mr. and Mrs. Robert Riches (Martha Goodknecht). Mr. and Mrs. Riches are home but Riches is farmyodo living in the old Goodknecht home but Riches is farming the land which his grandfather, George S. P. Riches, took over in 1847.

### Housing Unit

**Portland, April 29 (AP)** - C. M. Gartrell, chairman of the Portland housing authority, said Wednesday that the final 3,196 apartment units at the Vanport housing project will be ready for occupancy by June 10. Street paving is scheduled for completion within 10 days.

### Will Release Tires

**Portland, Ore., April 29 (AP)** - The OPA announced Wednesday that 32,710 new tires will be released in this district in May compared with 24,123 last month. The district covers most of Oregon and five southwestern Washington counties.

**MT. ANGEL** - Word has been received here that Aviation Cadet Raymond LeDoux, son of Mr. and Mrs. Louis LeDoux, and Edna Brack, daughter of Mr. and Mrs. Frank Brack of Woodburn, were married Easter Saturday at Kelly Field, San Antonio, Texas.

The candlelight ceremony was performed in the camp chapel by the Catholic chaplain, Lt. Hilary Tardif. The altar was decorated with Easter lilies and roses.

The bride wore a gown of heavy white satin, long sleeves, sweetheart neckline, fitted at the waist and flaring into a long court train. Her fingertip veil of tulle was held in place with a Mary Stuart headpiece. She wore a locket and chain, gift of the groom, and for the blue, sapphire earrings. She carried a bouquet of individual Easter lilies and pink and white sweetheart roses.

Miss Vivienne LeDoux of Mt. Angel was bridesmaid. Aviation Cadet Robert Long of Kelly Field was best man.

After the ceremony a reception was held for the air cadets. A decorated wedding cake and the bride's and bridesmaid's flowers formed the centerpiece for the table.

Mrs. LeDoux will remain in Texas while her husband is stationed there.

**WOMEN OF SALEM AND VICINITY**

**LET NUCOA HELP YOU**

# "WIN WITH NUTRITION"

At your grocer's now—see "foods to make the home front strong," with timely displays featuring NUCOA, the nutritious modern margarine with VITAMIN A!

## "EVERY DAY, EAT THIS WAY"

say Uncle Sam's Nutrition Rules. Plan your meals so that every day they include foods from all the following food groups. See "reminder" displays at your grocer's and learn this week how NUCOA can help you add delicious flavor and important food value to all your meals—without high cost!

**1 Meat, poultry, fish** fried in NUCOA or seasoned with NUCOA gain the rich flavor which only a delicious, table-quality spread used for cooking can give. Yet this luxury with NUCOA is thrifty in cost!

**2 Fruit, green & yellow vegetables** get extra energy value and Vitamin A from seasoning with NUCOA. And NUCOA always tastes sweet and fresh, for it is made year 'round on order only—never held in storage.

**3 Bread and cereal** are "naturals" with NUCOA! For sugar saving, try NUCOA and syrup on hot cereal. This good, old-fashioned dish is a fine fuel food—rich in vitamins for vim, vigor, and vitality!

**4 Eggs**, any way you cook them, are improved by the delicious flavor NUCOA gives so inexpensively! NUCOA's chief ingredients are pure vegetable oils churned in fresh pasteurized skim milk—both products of American farms exclusively.

**5 Milk and milk products** are delicious with NUCOA cakes, cookies and pastries. NUCOA is grand for shortening because it adds rich flavor and Vitamin A... and because NUCOA is so smooth and easy to cream—never "flaky," even when cold.

**6 Spreads with Vitamin A—NUCOA**, the delicious modern "thrift spread," furnishes as much food-energy as the most expensive spread for bread (3,300 calories per pound) and in every pound not less than 9,000 units of Vitamin A are guaranteed!

## FOR ALL COOKING AND TABLE PURPOSES ONLY 5 POINTS PER POUND

### You'll Find Nucoa at These Salem Food Stores

<p>V. A. McEwen 379 N. High Model Food Market, Inc. 273 N. High Grand Central Market 185 N. High Krechter Grocery 156 S. Church E. A. Dase 1003 S. Commercial M &amp; F Grocery 1072 S. Commercial Kitching-Keop 1137 S. Commercial Miller Grocery 1199 S. Commercial Hobby's Market 1599 S. Commercial Wm. M. Gillings 1605 S. High Walker Page 2380 S. High J. G. Meyer Grocery 2152 S. Commercial M. L. Waring Rt. 3 Chas. Krueger Rt. 3, Box 583 J. H. McDonald Rt. 4, Box 231 Elbert Dickson Rt. 4 Gishell's Grocery 15 Ratcliffe Drive W. T. Robinson Rt. 1 Smith and Ward Rt. 1 Krueger's Kash &amp; Carry 40th and Center Russell Milliet 3010 E. State Four Corners Grocery 3840 E. State F. C. Fulton 610 N. Cottage C. M. Roberts 720 D Wm. M. McMorris 275 N. 15th C. M. Robinson 1198 N. 17th Remington Market 1700 Market Ebner's Grocery 2000 Market Figgly Wigly 1240 N. Capitol</p>	<p>A. S. Johnson 955 Market Mrs. Pierson 1295 N. Gessner Hollywood Red and White Grocery 2000 N. Capitol Davies Cash Grocery 2380 Fairgrounds Rd. Savings Center 3390 Portland Road Capitol Grocery 105 Silvertown Road Highland Market 800 Highland Avenue Wartner's Grocery 546 Highland Avenue O. P. Driggs 2000 N. Commercial Painter's Food Market 210 S. Cottage Frank R. Bailey 405 S. Winter C. T. Jones 1006 Mill Mickey Mouse Grocery 815 S. 12th Busy Corner Grocery 1927 S. 12th Clair N. Wilkes 1596 S. 12th M. O. Chappelle 1850 Lee Minton Market 1965 Mission Serve-Rite Grocery 897 S. 12th State St. Grocery, Inc. 1230 State Peeble's Grocery and Market 1244 State Bale's Cash Store 1312 State Safeway Stores, Inc. 14th and State 245 Court Fairgrounds and Tilt Road 1230 Broadway 535 S. Commercial Don Shook 805 S. 19th C. W. Fogue 2217 Lee Geo. E. Tomkins 1899 State C. M. Eppley Co. 1900 State W. E. Neptune 1932 State</p>	<p>Byron Cooley 2390 State Cable's Drive-In Market 2470 State S. C. Clear 305 S. 25th E. W. Cooley 2285 Mill R. E. Bailey 610 Brex Elmer O. Berg 1781 Center R. H. Largent 1800 Chemskeia Little Lady's Store 1100 Center Clara Borge 520 N. High C. O. Griffin 341 Union Lemmon's Market 598 N. Commercial Busch's Markets 470 N. Commercial 197 N. Commercial 111 Kingwood, W. Salem Schroeder's Four Star Market 101 S. Commercial Fred Meyer, Inc. 170 N. Liberty Paramount Market 260 N. Liberty Pearson's Cash Store 294 N. Commercial The Table Supply 263 N. Commercial C. W. Stephenson 1445 N. Commercial Pearle Spahnour 1616 N. Commercial Geo. H. Muehler 1204 N. Commercial Broadway Market 1100 Broadway Mark J. Wilbur 1405 N. Church Donald S. Toomb 1635 Fairgrounds Gammern's Grocery 899 N. Commercial Parlian Grocery 765 Edgewater West Side Market 991 Edgewater Sloper's Market 1091 Edgewater Gerth's Cash Grocery 1211 Edgewater</p>
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