

Veal Breast Good Eating If Stuffed

Perhaps yours is a veal-loving family, if so, try veal breast stuffed for Sunday dinner. You know how good veal steaks can be, cooked in a rich tomato, mushroom or Spanish sauce. You enjoy the same fine flavor in serving a thrifty veal breast, that's stuffed and baked with a savory bread or fruit filling for a delicious intermingling of flavors.

Watch the meat case for one of these bargain meats. A whole breast may weigh 4 to 6 pounds but you should allow at least a pound per serving.

Consider the ease of carving before you leave the meat market. Have the meat dealer cut off the long bone and trim the breast into rectangular shape. Ask him also to make a pocket in one end of the breast to hold the stuffing. Use the remaining meat trimmings for a little brown stew served with a porky mashed potato or pastry topping.

Your favorite bread stuffing or a fancy fruited filling makes a fine flavor team with the veal. Keep the stuffing in place with meat skewers; place the stuffed breast on a rack in a roasting pan. Bacon or salt pork is often placed over the top of the meat for flavor and extra juiciness.

Use Moist Meat
As with veal steak or cutlets, slow moist cooking is necessary to bring out the best flavor and prevent the meat from becoming dry. Add 1 cup of water to the meat in the pan, cover and cook in a slow oven (325 degrees 2½ hours or about 40 minutes per pound. Remove the cover for the last 20 minutes of cooking time to brown the top of the roast.

With the long breast bone already removed it's easy to serve the meat by carving between the rib bones for two rib portions.

As "serve with" accompaniments with the meat include spicy pickled peaches, glazed sweet potatoes and a green vegetable such as broccoli or frozen green beans. Your favorite oven rolls and a spring-time dessert such as lemon cake or meringue tarts will end the meal on a happy note.

STUFFED VEAL BREAST
1 veal breast (4 to 5 lbs.)
6 slices bacon or salt pork
1 cup water

SAVORY BREAD STUFFING
½ cup butter or margarine
½ cup chopped onion
½ cup chopped celery
12 slices white bread, cut in ½ inch cubes
½ cup milk or water
¼ teaspoon nutmeg
1½ teaspoons salt
½ teaspoon poultry seasoning
1 egg, beaten slightly

Make lengthwise pocket in veal breast. Season pocket with salt and pepper.

For stuffing: Melt butter in skillet. Add onion and celery. Stir and cook until vegetables are tender. Moisten bread crumbs with milk. Add cooked onions and celery, nutmeg, salt, pepper, poultry seasoning, and egg.

Fill pocket of veal breast with stuffing; fasten edges together with metal or wooden skewers or sew into shape. Lay bacon slices over top of breast. Place the stuffed veal breast on a rack in a roasting pan. Add 1 cup water. Roast in a moderate oven (325 degrees) 40 minutes per pound. Cover for awhile, removing half an hour before done.

Sheets Wear if Supply Adequate

An adequate supply of sheets in the linen closet means longer wear for every sheet.

Six sheets should be allowed for each bed in the house. This number provides for two in use, two in the laundry, and two in the linen closet for reserve.

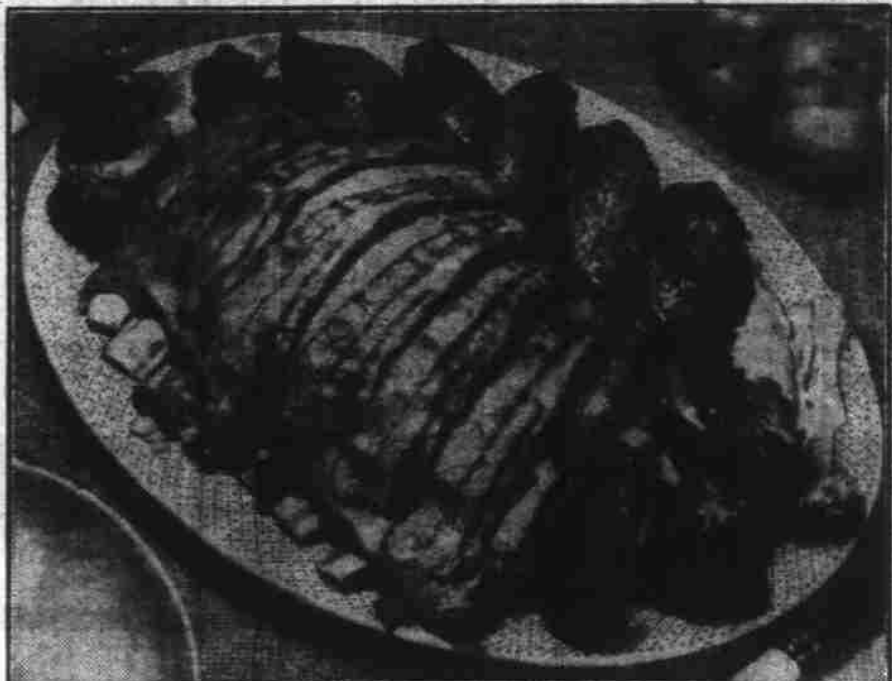
It is important not to use the same sheets week after week. Allow them to rest a few days on linen closet shelves before placing them on beds. This gives the cotton fibers a chance to vary out thoroughly and greatly prolongs the sheets' wear. The National Cotton Council points out.

The supply may be varied by using pastel colored sheets.

WOMEN HABITS

NEW YORK—(INS)—Opera star Igor Gorin says there are six things that men really hate about women. They are: nagging; possessiveness; jealousy; being always right; making a scene in public and showing off.

Among the Favorites



The meat case may yield specials in the veal line, and you'll sometimes find breast of veal to be an excellent bargain. Here it is stuffed for extra special family Sunday dinner menu.

Here's Good Looking Food

For a fine tasting economy dinner, serve braised ox joints with noodles, carrots and green beans. Ox joints (ox tails), one of the economy cuts which wise homemakers are using today, should be cooked slowly in liquid until tender, three to four hours. Tomatoes used in cooking the ox joints produce extra tender meat.

BRAISED OX JOINTS

2 ox tails
Flour, fat
2 medium onions
½ teaspoon salt
½ teaspoon pepper
½ teaspoon celery salt
1 bay leaf
4 cloves
1 cup canned tomatoes
1 cup water

Have meatman cut ox tails into 2-inch pieces. Roll in flour and brown thoroughly in several tablespoons hot fat in Dutch oven or large heavy kettle. Add chopped onions, seasonings, tomatoes and water. Cover and cook slowly for 3 to 4 hours or until meat is nearly falling from bone, adding more water as necessary. Remove ox joints to platter and keep warm. Thicken gravy using 2 tablespoons flour blended with 3 tablespoons cold water for each cup of liquid. Serve ox joints on buttered noodles with gravy on the side. (Serves 4.)

Home Made Candy One of Firsts

Penoche is one of the first candies to learn to make, and one of the best. It's just like fudge without the chocolate.

PENOCHE

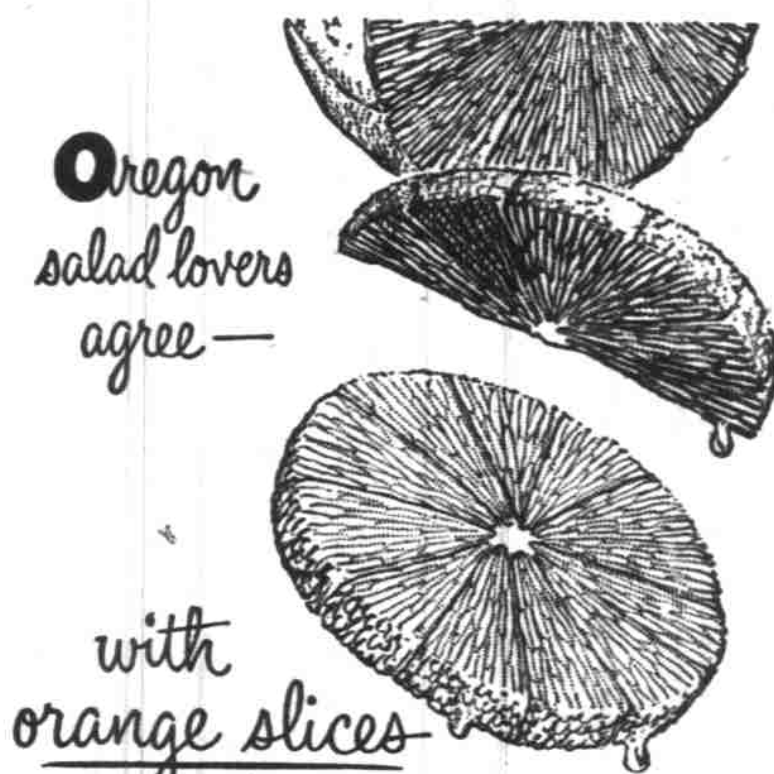
2 cups brown sugar
2 cups sugar
2 tablespoons butter
½ cup rich milk
½ cup syrup
1 teaspoon vanilla
1 cup walnuts, broken, or 1 cup coconut
Combine first 5 ingredients. Boil to soft ball stage (234 to 236 degrees). Cool, add vanilla. Beat until stiff. Add walnuts or coconut. Pour into buttered pan.

HOW LONG TO KEEP MILK

As a general rule, milk can be stored three or four days in a refrigerator. Preservation depends on the freshness of the milk at time of delivery, the number of times it is removed from the refrigerator and the length of time it is left standing at room temperature.

MEAT SAUCE

Leftover slices of veal or lamb are excellent heated in a sour cream sauce. Season the sauce with chopped parsley, salt, pepper, celery salt and garlic salt, if desired. Spread over the meat in a baking dish and heat in a slow oven (300 degrees) for 30 minutes.



Oregon salad lovers agree—
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There's Hot Meal From Dried Beef

With dried beef stored in your refrigerator you have one solution to menus for any meal of the day, or playtime snacks.

This ready-cooked meat is right for lunch or late evening eating as "dried beef" burgers. Over big buns place thin slices of American cheese. Toast in the broiler, then serve topped with barbecued dried beef. For extra-simple barbecue sauce making, add chopped celery and pickle relish to a tomato sauce or canned tomato soup.

To cream dried beef for numerous other dishes, melt 2 or 3 tablespoons of lard in a frying pan and cook the dried beef (easily cut with kitchen shears) until crisp. Add an equal amount of flour to drippings and blend. Stir in 2 cup of milk (for 3 tablespoons flour) and cook until thick, stirring constantly. For variation, add cooked or canned peas to the creamed dried beef. Attractive serving is accomplished by arranging the creamed dried beef and peas on a platter surrounding fried noodles or curried rice.

Another different serving of dried beef is obtained by adding chopped cooked cabbage and minced onion to a creamed mixture. Season with just a hint of curry and serve on fluffy rice or buttered noodles. One of the simplest of all dishes is prepared with scalloped potatoes. Along with the layers of sliced potatoes, add layers of dried beef. Chopped dried beef and noodles au gratin is another good dish.

The streets of Hanoi, Indochina, are said by the National Geographic Society to be virtually deserted during the noon-3 p.m. siesta period.

Any Way You Look at It



Large pieces of tender chicken with fluffy white rice make a good dish no matter how you look at it. National Rice week is set for April 23 to 27, but with us, any week is National Chicken and Rice week.

Cheese Dreams Old Favorite

Here's a dish we'd almost forgotten about. Wonderful to serve with salads or soups or as an appetizer.

CHEESE DREAMS

2 cups cheese, grated
3 ounces (½ cup) cream cheese
½ teaspoon baking powder
2 tablespoons butter, softened
1 egg, beaten
48 2-inch rounds bread, toasted

Blend first 5 ingredients, beat until creamy. Spread on toast, place under broiler until slightly browned and puffed.

CURE FOR WATER SPOTS

If your glassware and silver show water spots after being washed and dried in a dishwasher, the condition may be due to film caused by hard water. To avoid water-spotting, pour a small quantity of bleaching agent on top of the detergent in the detergent cup (use the bottle cap as a measure and fill it ¾ full). Repeat the process periodically, depending on the hardness of water in your area.

Cotton corduroy took its name from the French words corde du roi, meaning "king's cloth." When it was named several centuries ago, the "cotton velvet" was so expensive that only kings and the very wealthy could buy it.

Bananas in Sandwiches New, Novel

Let no modern get the idea that bananas are a mere fruit, to be peeled and eaten out of hand. Here are three sandwiches suggested by the growers of bananas for good eating—especially for youngsters who are known to be the greatest of banana enthusiasts.

BANANA PEANUT BUTTER SANDWICH

8 slices bread
Peanut butter
1 to 2 ripe bananas
Butter
Spread 4 slices of bread with peanut butter. Peel and slice bananas and place on peanut butter. Cover with slices of buttered bread. Four sandwiches.

BANANA HAM SANDWICH

¾ cup finely chopped cooked ham
¼ cup finely chopped celery
¼ teaspoon finely chopped onion
1½ teaspoons prepared mustard
½ cup finely diced ripe banana (1 banana)
8 slices bread
Butter or margarine
Mix together ham, celery, onion and mustard in mixing bowl. Add 4 slices of bread with ham mixture. Cover with remaining slices of bread spread with butter or margarine. Four sandwiches.

BANANA RAISIN SANDWICH

1 cup chopped raisins
1 teaspoon salt
Mayonnaise or salad dressing
8 slices bread
2 ripe bananas
Butter or margarine
Mix together raisins and salt in mixing bowl. Add enough mayonnaise or salad dressing to moisten.

ten. Spread 4 slices of bread with raisin mixture. Peel bananas and slice on top of raisin mixture. Cover with remaining slices of bread spread with butter or margarine. Four sandwiches.

Bright Salad Fresh From Garden

Fresh garden vegetables make the ideal crisp salad:

FRESH VEGETABLE AND CHEESE SALAD

2 heads lettuce, peel and cut in squares
1 onion
2 cups celery diced
1 bunch radishes, sliced
1 cucumber, diced
Whites of 4 hard-cooked eggs, sliced
French dressing
2 cups American cheese, grated
Yolks of 4 hard-cooked eggs, sieved

Toss first 7 ingredients together in salad bowl. Pour French dressing over contents. Garnish with cheese and egg yolks. Serves 10 to 12.

Snowy White Gloves Good

In olden times gloves were the mark of a lady. No lady would venture out of her home with bare hands.

Today, though a lady isn't ostracized for failing to cover her hands, white cotton shorty gloves mark a fashionable lady.

The trim little gloves, snowy white, add the finishing touch of chic to a smart outfit this season.

CAKE-CUTTING HINT

When cutting a cake with soft frosting, wipe the knife clean and dip it in hot water before making each cut. That way you'll make cleaner cuts, with fewer crumbs transferred from cake to frosting.

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