

CANNED MEATS PLEASING TO COOK AND TO DINERS

It's easy to please at mealtime with canned meats at your fingertips, ready to make the finest meals imaginable. These quality meats are no longer emergency shelf rations, but have a well-deserved place in weekly menu plans. They provide a welcome change of pace, eating-wise, and they're certainly welcome to you, work-wise.

Canned meats are ready to eat as they come from the can, or can be combined with other foods. Each meat suggests many menu possibilities. For instance, the 12-ounce pork-beef loaf, long a sandwich favorite, is delightful combined with leftover potatoes or vegetables for an extra tasty casserole, or is, itself, a hearty entrée. Bake the loaf whole with a topping of blue cheese or slice it to broil or grill. Serve with a tangy barbecue sauce or cover the thick slices with a creamed vegetable.

When you open a 10-ounce can of hamburgers with six patties inside, you have another key to menu variety. Pan brown them, then pop into buns with plenty of relishes, and you'll have a meal to please in just a moment. This is a quick suggestion for Mom's night out. Pork sausage, chopped ham, veal loaf and lunch tongue are other sure hits. The meat-and-oth-er-food combinations such as corned beef hash, spaghetti and meat balls, and tamales are doubly easy. Merely heat and serve.

Since canned meats are made according to a recipe, let brand name be your guide in buying. You can be sure of top quality meat, seasoned with know-how by experts, and packed fresh to stay fresh when you depend on a well-known brand name. It is your assurance of consistent goodness.

MEAT-CHEESE GRILL

1 12-oz. can pork-beef loaf
6 slices cheese
1 egg
2 tablespoons milk
1/2 cup cracker crumbs
1/2 teaspoon celery salt
Slice pork-beef loaf from the narrow end, into 12 thin slices. Make a "sandwich" by placing slice of cheese between two slices of meat. Blend egg and milk with a fork. Mix cracker crumbs and celery salt. Dip "sandwiches" into egg, then in crumb mixture. Brown "sandwiches" on both sides on grill or under broiler. Serve on toast. Yield, 6 servings.

CORN BEEF HASH CASSEROLE

1 can corned beef hash
1 cup catsup
1/2 teaspoon Worcestershire sauce
2 hard cooked eggs, thinly sliced
1/2 cup shredded cheese
Combine hash, catsup and Worcestershire sauce. Place half the mixture in a 1-quart casserole. Arrange slices from one egg on top. Sprinkle with half of the cheese. Repeat procedure using remaining ingredients. Bake in a moderate oven (350°) for 20 minutes. Makes 4 or 5 servings.

Barbecued Lamb Shanks Economical

Lamb shanks are not always available, but when you see some at the meat man's take advantage of it and have an excellent meal at a lower price than some.

BARBECUED LAMB SHANKS

4 lamb shanks
1/2 cup flour
2 tablespoons fat
2 teaspoons salt
1/4 teaspoon pepper
1 cup water
1/2 cup vinegar
2 tablespoons Worcestershire sauce
4 tablespoons catsup
1 medium onion, chopped
2 tablespoons brown sugar
1/2 cup raisins
8 prunes
Dredge lamb shanks with flour and brown in hot fat. Season. Combine remaining ingredients and pour over meat. Cover and cook in a slow oven (300°) for 2 hours or until tender. Remove to platter and serve with the sauce over meat. 4 servings.

Lima Beans Take On New Flavors

For an interesting new flavor the next time you serve frozen lima beans, try them with this creole-type sauce. The rich green color of the lima beans and the brightly red tomato sauce combine to make a real appetite tempter. This recipe is simple to prepare, yet the zesty flavor is really satisfying. You'll surely enjoy the sparkle this savory dish adds to the meal.

SAVORY FROZEN LIMA BEANS

1 package frozen lima beans
2 tablespoons butter or margarine
1/4 cup coarsely chopped celery
1/2 cup chopped onions
1/2 to 1 1/2 cans tomato sauce
Cook lima beans according to

The Statesman's FOOD SECTION

Date Bars Are Cookie, Dessert

Remember good old date bars that were called Bishop's Bread when served with whipped cream, or just date bars when rolled in powdered sugar?

Here they are revised, certainly no less practical for having been forgotten for so long.

CALIFORNIA DATE BARS

1 cup (1/2 lb.) pitted fresh dates, coarsely chopped
1 cup boiling water
1 teaspoon soda
1/4 cups sifted flour
1/4 teaspoon baking powder
1/2 teaspoon salt
1/2 cup chopped walnuts
1/2 cup shortening
1/2 cup sugar
1 egg, beaten
1 teaspoon vanilla
Add boiling water and soda to chopped dates and let cool. Sift flour, baking powder and salt; add nuts. Cream shortening with sugar until light and fluffy; add egg and vanilla and beat well. Add cooled date mixture, then stir in dry ingredients. Bake in greased 9"x12" shallow baking pan in a fairly slow oven (325°) about 35 minutes. Cut into bars while hot, and roll them in powdered sugar if you like. Makes about 3 dozen bars.

DRESSY CUPCAKE

A large freshly baked chocolate cupcake makes a good dessert, if you serve it this way. Cut a cone-shaped section from the top of each cake. Fill the hole with whipped cream and finely chopped walnuts and replace the top, pointed side up. A few slices of canned peaches arranged on a plate around the bottom of each cake will add even more to its good looks and wonderful taste.

directions on package. While beans are cooking melt the butter or margarine in a saucepan; add the celery and onions and cook about 2 minutes. Mix in the tomato sauce, cover and cook over low heat for 10 minutes. Drain the beans and combine with the tomato mixture. Amount: 3 to 4 servings.

"DARLING, HERE'S REAL NEWS... It's REAL GOLD!"



ORANGE-RICH BEVERAGE REAL GOLD TASTES BETTER!

Concentrated juice of 6 to 8 California juice oranges in every can! A delicious, healthful orange beverage. Rich in orange flavor and color. Wonderful any time of day! Requires no refrigeration. Get several cans today! A 6 oz. can makes one quart. Costs less than orange juice.

Send for FREE pamphlet "12 Delicious Recipes" - Address below



American Family WEEK at IGA FOOD STORES

Featuring quality foods at lowest prices!

FLOUR Gold Medal 10-lb. Bag **89¢**

MIRACLE WHIP Kraft Full Qt. **49¢**

COFFEE IGA Deluxe Drip or Reg.-Lb. **85¢**
MARGARINE Lb. Pkg. **27¢**

All Popular Brands—All Sweet—Nucoa—NuMaid—Durkees.

Join the thousands who have started their set of Encyclopedias—only 89¢ a volume. See your IGA Store for details.

Breakfast Suggestion For Our American Family

SPERRY PANCAKE FLOUR 4-lb. bag **49¢**
QUAKER OATS Regular or Quick—48-oz. pkg. **40¢**
PETER PAN PEANUT BUTTER Creamy or chunk 12-oz. jar **35¢**
ELSINORE GRAPE JUICE 24-oz. bottle **29¢**
NBC SHREDDED WHEAT Package **19¢**
TASTY PAK APPLE SAUCE 6 303 cans **79¢**
ELSINORE PEACHES Yellow Cling sliced or halves No. 2 1/2 can **29¢**
ELSINORE GRAPE JELLY 2 12-oz. glasses **45¢**

Spry Homogenized Shortening 3-lb. can **79¢**

PILLSBURY Pie Crust Mix 9-oz. Pkg. **19¢**

KREMEL Lemon Pie Filling 4-oz. pkgs. **29¢**

SIERRA Toilet Tissue 4 Rolls **29¢**

MODESS 12's Pkg. **39¢**

Babo Cleanser 2 Cans **25¢**

DIAL SOAP 2 Bath **35¢**

Pineapple Elsinore Crushed 6 No. 1 Cans **79¢**
Pineapple Capitol Broken 2 1/2 Can **29¢**

ALWAYS FRESH Marshmallows Campfire Pound Pkg. **35¢**
Crackerjacks 6 5c Pkgs. **25¢**

SIMONIZ OUTSHINES THEM ALL
Pt. **59¢** Qt. **98¢**

- SAVE EVERY DAY AT THESE INDEPENDENTLY-OWNED IGA STORES
- Central Cash Mkt. Monmouth, Oregon
 - Silverton Food First and High, Silverton
 - Carter's Market 11th and Market
 - Lemmon's Mkt. 596 North Commercial
 - Model Food Mkt. 275 North High St.
 - Scio Food Market Scio, Oregon
 - Equall's Grocery Woodburn, Oregon
 - Independence Food Market Independence, Oregon
 - Golliet's Mehama, Oregon - Open Sun.
 - Ronner's Market Gervais, Oregon
 - Ditters Store Sublimity, Oregon
 - Highland Market 800 Highland Ave.
 - Hill Top Market Mill City, Ore. - Open Sundays
 - State Street Market 1230 State St. - Open Sundays
 - Meyers IGA Turner, Oregon



IGA Reserves the right to limit quantities

Canned Meats for Lunch Snacks

HORMEL Chili with Beans No. 1 Tall Can **37¢**

ARMOUR'S STAR CORNED BEEF 12-oz. can **49¢**
ARMOUR'S STAR Corned Beef Hash 16-oz. can **39¢**
ARMOUR'S STAR DEVEILED HAM 1/4 size can **19¢**
ARMOUR'S STAR DEVEILED MEAT 1/4 size can **11¢**
ARMOUR'S STAR Vienna Sausage 2 4-oz. cans **45¢**
ARMOUR'S STAR TREET 12-oz. can **39¢**

IGA Tomato Juice 4 Lge. 46-oz. Cans **99¢**

SPRECKLES SUGAR 10-lb. Bag **98¢**

CAMPBELL'S Chicken Noodle Soup 6 Cans **89¢**

Lemon, Blended Orange, Grapefruit 2 Cans **25¢**

FRUITS and VEGETABLES

Rhubarb Local 3 Lbs. **25¢** Med. 2 Doz. **49¢**

Onions White 2 Lbs. **29¢** Texas 2 Lbs. **29¢**
Squash Zucchini 1 Lb. **19¢**

FRESH STRAWBERRIES LOWEST MARKET PRICES

WHITE KING POWDER Large Pkg. 27¢	BORAXO 2-lb. Pkg. 33¢	LIFEBUOY 2 Reg. Bars 15¢	RINSO Large Pkg. 27¢
WHITE KING POWDER Giant Pkg. 55¢	LUX SOAP 2 Reg. Bars 15¢	LIFEBUOY 3 Bath Bars 35¢	SURF Large Pkg. 29¢
BORAXO 8-oz. Tin 17¢	LUX SOAP 3 Bath Bars 35¢	LUX FLAKES Large Pkg. 27¢	DIAL SOAP 3 Reg. Bars 39¢

