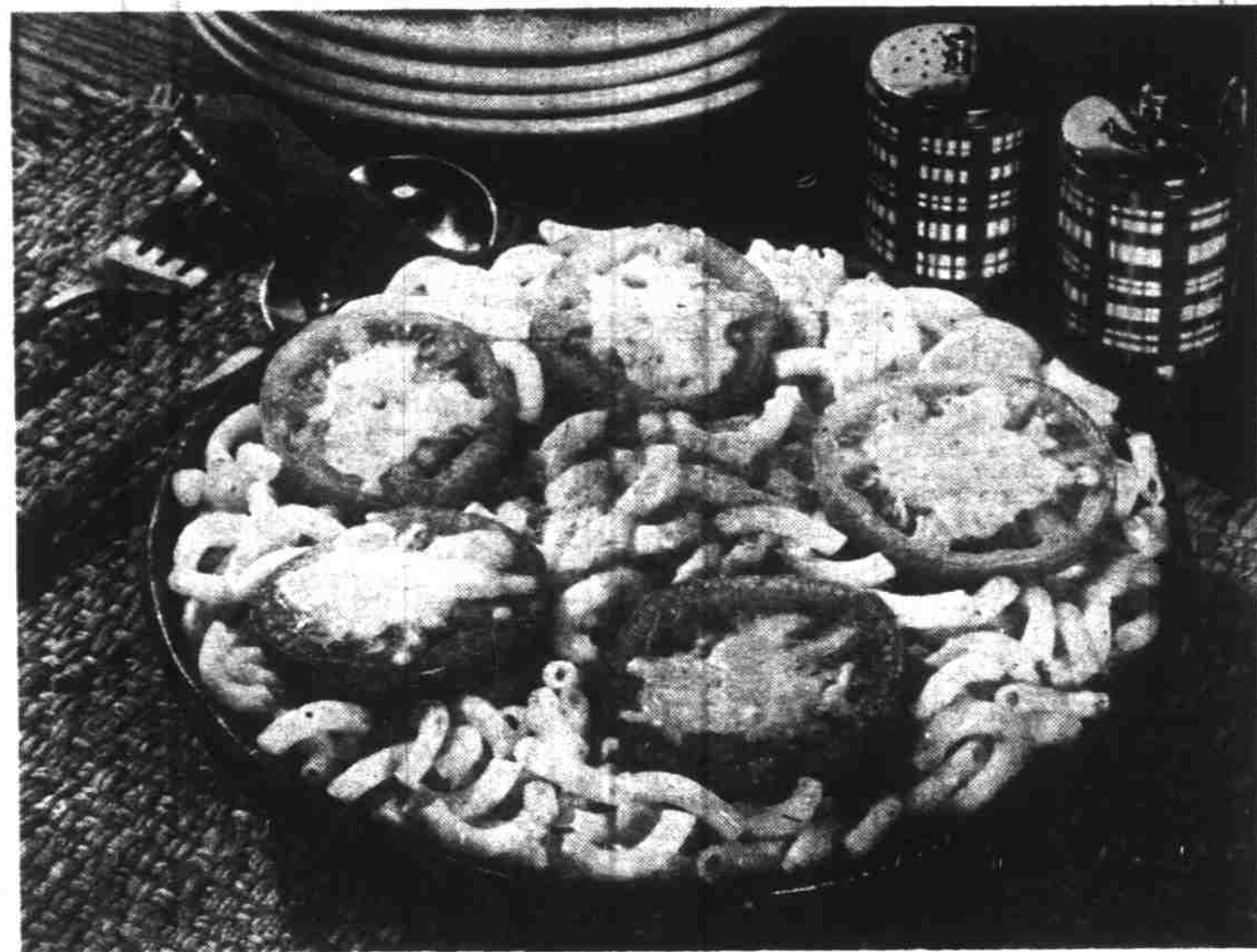
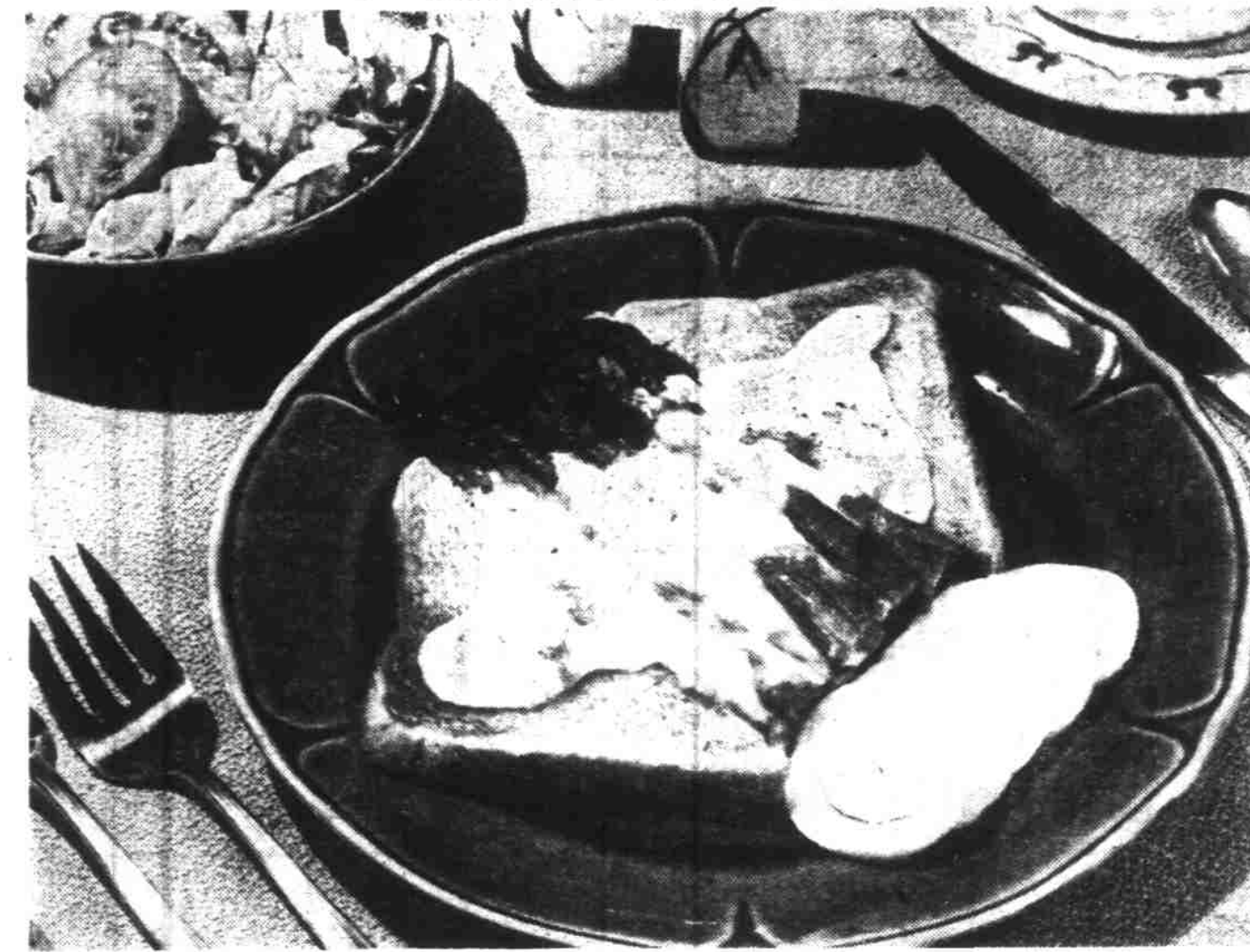




MACARONI... no need for potatoes.



RICE... goes with pork chops



BREAD... takes well to creamed food

Three Featured Foods Used on Timely Menus

By MAXINE BUREN
Statesman Woman's Editor

On first thought, many housewives may deplore a potatoless household, but upon further consideration, one realizes how many excellent foods are at hand to replace the potato.

Chief among these are macaroni and its many kindred foods, rice and bread.

With all these to work on, who needs potatoes? Macaroni is first to consider. We have pictured on this page a baked dish that begins with one of the most popular forms of macaroni, the "elbow" kind, so convenient to handle.

TOMATO-MACARONI AND CHEESE

- 1 8 oz. package of macaroni
- 1 small onion, grated
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1/4 teaspoon rich prepared mustard
- 1/2 teaspoon salt
- Dash of pepper
- 1 cup milk
- 1 1/4 cups American cheese (grated)
- Few drops Worcestershire sauce
- 2 medium tomatoes

Drain in colander. Combine cooked macaroni with grated onion.

Turn into a greased 1 1/2-quart casserole. Melt butter in the top of a

tumble boiler over hot water. Combine flour, mustard, salt and pepper; add to butter and stir until blended. Gradually add milk and cook, stirring constantly until mixture thickens. Add Worcestershire sauce and 1 cup of the grated cheese, stirring until cheese melts. Pour cheese sauce over macaroni in casserole. Slice tomatoes 1/2-inch thick and place in a circle on mixture. Sprinkle remaining 1/4 cup grated cheese over tomato slices. Bake in a moderate oven (350) 35-40 minutes, or until lightly browned. Serves four to six.

There's a hundred possibilities using rice to replace potatoes. The pictured dish is one of the simpler ones, and one of rice's best uses. The fluffy boiled cereal is pressed into cups enough to make it hold together, topped with a little marmalade and arranged on the platter with nicely cooked pork chops.

Here's a recipe that makes meat go farther, and at the same time makes rice the starch food for the meal:

RICE-MEAT BALLS

- 1/2 cup uncooked rice
- 1 1/2 pounds ground beef
- 1 cup diced onion
- 1/4 cup green pepper, diced
- 1 1/2 teaspoons salt
- Pepper
- 3 tablespoons fat
- 1/4 cup milk
- 1 can tomato soup
- 1 can water

Mix all ingredients except soup and water and shape into fairly good sized balls. Place in greased baking dish, cover with soup and water and bake at 300 degrees for 1 1/2 hours, covered. Do not uncover until done. Serves 6.

Bread, another starch food good to feature during the potato shortage, is an excellent vehicle for creamed dishes as our picture shows. Au gratin dishes using crumbs are a popular form of baked dish which can be made with most any degree of elegance, according to the amount of style one wants of it.

Yeast Bread Maker Has Another Recipe

Now's as good a time as any to play around with some yeast breads. You can make yourself some mighty nice breads once you get started on this fascinating form of cooking.

Start out with—

ORANGE RING LOAF

- 1 package yeast, compressed or dry
- 1/4 cup water (lukewarm for compressed yeast, warm for dry)
- 1/2 cup milk
- 1/4 cup sugar
- 1 teaspoon salt
- 2 tablespoons shortening
- 2 1/2 cups sifted enriched flour (about)
- 1 egg
- 1 tablespoon shredded orange rind
- 3 tablespoons sugar

Soften yeast in water. Scald milk. Add 1/4 cup sugar, salt and shortening and cool to lukewarm. Add flour to make a thick batter. Mix well. Add softened yeast and egg. Beat well. Add enough more flour to make a soft dough. Turn out on lightly floured board or pastry cloth and knead until smooth and satiny. Place in a greased bowl. Cover and let rise in warm place until doubled (about 1 1/2 hours). When light, punch down. Let rest 10 minutes. Roll out to rectangle 8-inches long and 1/4-inch thick. Sprinkle with orange rind and 3 tablespoons sugar. Roll up like jelly roll. Place in greased loaf pan, 4 1/2 x 8 1/2 inches. Let rise until doubled (about 45 minutes). Bake in moderate oven (375 F.) about 35 minutes. Makes 1 loaf.

GOOD DESSERT

Ice cream pies are popular fare for hot weather. Make a baked graham cracker crumb shell. Cool. Just before serving fill with hard ice cream. Cover with a butter-scotch sauce and sprinkle with 1/2 cup chopped walnuts.

TINS PICNIC

The vacuum-packed cans of salted almonds or other nuts are just right for picnics. They can be easily packed along with the other things that usually go along in their containers—ripe olives, pickles, mustard and the like.

More Rice

Shrimps used to be off the markets in summertime, but these days of frozen foods, women know no culinary seasons. Here we've a recipe for shrimps creole, a main dish that uses rice:

SHRIMPS CREOLE WITH RICE

- 2 tablespoons oil or fat
- 1 cup diced onions
- 1 cup diced celery
- 1 clove garlic, minced
- 1 tablespoon flour
- 1 1/2 teaspoons salt
- 1 teaspoon chili powder (more, if desired)
- 1 cup water
- 4 teaspoons sugar
- 2 cups cooked tomatoes (veined)
- 1 1/2 cups cooked shrimp (veined)
- 3 cups hot cooked rice

Cook onions, celery and garlic in fat, over low heat, for 10 minutes. Add flour, salt, chili powder that has been blended in a little water, remaining water, sugar and tomatoes, and simmer over low heat 15 minutes. Add shrimp and cook 10 minutes longer. Serve with hot rice. Serves 6.

Cold Meats on List of Favorites

Since there are over a hundred varieties of table ready meat sausages and meat loaves from which to choose, experiment with a new flavor or two. Include at least one meat from each of the various "classes." Meat loaves are somewhat mild in flavor, often have other ingredients added, such as in the Pickle and Pimiento loaf or Macaroni and Cheese Loaf. Table Ready Sausages include such favorites as Braunschweiger and Bologna. These have distinctive flavor and are often smoked. Dry sausages are zesty and highly seasoned. Included in this class are salamis and salados.

The Statesman's FOOD SECTION

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And consider this dish, away over here in the corner. It's another way to make bread replace potatoes. Combine 1 cup scalded milk, 1 cup breadcrumbs, 1/4 pound grated cheese, 1 tablespoon butter, some salt and 2 eggs. Scoop out 6 very large tomatoes and turn upside down to drain. Fill shells with the mixture, put in a shallow baking pan and bake at 350 degrees for 20 to 25 minutes. Serve at once.

are the Salamis with characteristic garlic flavor and the Cervelats which contain no garlic but are highly spiced. A selection, based on several slices from each of these groups would be a good basis for planning menus, including hand-some trays, quick casseroles, some casseroles, and salads.

SUPER DELUXE
Hamburger days are here for picnics and back-yard parties. If you want a super duper relish to serve with the hamburgers try this. Mash a buttery-soft avocado until it's a smooth paste. Then season to taste with finely chopped onion, diced tomato, salt, pepper and dill seed.

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