

Handy Stuffer For Meats Is Old Favorite

Bread stuffing can be a year-round affair and from its popularity at the Thanksgiving table it should be served oftener.

The stuffing lends itself to use with pork, beef and other meats as is proved by the following recipes:

BAKED SPARERIBS-APRICOT STUFFING

- 2 1/2 quarts 1/2" bread cubes
- 3 tablespoons melted fat
- 1 1/2 cups chopped, cooked apricots
- 1/2 cup washed raisins
- 2 1/2 teaspoon salt
- 2 pounds spareribs
- 6 tablespoons flour
- 2 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 teaspoon paprika

Combine bread cubes, fat, apricots, raisins and salt. Cut strip of spareribs in half and dip them in mixture of flour, salt, pepper and paprika. Place stuffing between the two strips and tie them together with string. Place in a baking dish and bake uncovered in a moderate oven (375 degrees) for one and one-fourth hours. Yield: 6 servings.

BREAD STUFFING RING

- 2 1/2 quarts soft 1/2" bread cubes
 - 1 1/2 teaspoons salt
 - 1/2 teaspoon marjoram
 - 1/2 teaspoon rosemary
 - 1/2 cup melted shortening
 - 1 egg, beaten
 - 1/2 cup water
 - 1/2 cup chopped celery
- Combine soft bread cubes, salt, marjoram, rosemary, shortening, beaten egg, water and celery. Pack stuffing into a greased 1 1/2 quart ring mold. Bake in a moderate oven (350 degrees) for thirty minutes. Fill ring with beef stroganoff, creamed fish, meat or vegetables.

Yield: 6 cups stuffing.

STUFFED HAMBURGER ROLL

- 2 cups (1 pound) hamburger
 - 1 egg, unbeat
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
 - 1/2 teaspoon marjoram or sage
- Combine hamburger, egg, salt, pepper and marjoram.
- Stuffing
- 1/2 cup butter or margarine
 - 1/2 cup chopped onion
 - 1 quart soft 1/2" bread cubes
 - 1/2 cup sweet piccalilli
 - 1/2 teaspoon salt
 - 1/2 teaspoon pepper



Summer sandwiches are made in stacks this time, cut on the diagonal and served on a platter arranged pinwheel fashion. Filling is of cheese, eggs and pickles.

- 1/2 teaspoon sage or marjoram
 - 1/2 cup milk or water
- Melt butter in a skillet; add onion and saute until tender. Pour over soft bread cubes, piccalilli, salt, pepper and sage. Add milk and mix well.

Spread hamburger mixture on waxed paper and shape into a rectangular sheet. Top the layer of hamburger with a layer of bread stuffing, then roll as a jelly roll by lifting waxed paper and gently rolling meat away from it. Bake in a shallow pan in a moderate oven (375 degrees) for thirty minutes.

Add to Salad

Cherries are simple enough to pit with a five-and-dime cherry pitter. Stuff them with cream cheese and top each with a piece of walnut. They make a very good and pretty addition to any summer fruit salad plate.

Dark Cherries Make Handsome Desserts

Dark cherries, soon on the markets in a generous supply, make handsome desserts. Here is a pie—one of the many nice desserts to use this locally grown fruit.

BING CHERRY PARFAIT PIE

- 1 1/2 cups pitted Bing cherries, sweetened
- 1 package raspberry flavored gelatine
- 1 1/4 cups hot liquid, cherry juice plus water
- 1 pint vanilla ice cream
- 1 baked 9-inch pie shell, cooled

Pit cherries and sweeten to taste. Dissolve gelatine in hot liquid. Add ice cream by spoonfuls to hot gelatine, stirring until melted. Chill until thickened, but not set. Fold in drained cherries. Turn into baked pie shell. Chill until firm. Garnish with whipped cream and washed whole cherries with stems, allowing one for each serving.

Word Means Vitamins

That word enriched in bread or flour means that the three important B vitamins niacin, thiamine, and riboflavin as well as the blood building mineral iron have been added for year-round nutrition insurance. Enriched yeast-raised bread and rolls as such bread crumbs in stuffing and fruit desserts are usually labeled.

Symphony in Color

Here's a really beautiful summer salad. Cut a large avocado into halves and remove the seed. Fill each half with pineapple chunks and pieces of bright juicy strawberries. Serve with a French dressing and pass a plate of hot baking powder biscuits. It's as delicious as they come.

SLOW JELLY

Some jellies are slow setting; allow them to stand a few weeks before using.

Food Fads May Be Costlier Say Experts

Many food fads—good or bad—add unnecessary expense to eating, food economists of the U. S. Department of Agriculture say. Promoters often have something to sell, either special food products or special cooking utensils or devices for preparing foods. Before falling for a fad, the specialists suggest considering what you are getting for your money and being skeptical about extravagant or sensational "health" claims or scare stories against familiar foods or cooking utensils. The thrifty way to meals that meet nutritional needs of the normal person is to choose a variety of foods, as outlined in the department's National Food Guide. No one food or food product offers all you need. It's the wealth of variety that makes meals nutritious and appetizing.

Some food fads or superstitions are harmful because they cheat the body of needed nutrients. For example, there are the diets that rule out milk. People of all ages need milk, research has shown. Rapidly growing bodies need more than mature bodies, but even the elderly need milk for best health. You can choose between fresh pasteurized milk, evaporated milk or dry milk, for example. Buttermilk or other specially fermented milks are good foods, too, but are no more nutritious than the whole or skim-milk from which they are prepared. An old very harmful fallacy,

still widely promoted, is that raw milk is better than pasteurized milk. Milk loses very little nutritive value in pasteurizing. But pasteurizing safeguards health by destroying dangerous bacteria that may be in raw milk, say department experts.

Among the fads that are misleading and add needless cost and labor to meals are those that advocate fresh home-ground whole wheat—with a special grinder—as more nutritious and healthful than commercially ground whole wheat, or those calling for a liquid vegetable diet, prepared with an expensive liquidifier or juicer. Vegetable juice may be good to drink but has no miraculous health powers. Then, there's the old superstition against aluminum cooking ware, still continuing despite research which has shown that it is harmless and has cooking advantages.

June Specialty

This easy-to-make salad will be popular during June which is National Dairy Month. Place 2 large golden canned peach halves on crisp greens and fill with creamy cottage cheese. Top with crushed raspberries or strawberries and sprinkle with finely chopped walnuts.

HANDY FRUIT

Smooth, richly-flavored avocados are plentiful and cheap these days. Try them in a bacon and avocado for lunch today. Mash the soft avocado to a paste and season to taste with salt and pepper and a little lemon juice. Then add the crumbled bacon and spread between slices of brown bread.

Filberts Attract Attention Experiment Station Experts

The filbert or cultivated hazelnut, now an important tree nut crop of the Northwest, has a close-clinging skin on its round kernel that has been a handicap in marketing. So far the only practical way to remove the skin has been to roast the kernel. But raw peeled filberts are in demand by confectioners and bakers.

Now the Oregon Experiment Station reports research showing a way to peel the raw kernel, and the station is perfecting this process for commercial use.

The filbert has gone a long way since the days when it appeared only among other mixed nuts on holiday tables. Domestic filberts still sell mostly in the shell, but as production has increased, the shelled nuts or kernels are being used more and more in candy, cookies or other baked goods, in ice cream or also roasted and salted in containers.

Oregon food technologists and dairy specialists now plan to test filbert enzymes in cheese manufacture.

Simple Salad on Summertime Menu

Crisp greens, pretty slices of mellow avocado and a garlicky dressing—the makings of an ideal salad. Arrange avocado slices in a fan shape on salad greens and pour the French dressing on just before serving. There's a wonderful supply of avocados on the market today so serve them often.

SIMPLICITY SALAD

- Avocados
 - Lemon juice
 - Salt
 - Salad greens
 - Garlic French dressing
- Cut each avocado into halves lengthwise and remove seed and skin. Cut halves into lengthwise slices forming "question marks." Sprinkle with lemon juice and salt. Arrange fan shape on garnished salad plates. Serve with garlic French dressing.

Summer Surprise

A pretty color combination for a summer salad is saucy cooked prunes, pitted and stuffed with pieces of cool refreshing watermelon. Arrange 3 lettuce cups on each salad plate. Fill one with the watermelon-stuffed prunes, one with cottage cheese and the other with fresh strawberries or cherries.

SALAD IDEAS

June is National Dairy Month and a good time to serve wholemeal cottage cheese and fruit salads. Prunes and fresh summer fruits make an ideal combination. The prunes add extra heartiness and the fresh fruits add the refreshing touch. For a spectacular salad in color and taste appeal make an arrangement of cooked prunes with strawberries, cantaloupe and cottage cheese.

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