

## Doughnut Man Has Ideas in Dessert Lore

The man who makes doughnuts has cooked up a lot of ideas for eating them other than just out of hand. Dunking of course remains the most popular way of consuming them, but here he suggests making them do for dessert with apples, as sundae or with cranberries.

### APPLESAUCE DOUGHNUT DESSERT

1/2 dozen doughnuts  
3 cans applesauce  
2 tablespoons sugar  
1/2 teaspoon ground cinnamon  
2 tablespoons chopped nuts

Slice doughnuts in half crosswise and place one-half of each in a shallow pan. Spread applesauce over each and cover with the other doughnut half. Fill center and partially cover top of doughnut with remaining applesauce. Combine sugar, cinnamon and nuts; sprinkle over top of each doughnut. Bake in a moderate oven (375°) for 25 minutes. Serve with whipped cream if desired. Yield: 6 applesauce doughnut desserts.

### CRANBERRY DOUGHNUTS

1 (3 ounce) package cream cheese  
2 tablespoons milk  
4 sugared doughnuts  
4 slices (1/4 inch thick) jelled cranberry sauce

Combine cream cheese and milk. Slice doughnuts in half crosswise. Spread one tablespoon cheese mixture on cut side of each doughnut half. Place one close cranberry sauce between doughnut halves. Yield: 4 cranberry doughnuts.

### FRENCH TOASTED DOUGHNUT SUNDAE

8 doughnuts  
1 egg, beaten  
1/2 cup milk  
Dash cinnamon  
2 1/2 tablespoons shortening  
1 1/2 pints vanilla ice cream  
1 cup maple syrup

Slice doughnuts in half crosswise. Combine beaten egg, milk and cinnamon in a shallow bowl. Melt shortening in a skillet. Dip doughnut halves into egg mixture, turning them to coat both sides. Brown doughnuts on both sides in hot fat. Place a ball of ice cream between doughnut halves. Serve with maple syrup. Yield: 8 French Toasted Doughnut Sundaes.

### MAPLE NUT DOUGHNUT SUNDAE

6 plain doughnuts  
1 pint maple nut ice cream  
1/2 cup maple syrup

Slice doughnuts in half crosswise. Place 1/2 cup maple nut ice cream between doughnut halves. Pour 2 tablespoons maple syrup over each serving. Yield: 6 maple nut doughnut sundaes.

### PINEAPPLE FLUFF DOUGHNUTS

1 egg white  
2 tablespoons sugar  
1 tablespoon pineapple juice  
2 teaspoons grated lemon rind  
1/2 teaspoon vanilla extract  
4 plain doughnuts  
4 slices pineapple  
4 teaspoons shredded coconut

Beat egg white until foamy. Add sugar gradually and beat until stiff. Blend in pineapple juice, lemon rind and vanilla extract. Slice doughnuts in half crosswise. Place 1 slice pineapple between doughnut halves. Pile 1/4 cup meringue and sprinkle 1 teaspoon coconut over top of each doughnut. Place doughnuts on baking sheet and heat in a slow oven (350 degrees) for fifteen minutes, or until meringue-browns lightly. Yield: 4 pineapple fluff doughnuts.

### Fruit Salad has Western Tang

Here's a salad—colorful and good. Fruit salads delight family and guests; in addition, they are chock-full of healthful vitamins and minerals.

#### GOLDEN WEST SALAD

8 canned apricot halves  
1/2 cup ripe olives  
1/4 cup chopped roasted almonds  
1/4 cup mayonnaise

Lettuce for garnish. Drain apricots. Slice olives from pits. Combine olives, celery, almonds and mayonnaise. Fill apricots with olive mixture. Allow 4 halves per serving and arrange on lettuce-garnished salad plates. Serves 4.

### HOMEMADE BEEF STEW The NALLEY Way

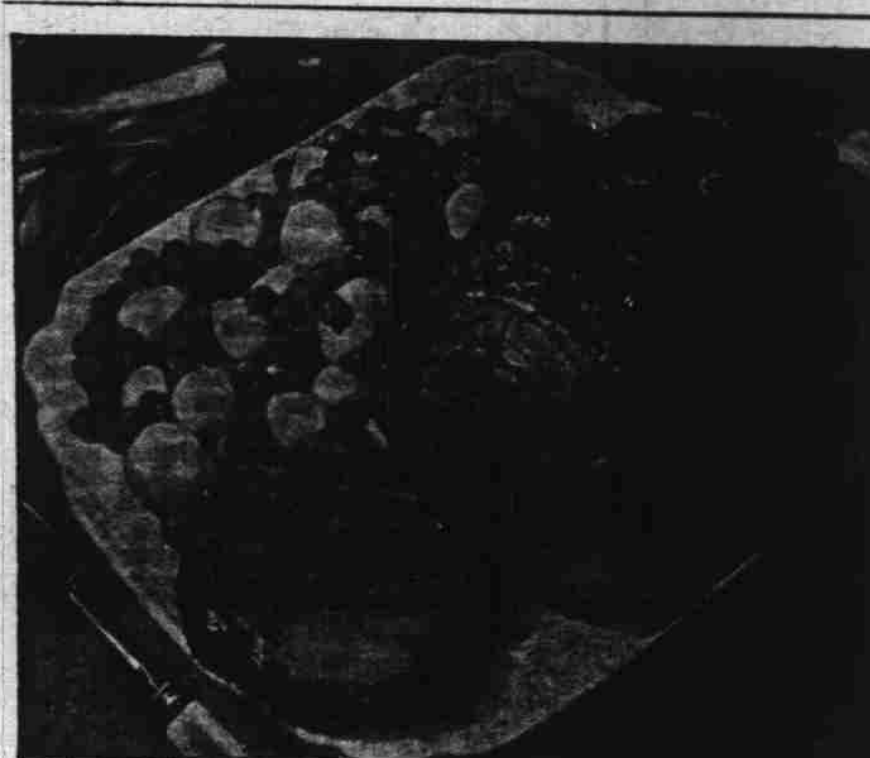
It's delicious; it's quick. Any weather is Nalley's weather. In a hurry or lots of time; serve Nalley's Beef Stew. The family will say, "More, please." "Ohh, good!" "Best Beef Stew We Ever Tasted!"



**FLAVOR-SIMMERED The Homemade Way**



An interesting icing goes over this yellow cake, quickly put together from a package of ready-made mix. The Brown Beauty icing goes this way: Combine 1 cup sifted confectioner's sugar, 1/4 teaspoon salt, 2 or 3 egg yolks or one small egg, 3 tablespoons milk, 3 tablespoons soft shortening, 2 squares unsweetened chocolate, melted and 1/4 teaspoon vanilla. Put in a bowl over another bowl of ice and beat with a rotary beater until the consistency to spread.



### Curry Sauce Gives Lima Beans Style

Cooked dried lima beans have a delicious nutlike flavor when they're simply simmered until tender and seasoned with a little butter and salt. However, curried lima beans will be a welcome change. Make a creamy sauce with cream of mushroom soup, a little onion and curry powder to your own taste. Pour over the cooked limas and heat through. Different.

#### CURRIED LIMA BEANS

1 diced onion  
1 1/2 tablespoons butter or margarine  
2 teaspoons curry powder  
1 can condensed cream of mushroom soup  
1/2 cup milk  
3 cups cooked dried lima beans  
Minced parsley

Saute onion in butter until soft and golden in color. Blend in curry powder and heat a few minutes. Stir in soup and gradually blend in milk. Heat thoroughly. Put lima beans in small casserole or individual baking dishes. Cover with sauce. Bake in moderate oven (350 degrees) about 20 minutes. Sprinkle with parsley. Serves 4.

It slices nicely, this frozen veal roll, which may be purchased in a size to fit the family's needs. Too small a roast may not be such a good buy as one which may be served two meals, as the smaller roast shrinks more. The roll bakes slowly at 350 degrees to an internal temperature of 180 degrees. A creamy fat coating keeps roll moist.

### Frozen Veal Roll on Small Family Menu, Too

Frozen veal roll has made its appearance again in some local stores and it proves a very practical meat for a small family. Rolled and covered with a coating to keep it moist, the veal can be cut off wherever the purchaser wishes, therefore making it a roast to suit any number of diners.

It slices well because it is boned. Roast the meat on a rack in an open pan in a slow oven (325°). Frozen veal roll will probably carry complete cooking directions for roasting the frozen or thawed meat. For sure doneness, insert a roast meat thermometer in the meat, and cook to an internal temperature of 180°. The creamy layer of fat which surrounds the meat keeps it moist and flavorful during roasting and is the basis for a rich brown gravy.

### Centerpieces Edible

Food centerpieces are thrifty and can have a definite holiday air about them. Get out your best looking tray or bowl and let your imagination run riot. Emerald green avocados, plump prunes, meaty dried apricot halves, smooth in-the-shell almonds and cluster raisins cascading over all make one of the most attractive centerpieces your or your guests ever saw. A sprig of holly is nice, too, for Christmas.

The delicate flavor of veal is complemented by distinctive seasonings such as spicy fruits, herbs, garlic, lemon and olives, so use them liberally in second-day veal service. Sauce veal slices with a sour cream-herb combination or soak them in a zippy French dressing or lemon-garlic sauce before heating. Season leftover gravy with chopped onion and a dash of sage to ladle over heated slices of meat. For refreshing chilled service, combine chopped veal with spicy fruits to make an attractive mixed or gelatine salad.

### MARTHA'S VEAL CASSEPOLE

1 1/2 cups cubed cooked veal  
3/4 cup cubed raw potato  
2 tablespoons chopped onion  
1 tablespoon chopped green pepper  
1 can (1 1/4 cups) condensed cream of celery or mushroom soup  
1/2 teaspoon salt  
1/2 cup shredded cheese

Melt butter. Add potatoes. Stir and cook to brown potatoes. Add onions and green pepper. Cook 3 minutes more. Add veal and soup. Season and heat. Pour into a 2-

quart casserole. Cover with shredded cheese, drop biscuits, or buttered crumbs. Bake in a hot oven (425°) 15 to 20 minutes. Serves 3 to 4 persons.

### Molasses Bar is Chocolate Cookie

Molasses has been a popular sweetener for cookies and cakes since colonial times. Here's a molasses bar cookie that also has chocolate to make it sweet and flavorful.

#### MOLASSES CHOCOLATE SQUARES

1 cup sifted flour  
1/2 teaspoon salt  
1/2 cup shortening  
1/4 cup molasses  
1/2 teaspoon soda  
1/4 cup brown sugar  
1 beaten egg  
4 ounces semi-sweet chocolate bits

Sift together flour and salt. Add the shortening to the molasses in a saucepan. Heat until shortening is melted. Add soda and brown sugar, stirring until sugar is dissolved. Let cool. Add egg, Mix well.

Spread in greased pan, 8 1/2 by 13 1/2 inches. Bake in moderate oven, 350 degrees, about 25 minutes. Cut into 28 two-inch squares.

### Puttling Sauce Has That 'Special' Idea

Plain cakes and puddings become masterpieces when they are crowned with an interesting sauce. We recommend almond nectar sauce for it makes an ordinary pudding taste like more.

#### ALMOND NECTAR SAUCE

1 cup apricot whole fruit nectar  
1/2 cup granulated sugar  
3 tablespoons butter or margarine  
1 tablespoon cornstarch  
Few grains salt  
1/2 cup chopped or ready diced almonds

Combine nectar, sugar, butter, cornstarch and salt. Heat to boiling, and cook and stir until mixture thickens. Remove from heat and stir in almonds. Serve hot or cold over pudding, cake, ice cream, etc.

Makes about 1 1/2 cups sauce.

### HEALTHFUL NUTS

There's nothing modest about walnuts as far as food value is concerned. Everyone knows their taste good but here's the nutritional story in a nutshell—they contain protein, fat, calcium, phosphorus, iron, provitamin A, thiamin and some ascorbic acid, and that's a lot of nutrition.

### Eggs Become Main Dishes

Eggs become a main dish when baked in an omelet. Here are two of many dishes where eggs take top billing:

#### BAKED OMELET

1/2 pound sharp pasteurized process cheese  
1/2 cup evaporated milk, undiluted  
1/2 teaspoon salt  
Dash of pepper  
6 eggs, separated

Melt the cheese in top of a double boiler. Add milk gradually, stirring constantly until the sauce is smooth. Add seasonings. Remove from heat. Beat the egg yolks and slowly add cheese sauce. Fold mixture into the stiffly beaten egg whites. Pour into a well-greased 9 in. skillet or shallow oven-proof casserole. Bake in oven of 325 degrees 25 to 30 min. Cut into wedge-shaped pieces and serve immediately. Makes 6 servings.

#### TUNA SHIRRED EGGS

4 tablespoons tuna  
4 eggs  
2 teaspoons butter  
4 tablespoons top milk or thin cream  
Salt, pepper, and paprika  
Grease—each ramekin with 1/2

### Almonds, Rice in Turkey Stuffing

To many people the stuffing is as important as the bird itself, comes holiday time. Not too much care can be taken in the selection of just the right recipe for this preparation. One team that gets a cheer is the almond and rice dish.

#### ALMOND RICE STUFFING

2 cups brown rice  
1/2 cup butter or margarine  
4 cups hot water  
1 tablespoon salt  
1/2 cup finely chopped onion  
2 cups chopped celery  
1 teaspoon powdered sage  
1/2 teaspoon black pepper  
1 cup chopped or ready diced almonds

Cook rice slowly in butter in heavy skillet, stirring very frequently, until browned. Turn rice into hot water, keeping a little of the butter in skillet. Add salt to rice, cover and cook over very low heat 25 to 30 minutes, until water is absorbed. Meanwhile brown onion lightly in the remaining butter. Stir all remaining ingredients into rice and mix lightly. Stuffing for a 12 to 15 pound turkey.

### Chilled Kraut Makes Relish

Serve cold canned sauerkraut with your next hot dog supper. It is good as a side dish, or used in the sandwich as a relish.

And here is a cold sauerkraut relish that's especially good with pork. Mix canned sauerkraut, chopped apple, chopped onion and enough sour cream to combine these ingredients. Add enough sugar to take away the "bite." Chill several hours before serving, to blend flavors.

### FOR AN APPETIZER

To make a good appetizer: Cut slices of bacon in half crosswise, and wrap the half-slices around big chunks of canned pineapple; secure with toothpick and broil slowly, turning once, until the bacon is crisp.

### GREEN GAGES

Serve canned green gage plums with coconut custard sauce to give an impressive finale to a hurry-up meal.

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