



Planked lamb steak is just about tops in elegance of flavor and service. Here the 2-inch thick steak has been browned about 3 inches from source of the heat on one side, then placed browned-side down in a plank or flameproof plate. Cooked Brussels sprouts or carrots are arranged around the steak after it is browned on the second side. Potatoes are piped around the arrangement and the dish is then browned lightly under the broiler.

Regular Meals, Periodic Checkups Safeguard Health

By PAULINE SCHAPLOWSKY
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When we stop to think about health, we realize it is often neglected. As long as we "feel fine" we can—and often do—just let it go. However, authorities advise a check-up on health habits. Often the things we are the most neglectful about are the ones that might be easily remedied.

Let's take a look at our eating habits. Yet how many of us include the Basic 7 Foods in our meals each day? Our bodies need the vitamins and minerals these foods contain. Many of us are not getting the food we need. One idea suggested to help all of us better our food habits—add to the amount of fruit, cooked cereals, and vegetables you are eating at present. Subtract from the amount of sweets, bottled drinks, and coffee.

Eat Regularly
Eating at regular times each day is also a good health habit to adopt. Our bodies need proper food at morning, noon, and evening hours. And mealtime should be an unhurried, restful occasion. Many families find that most of the time they spend together is at meals. Perhaps it would be worth a special bit of effort to make sure it is a pleasant time.

Skimping on sleep and rest is another way we modern people punish our bodies. Short rest periods throughout the day help our bodies to "take it." And resting before we are "worn out" will do us the most good. The amount of sleep and rest our bodies need varies with the individual, but regularity here is what counts.

We should also remember to "play a little every day." Both bodies and minds need a change of pace, and outdoor exercise is a must.

Giving attention to personal cleanliness will also pay dividends in good health. It prevents diseases and also promotes morale.

We will do the best job of caring for our health if we use community medical and public health services fully. Prompt attention to minor ailments such as colds, headaches, and injuries is important.

At the launching of our health campaign (and following its regularity) is that important physical examination. A thorough examination by a doctor, chest X-ray, eye check-up, and visits to the dentist should be on our regular health schedule. Without them we are cheating our bodies out of the care they deserve if they are to serve us well.

Potatoes Find Place in Cake

Here's an old-fashioned cake that has a spicy-nut flavor. Because it stores so well, it can be made days ahead.

CHOCOLATE POTATO CAKE
1/2 cup butter or margarine (1/4 pound)
1 cup shortening
2 cups sugar
3 eggs
2 tablespoons milk
2 cups sifted all-purpose flour
1/2 cup cocoa
2 1/2 teaspoons baking powder
1/2 teaspoon each cinnamon, nutmeg, allspice
1/4 teaspoon salt
1 cup coarsely chopped walnut meats
1 cup hot mashed potatoes (1 large)

In mixing bowl cream butter or margarine, shortening and sugar together well. Beat in egg yolks, one at a time. Add milk. Stir in sifted dry ingredients; then nut meats and mashed potatoes. Lastly fold in stiffly beaten egg whites.

Distribute batter evenly in lightly-greased 10-inch tube pan. Bake in a moderate oven, 350 degrees, about 1 hour. Invert to cool. Serves 16.

CUT IT OUT!

If a convalescent in your family needs a "light diet" it is well to avoid fatty meats, strong-flavored or hard-fibered cooked vegetables, hot breads and concentrated sweets.

Pineapple in Sweet Rolls Give Flavor

Sweet rolls have always been popular breakfast and brunch fare, especially when you want a good breakfast to start a busy day.

These rolls are satisfying for any meal. Part of their flavor comes from the fruity pineapple filling. Serve with a bit of confectioner's sugar icing.

ROYAL HAWAIIAN ROLLS
Pineapple Filling
1/4 cup sugar
2 tablespoons cornstarch
1 cup (1 8-oz. can) crushed pineapple
1 tablespoon margarine
1 tablespoon lemon juice, if desired

Mix sugar and cornstarch in small saucepan. Stir in pineapple and juice. Cook over moderate heat until thickened, stirring constantly.

Remove from heat. Add margarine and lemon juice, mixing well. Cool. This filling may be kept in refrigerator for several days, if desired. Makes 18.

DOUGH
2 cups sifted flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
2 tablespoons sugar
1/2 cup margarine
1 egg, beaten
1/2 cup milk

Prepare two 8x8-inch pans as follows: put 1 tablespoon margarine in the bottom of each pan and set in oven to melt as oven heats. As soon as margarine is melted, spread over entire bottom of pan and sprinkle with 1 tablespoon sugar. This puts an attractive glaze on the bottom of the rolls.

Sift together into bowl, flour, baking powder, salt and sugar. Cut or rub in margarine until the mixture is as fine as cornmeal.

Combine beaten egg and milk and add flour mixture. Stir only until well moistened. Turn out on lightly-floured board or pastry cloth.

Knead lightly 30 seconds. Roll out into long narrow sheet about 8 inches wide and 18 inches long. Spread cooled Pineapple Filling evenly over dough. Roll up like cinnamon rolls. Cut into 1-inch slices. Put each slice cut side down and a half inch apart into prepared pans.

Bake in moderately hot oven, 425 degrees, 18 to 20 minutes. Turn out of pan at once. If desired, pour thin confectioner's sugar icing over tops. Separate with fork and serve hot, with margarine.

Any Chocolate Can Be Included

Your favorite dessert can be made with either sweetened ground chocolate or cake chocolate. Here's how: If it calls for cake chocolate, substitute one-fourth cup of the ground product for each ounce (or square). Many authorities advise the addition of one tablespoon of shortening for each 1/4 cup of cocoa used in a recipe calling for chocolate.

mixture. Cook for 6 minutes at low heat, stirring constantly. Remove from heat; add lemon juice, grated peel, and butter. Cool slightly; pour into cool baked pie shells (9-inch). Top with meringue according to directions.

LEMON MERINGUE PIE FOR THE FREEZER

2 1/2 cups sugar
1/2 teaspoon salt
1 cup cornstarch
3 cups hot water
6 egg yolks
3/4 cup fresh lemon juice
2 teaspoons grated lemon peel
2 tablespoons butter
2 9-inch baked pie shells

Mix sugar, salt, and cornstarch in pan. Add hot water gradually, cook over direct heat, stirring constantly, until thickened and clear (8 to 8 min.) Remove from heat. Stir 1/2 cup of hot mixture gradually into beaten egg yolks; stir this back into hot

PIGGLY WIGGLY . . . SUGGESTS . . .

A new frozen orange juice pie!

MADE WITH

SPERRY

Drifted Snow Flour

10-Lb. Bag **95c**

AND



REAL GOLD

Frozen Orange Juice

2 6-oz. Can **35c**

SERVE WITH



MJB COFFEE

"You Can't Make a Bad Cup of MJB" **\$1.03** LB.

FOR COMPLETE RECIPE SEE PAGE 2 THIS SECTION

MAX & JACK'S
Only U. S. Inspected Meats

Armour's Star Long Bologna Lb. **39c**

U. S. Good & Choice Rib Steaks Lb. **69c**

U. S. Good Round Steak Lb. **79c**

Fish -- Poultry Cheese

- BIRDS EYE Mixed Vegetables** 2 pkgs. **39c**
- BIRDS EYE French Fried Potatoes** 2 pkgs. **39c**
- Frozen Fish Sticks** pkg. **59c**
- Can-A-Pop—All Flavors** 10c **6/59c**

- PIXIE MARSHMALLOWS** Pkg. **23c**
- DERBY SPAGHETTI** 16-oz. Tin **2/39c**
- DUNDEE PEACHES** No. 2 1/2 Tin **29c**
- KRAFT COTTAGE CHEESE** Pint **29c**
- MARASCHINO CHERRIES** 8-oz. **29c**

DUNCAN HINES White Cake MIX
2 Pkgs. **52c**

MISSION MACARONI DINNER
2 Pkgs. **25c**

- VAN CAMP Tuna** 2 for **53c**
- NOR SARDINES**
In Tomato Sauce 9-oz. Tin **25c**
- Coffee** Plymouth Lb. **95c**

HEINZ TOMATO SOUP
2 for **23c**

- Calo Horsemeat** 15-oz. Tin **3 for 50c**
- Nabisco Ritz Crackers** 1-Lb. Pkg. **37c**

SNOBOY CARROTS
Packed in Pliofilm For Freshness **2 for 23c**

FRESH CELERY
Tender—Crisp Lb. **10c**

Oil Easter Egg Colors pkg. **10c**

Wheaties 8-oz. Pkg. **16c**

Cheerios 10 1/2-oz. Pkg. **21c**

WAXTEX Wax Paper Heavy 125-ft. Roll **27c**

Save S&H Green Stamps

PIGGLY WIGGLY
1240 N. Capitol

Green Peppers **5c EACH**

Radishes

Grapfruit (White)

U. S. NO. 1 Potatoes Select Bakers 10 Lb. **29c**