

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.

Welcome news to the home-

maker is the fact that lemon

produce a perfect pie every

For best results, freeze the

baked pie shell with only the

filling in it. Freeze the unbeat-

ten securely. This way, the pie

be stacked in with it. Store at

successfully is longer than

you'd think. A lemon meringue

It was eaten on February 2nd-

for one hour before beating.

you have spread the meringue

on a cold pie, it acts as an in-

time than usual after you take

vorites - all easy to make and

LEMON MERINGUE PIE

FOR THE FREEZER

delicious:

2% cups sugar

6 egg yolks

½ teaspoon salt

cup cornstarch

3 cups hot water

% cup fresh lemon juice

2 9-inch baked pieshells

2 tablespoons butter

Here are the recipes for fa-

Length of time frozen lemon

zero degrees.

delicious pie!

economists.

## Regular Meals, Periodic Checkups Safeguard Health

By PAULINE SCHAPLOWSKY Marion County Home Demonstration Agent

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 in-

clude the Basic 7 Foods in our meals each day? Our bodies need the vitamins and minerals these foods contain. Many of us are not foods contain. Many of us are not getting the food we need. One getting the food we need. One idea suggested to help all of us Pie Said Good better our food habits - add to the amount of fruit, cooked cereals, and vegetables you are As Fresh Made eating at present. Subtract from the amount of sweets, bottled drinks, and coffee.

Eat Regularly Eating at regular times each to freeze as any other pie and evening hours. And mealtime freezer, it is easy to bake two constantly. should be an unhurried, restful pies at once, eat one and freeze Remove from heat. Add margether is at meals. Perhaps it would be worth a special bit of baked it! effort to make sure it is a pleas-

Skimping on sleep and rest is time are the result of testing another way we modern people and re-testing a variety of puhish our bodies. Short rest lemon pies in a newly completperiods throughout the day help ed test kitchen by trained home 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 car-ing 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 it regularly) 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 with them. To thaw to room that has a spicy-nut flavor. Be- temperature before you make Can Be Included cause it stores so well, it can be the meangue, take egg whites made days ahead.

12 cup butter or margarine (1/4

- pound) 12 cup shortening
- 2 cups sugar 3 eggs
- 2 tablespoons milk
- 2 cups sifted all-purpose flour 2 cup cocoa 212 teaspoons baking powder
- 12 teaspoon each cinnamon, nutmeg, allspice 14 teaspoon salt
- 1 cup coarsely chopped walnut
- 1 cup hot mashed potatoes (1 it from the oven. 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 famly, cook over direct heat, stirily needs a "light diet" it is well ring constantly, until thickened to avoid fatty meats, strong- and clear (6 to 8 min.) Remove thaw to room temperature before flavored or harsh-fibered cooked from heat. Stir 1/2 cup of hot beating. Follow directions above, vegetables, hot breads and con- mixture gradually into beaten but brown in a 35 degree oven centrated 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

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 HAWAHAN ROLLS Pineapple Filling 4 cup sugar

- 2 tablespoons cornstarch 1 cup (1 8-oz. can) crushed
- pineapple 1 tablespoon margarine 1 tablespoon lemon juice, if

meringue pie is just as simple Mix sugar and cornstareh in day is also a good health habit has more advantages, if you use small saucepan. Stir in pineapple to adopt. Our bodies need proper a few little tricks. Thanks to and juice. Cook over moderate food at morning, noontime, and modern conveniences like a heat until thickened, stirring

occasion. Many families find that the other for a future day. The garine and lemon juice, mixing most of the time they spend to- frozen one will be just as good well. Cool. This filling may be as the one you ate the day you kept in refrigerator for days, if desired. Makes 18. The little tricks which help

DOUGH

- 2 cups sifted flour 21/2 teaspoons baking powder 1/2 teaspoon salt 2 tablespoons sugar
- h cup margarine 1 egg, beaten

12 cup milk Prepare two 8x8-inch pans as follows: put 1 tablespoon maren egg whites to be used for the garine in the bottom of each pan meringue separately. Or, use and set in oven to melt as oven them up and make the meringue heats. As soon as margarine is with fresh egg whites when the melted, spread over entire bottom of pan and sprinkle with 1 comes. On the day you want to eat the pie, you follow tablespoon sugar. This puts an three steps: make a meringue, attractive glaze on the bottom of

the rolls. spread it on the unthawed froz-Sift together into bowl, flour, en pie, bake briefly to brown baking powder, salt and sugar. the meringue. That's all you Cut or rub in margarine until need do to serve a delicate pie. the mixture is as fine as corn-Bake the pie shell in a regu-

lar or foil pie plate, pour in the meal. Combine beaten egg and milk cooled filling, cover with a paper plate, and keep it in place and add flour mixture. Stir only with a piece of tape. Place in until well moistened. Turn out on lightly-floured board or pasfoil, or moisture-vapor proof patry cloth. per or in a pliofilm bag and fas-

Knead lightly 30 seconds. Roll out into long narrow sheet about is protected and other foods can 8 inches witte and 18 inches long. Spread cooled Pineapple Filling evenly over dough. Roll up like cinnamon rolls. Cut into 1-inch pie can be kept in the freezer slices. Put each slice cut side down and a half inch apart into prepared pans.

using fresh lemon juice Bake in moderately hot oven, (meringue made at serving time) 425 degrees, 18 to 20 minutes. was baked and frozen on Decem-Turn out of pan at once. If deber 8th in the Sunkist kitchen. sired, pour thin confectioners' sugar icing over tops. Separate with flaky crust, good flavor and with fork and serve hot, with consistency in the filling, good margarine. volume in the meringue - a

## If you freeze the egg whites, be sure there is no egg yolk in Any Chocolate

Your favorite dessert can be from the freezer two or three CHOCOLATE POTATO CAKE hours before you'll use them. made with either sweetened Or, move them from freezer to ground chocolate or cake chocorefrigerator to thaw overnight, late. Here's how: If it calls for then bring to room temperature cake chocolate, substitute onefourth cup of the ground product When you have made the me- for each ounce (or square).

ringue, it goes right on the Many authorities advise the frozen pie (no thawing here) addition of one tablespoon of and immediately into a 350 de- shortening for each 1/4 cup of gree oven, where it will brown cocoa used in a recipe calling in 15 to 20 minutes. Because for chocolate.

mixture. Cook for 6 minutes at sulator, and will cool in less 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 di-

MERINGUE FOR PIE BAKED AT ONCE: 3 egg whites

4 teaspoon cream of tartar 6 tablespoons sugar Beat egg whites and cream

of tartar until frothy. Add sugar gradually, beating until me-2 teaspoons grated lemon peel ringue holds in firm glossy peaks. Spread meringue on pie. Mix sugar, salt, and cornstarch Bake at 400 degrees (7 to 10 in pan. Add hot water gradual- min.) until brown.

MERINGUE FOR FROZEN PIE If you use frozen egg whites, egg yolks; stir this back into hot for 15-20 minutes.

PIGGLY WIGGLY . . . SUGGESTS

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Frozen Orange Juice

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Patty Dae

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iii Easter

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wnite Lake

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VAN CAMP

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Green Peppers

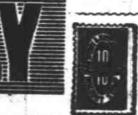
Grapefruit (White)

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