



Pot Roasts Cooked Slow To Perfection

Pot roast, or more correctly pot roasting, is a wonderful way to transform the less tender cuts of beef, the rump or chuck for instance, into fork-tender, juicy and fine flavored meat that many men vow they enjoy more than steak. Long, slow, moist cooking is the answer, plus the subtle tricks of seasoning that make for variety in flavor.

There are several cuts from which to choose, when you're shopping for a pot roast. The arm or round bone makes an excellent pot roast, is good and meaty, and weighs 4 to 5 pounds. The blade bone pot roast is usually moderately priced, and like the round bone pot roast is cut from the chuck. A blade bone pot roast may weigh 5 or 6 pounds, or may be cut into smaller weights. Pot roasts are usually cut about 1 1/2 inches thick.

Another excellent, meaty piece is the rump pot roast, which usually weighs from 4 to 5 pounds. If this roast is boned and tied into shape, the job of carving will be made easier for the host. A good boneless cut for pot roasting is sirloin tip. This is a lean cut much favored for hot roast beef or barbecued beef sandwiches.

Right about now, allow 1/2 pound of the bone-in roast, or 1/4 pound of the boned roast per serving for the first day service. But do plan on left-overs. Keep the pot roast loosely wrapped in clean paper in the refrigerator until ready to cook and use it within five days to be sure to keep the goodness you buy.

There's no trick to cooking a fine flavored pot roast. All you need is a heavy kettle or roasting pan, a small rack to place under the meat as a safeguard against burning, a tight fitting lid, and a bit of imagination when it comes to seasoning. Here are recipes for two variations of this appetizing meat dish. Add a crisp vegetable salad, and baked potatoes to round out this truly appetizing menu.

CREOLE POT ROAST
3 pounds beef pot roast (chuck or rump)
2 tablespoons fat
1 1/2 cups tomato sauce
1/2 cup olive liquid
2 cups sliced onions
1/4 cup sliced stuffed olives

Melt the fat in a skillet. Brown the meat well on both sides. Slip a low rack under the meat. Add the tomato sauce and olive liquid. Top the meat with onions and olives. Cover tightly and cook over low heat until fork-tender, about 2 1/2 hours. Serves 6 to 8.

STOVEY POT ROAST
3 pounds chuck roast
1/4 cup flour
4 tablespoons shortening
1 teaspoon salt
1/2 teaspoon pepper
1 cup water
6 potatoes
6 carrots
6 onions
6 turnips

Dip meat in flour. Melt shortening in a heavy kettle. Brown the meat well on each side, adding salt and pepper. Add water, cover and cook slowly for 2 hours. Add potatoes, carrots, onions, and turnips and cook for an additional hour. Serves 6.

Shepherd's Pie Uses Cooked Lamb

Here's a recipe that's a good way to use up cooked lamb:

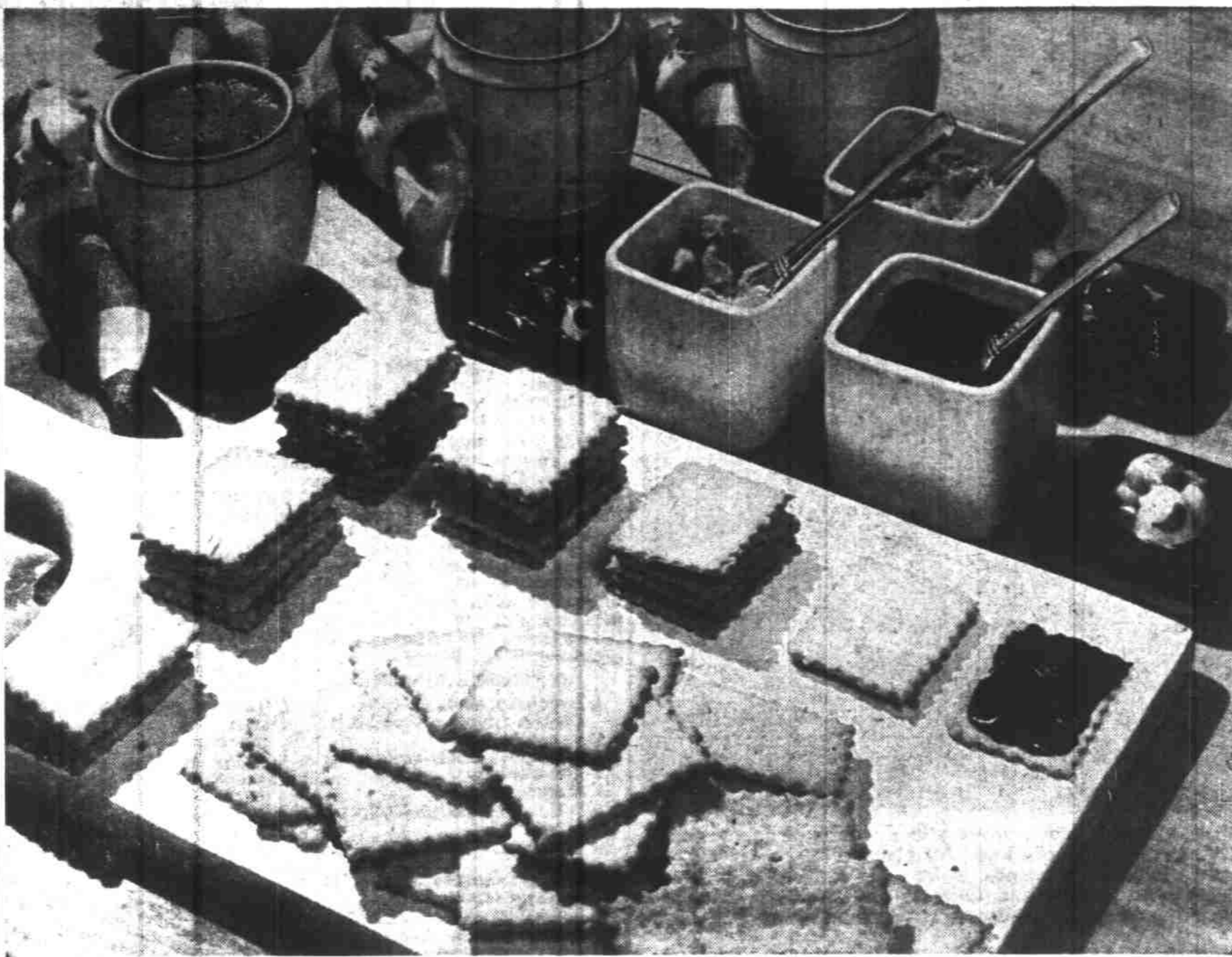
SHEPHERD'S PIE
2 cups diced cooked lamb
1 cup chopped celery
1 No. 303 can kidney beans
1 cup diced cooked carrots
1 teaspoon Worcestershire sauce
1/2 teaspoon salt
1 1/2 cups thin gravy, or
1 1/2 cups water and 1 bouillon cube
3 cups well-seasoned mashed potatoes

Combine cooked lamb, celery, kidney beans, carrots, Worcestershire sauce, salt and gravy or water to which bouillon cube has been added. Pour into a 1 1/2-quart casserole. Spoon mashed potatoes to form a border on meat mixture. Bake in a moderate oven (350 degrees) 25 to 30 minutes, or until mashed potatoes are lightly browned. 4 servings.

WATCH IT
Don't let your washable paper, in kitchen or bathroom, get heavily filmed with grease or dust before you clean it. When you do wash it, use a mild soap solution and a sponge. Wring out the sponge and apply lightly with up and down strokes, starting at the bottom. Rinse at once with a second sponge wrung out of clear water. Do not permit the paper to become soaked.

BROWN BUTTER
Cooked artichokes, accompanied by browned butter, make a fine appetizer or salad course for a company dinner. To prepare the butter, just put it in a skillet and allow to stand over moderately low heat until nut-brown. Watch carefully so as not to burn and stir a few times.

FLATTEN OUT
Here's a trick to keep in mind when you are making potato pancakes. After you spoon the potato mixture onto the skillet or griddle, flatten the pancakes with the back of a spoon. This will make them thinner and crisper.



How easy it is to be a good hostess when your entertaining plan is as simple as these Stack Your Own cookies which are mixed in two minutes with a package of basic cookie mix from the grocery store if you wish. Guests make Digwoods to suit themselves with an assortment of fillings. They can stack them as high as they dare. The fillings pictured here include some sweet and some not. Try cream cheese with ground nuts; any of the other spreadable cheeses as they come from the package; 1 package semi-sweet chocolate morsels, mixed with 1 tablespoon butter over hot water; 1 teaspoon instant coffee blended with 1 tablespoon butter, 1 tablespoon cream and 1 cup sifted confectioner's sugar; a regular orange icing made from the confectioner's sugar and frozen orange. Another filler, not pictured, is ice cream cubes piled on a platter and served with a knife so slicing them is a simple matter. Imagination should run rampant on party food like this.

Ham Slice Goes With Fruit Glaze

A slice of ham takes kindly to a glaze of apricots, achieved from a can of the fruit:

HAM WITH APRICOT GLAZE
Smoked ham slice, cut 1-inch thick
1 No. 303 can apricot halves
1/2 teaspoon ground cloves
1/4 teaspoon allspice
1/4 teaspoon cinnamon

Drain apricots and save juice. Set regulator to broil. Place ham slice on broiler rack and insert broiler rack and pan so the top surface of the meat is 2 to 3

inches from the heat. Sprinkle with spices and broil until nicely browned, about 10 minutes, basting occasionally with apricot juice. Turn, sprinkle ham with remaining spices, continue broiling, basting with apricot juice until done, about 10 minutes. Five minutes before ham slice is done, arrange apricot halves, cut surface down, on ham and continue broiling until ham is done and apricots are lightly browned. Spoon basting liquid over ham and apricots before serving. 4 to 6 servings.

Try Prunes in These Rich Fritters

Prune fritters make a wonderful meat accompaniment. Cooked prunes, stuffed with cheese, dipped in egg and crumbs, and fried in deep fat are delicious with pork, lamb or veal. There's no complicated batter to make, and if you are lucky enough to have an electric deep fat fryer, the fritters almost make themselves.

PRUNE FRITTERS
Cooked prunes
American cheese
Egg

Fine dry bread crumbs
Fat for frying
Pit prunes and fill center with small pieces of cheese. Dip in well-beaten egg, then in bread crumbs, again in egg and again in bread crumbs. Fry in deep fat until a golden brown. Serve hot with roast, pork, lamb or veal.

SHELL GAME
You can keep nuts in the shell for two or three months, at room temperature, before the nutmeat flavor deteriorates.

Spareribs Take Sweet-Sour Sauce

Those who like to eat Chinese food may appreciate this American version of an old oriental favorite:

SWEET AND SOUR SHORT RIBS
5 or 6 pounds short ribs
1/2 cup flour
2 teaspoons salt
Pepper to taste
2 cups sliced onions
2 cups catsup
2 tablespoons vinegar
2 tablespoons soy sauce
2 tablespoons Worcestershire sauce
1/2 cup sugar
1/4 cup water

Cut short ribs into 2-inch lengths. Mix together the flour, salt and pepper, and roll short ribs in seasoned flour. Arrange in a large casserole or roaster and cover with the sliced onions. Mix together the catsup, vinegar, Worcestershire, soy sauce, sugar, and water and pour over the ribs. Cover and bake in a slow oven (300 degrees) for about 3 hours. The cover may be removed from the pan the last 30 minutes if you like the meat crusty and brown. Serves 6 to 8.

Chicken Recipe From Connecticut

This recipe comes from Eastern seaboard and Connecticut where they say "nowhere in Connecticut are you far from the ocean, a poultry farm or an insurance man."

CHICKEN CACCIATORE
1 young chicken, 2 1/2 to 3 1/2 pounds
1/2 cup olive oil or other fat
1 finely sliced onion
3 1/2 cups canned tomatoes, or 8 medium tomatoes
1 clove garlic
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/2 cup water or stock

Disjoint and dry chicken. Cook gently in olive oil until delicately brown; turn occasionally to brown evenly. Add onion and cook until onion is transparent and golden.

Add tomatoes, garlic, salt and pepper. Cover tightly and simmer till chicken is tender and the tomatoes are reduced to thick sauce, about 45 minutes. Add liquid last 15 minutes of cooking. Remove garlic clove before serving. Serves 4 to 5.

Cherries Make a Colorful Salad

Royal Anne cherries, product of our own valley, are unexcelled for colorful salads. Frozen salads are nice for entertaining:

FROZEN CHERRY SALAD
1 No. 2 can Royal Ann cherries pitted and drained
1/2 cup diced pineapple
1/2 cup sliced bananas
1/2 cup chopped pecans
1/2 cup mayonnaise
1 (3-oz.) package cream cheese
1/2 teaspoon salt

Combine fruits and nuts. Blend together mayonnaise and cream cheese. Add salt.

Combine with fruit and nut mixture. Mix thoroughly. Pack in refrigerator tray and freeze. Cut into squares and serve on crisp lettuce leaf.

Parfait Pies, Need for the New

Just about the time there was no new pie under the sun, someone created a parfait pie. The recipe given here is one of our favorites — almost chiffon, and accented with coffee and nut meats.

COFFEE WALNUT PARFAIT PIE
1 1/4 cups strong coffee
1 package orange-flavored gelatine
1 pint coffee ice cream
1 cup broken walnut meats
1 9-inch baked pie shell

Heat coffee until very hot, but not boiling. Add gelatine and stir until dissolved. Cut ice cream into eight pieces, and add all at once and stir until dissolved. Chill in refrigerator a few minutes until mixture "mounds" on a spoon. Fold in walnuts and spoon into pie shell. Chill until firm.

Garnish top with whipped cream and whole walnut meats if desired. Serves 6.

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