



Two-way pot roast is a handy idea for the small or medium sized family. Get a bigger pot roast and have the meatman cut it in two. Serve it once as a barbecued meat (as shown here) and the next day braised in a rice ring, or as a beef and vegetable stew.

### Apples Give Lift to Plain Old Time Dish

It's always fun to take a plain Jane kind of dessert and add a touch of glamour and that's what has been done with today's custard and tapioca puddings. In both recipes the important newness is that fragrant succulent apple slices nestle in the puddings and the result is doubly delicious eating the whole family will enjoy. These two recipes, like other favorite apple desserts, deserve special attention now with Winesaps or other late-harvested apples are coming in from orchards because these apples hold their spicy aromatic flavor and fragrance even under cooking processes. The Winesap is one of the best "keepers" so you can buy in quantity.

**APPLE SLICE CUSTARD**  
2 tablespoons butter  
1/2 cup sugar  
1/2 cup water  
3 apples  
2 eggs  
1/4 cup sugar  
1/4 teaspoon salt  
1 teaspoon vanilla  
2 cups milk  
Melt butter in a heavy saucepan or frying pan. Stir in sugar and water and heat until bubbly. Core and peel apples and cut into eighths. Add apples to bubbling

stirup, turn heat to low and simmer slowly for about 10 minutes or until apples are barely tender. During the cooking, turn apples occasionally, handling gently to avoid breaking. Beat eggs slightly and stir in sugar, salt, vanilla and milk. Arrange drained apple slices in the bottom of a 1 1/2 quart casserole and pour in custard mixture. Place casserole in a pan of hot water. Bake in a moderate oven (350 degrees) about 1 hour or until a silver knife inserted in the center comes out clean. Serve cold with cooled sauce left from cooking apples.

**APPLE TAPIOCA**  
3 apples  
3 cups water  
Juice of 1/2 lemon  
1 cup brown sugar, firmly packed  
1/4 teaspoon salt  
1/4 teaspoon cinnamon  
1/2 cup quick-cooking tapioca  
3 tablespoons melted butter or margarine  
Set oven at moderately hot (375 degrees). Peel and cut apples into thin slices. Place apple slices in greased baking dish and add water and lemon juice. Bake until apples are almost tender when tested with a fork. While apples are baking, combine sugar, salt, cinnamon,

### Ham Roll Has Built-in Sauce

Whoever said that the holidays are over at New Year's! Just look at February — it's jammed with them, Ground Hog's Day, Lincoln's Birthday, Washington's Birthday and Valentine's Day; and all give us an excuse to make budget items glamorous to eye and the palate. Take this savory ham filling and roll it in freshly baked bread, then shape it into a heart. Serve it with a quick sauce made by heating a can of mushroom soup, and turn out a welcome stick-to-the-ribs main dish for raw wintry days — and a charming one, too.

**VALENTINE HAM ROLL**  
1/2 cup milk  
3 tablespoons sugar  
2 1/2 teaspoons salt  
4 1/2 tablespoons shortening  
3/4 cup warm, not hot, water (lukewarm for compressed yeast)  
1 package or cake yeast, active dry or compressed  
4 1/2 cups flour  
Ham Filling  
1 can condensed cream of mushroom soup  
Scald milk. Stir in sugar, salt and shortening; cool to lukewarm. Measure water into a large mixing bowl (warm, not hot, for active dry yeast, lukewarm for compressed yeast). Sprinkle or crumble in yeast; stir until dissolved. Stir in lukewarm milk mixture. Add half the flour; beat until smooth. Stir in remaining flour. Turn out on lightly floured board. Place in greased bowl; brush top of dough with shortening. Cover, let rise in a warm place, free from draft for 1 hour or until double in bulk. Punch down. Divide dough in half. Roll each half on floured board to 1/4-inch thickness. Spread generously with ham mixture. Roll jelly roll fashion. Shape both halves to form a single heart. Press open edges together. Bake at 350 deg. F. moderate oven for 35 minutes until dough is browned. Serve with heated cream of mushroom soup. Makes 8 to 10 servings.

**HAM FILLING**  
1 1/2 cups ground ham  
1 small onion, ground  
1 teaspoon paprika  
1 green pepper  
1 tablespoon melted butter  
Combine all ingredients thoroughly. Use to fill bread heart.

**SWEET TOP**  
Make a different dessert with hot waffles. Pour waffle batter in hot iron, sprinkle with coconut, and bake. Serve with your favorite sweet topping.

### Once-a-Year Nuts in Coffee Cakes or Breads

Chopped Brazil nuts for coffee cake and cinnamon roll toppings, and Brazil nuts as a flavor ingredient with fruit in a steamed loaf, spell eating enjoyment and the recipes will utilize nuts left over from the holiday eating. Somehow, more special the meal that puts a hot bread on the menu. A breakfast choice might be quick coffee cake made your favorite way, but assure it the delicious flavor-mingling of Brazil nuts and cinnamon in a crumb topping.

Or follow your own cinnamon roll recipe, and then before baking, combine butter and sugar along with chopped Brazil nuts and orange juice to glaze the roll. In baked nut loaves, Brazil nuts are always a popular taste addition.

Something new and wonderful on the hot bread list is a Brazil Nut-Date Steamed Bread. The mixture is assembled like any other baked quick-loaf, but then steamed in two tin cans.

This Brazil nut steamed bread is more tender and soft of texture than a baked one, and particularly good because of its medley of Brazil nuts, orange rind and juice and dates.

**STEAMED BRAZIL NUT DATE BREAD**  
1/2 cup boiling water  
2 tablespoons butter or margarine  
2 tablespoons grated orange rind  
1/2 cup orange juice  
1/4 cup unsulphured molasses  
1/2 cup finely cut dates or raisins  
1/2 cup sugar  
1 teaspoon vanilla  
1 egg, slightly beaten  
1/2 cup coarsely chopped Brazil nuts  
2 cups sifted all-purpose flour  
1/4 teaspoon soda  
2 teaspoons baking powder  
1/2 teaspoon salt

In a mixing bowl, put water, butter, orange rind, orange juice, unsulphured molasses, dates, sugar, vanilla, egg and Brazil nuts. Sift in flour, soda, baking powder and salt. Mix well. Turn mixture into 2 greased cans (20 ounces each). Cover with aluminum foil or two thicknesses waxed paper; tie securely. Place on rack in deep kettles; pour in boiling water to half the depth of cans. Cover; steam 2 hours, adding more boiling water during steaming if necessary.

**YIELD: 2 loaves.**  
**BRAZIL NUT COFFEE CAKE TOPPING**  
1/2 cup coarsely chopped Brazil nuts  
1/2 cup firmly packed brown sugar  
1 tablespoon flour  
1 teaspoon cinnamon  
1 tablespoon butter or margarine

Follow recipe directions for preparing favorite coffee cake. For topping, combine Brazil nuts, sugar, flour and cinnamon. Melt butter; stir into Brazil nut mixture. Sprinkle on top of coffee cake before baking according to recipe directions.

**BRAZIL NUT GLAZE FOR CINNAMON ROLLS**  
1 tablespoon orange rind  
2 tablespoons butter or margarine  
1/2 cup orange juice  
1/2 cup sugar  
Chopped Brazil nuts  
Follow recipe directions for preparing favorite cinnamon rolls. Combine orange rind, butter, orange juice and sugar in saucepan. Bring to a boil; boil 5 minutes. Four into pan; sprinkle with 1/4 cup chopped Brazil nuts. Or divide into muffin pans; sprinkle 1 teaspoon chopped Brazil nuts into each pan. Place rolls on top; raise and bake according to recipe directions.

**ODD TRICK**  
Vary those hamburgers you are planning to serve your family by simmering in ready-prepared tomato sauce. Be sure to brown the hamburgers on both sides before adding the sauce. At serving time, sprinkle the meat and sauce with minced parsley for fresh flavor.

### Pork Chops on Winter Menus For Economy

If the full-flavored juiciness of fresh pork is as much in demand in your family as in most, you're in luck this season. Since pork rates among top honors on the list of "good buys," this is an ideal time to take advantage of the plentiful supplies of this meat and plan to include pork chops and other attractively priced cuts of pork in your menu planning often.

There's a variety of pork chops to fit every need and pocketbook, so you'll probably want to consider the different types before you buy. For "special" or company meals the preferred cut is the center-cut loin chop, easily distinguished by its T-bone and portion of tenderloin. The rib chop, another popular choice, is also from the loin section, but is without tenderloin and may be boneless. When economy is in order, a good choice is the meaty round-bone shoulder chops or blade-bone chops. These have a greater percentage of bone, but are just as good eating and nutritious as the loin cuts.

**Store Right**  
To store your selected cut of pork, just rewrap loosely in waxed paper and keep in the refrigerator to be used within 4 to 5 days. Also, remember that all cuts of pork should be thoroughly cooked. After an even browning, cook the chops slowly. About 40 minutes is usually required for chops cut 1 inch thick and about 20 minutes for those cut 1/2 inch thick. To check for doneness, cut a slit in the chops near the bone and make sure that your finished product is gray with no tinge of pink.

Baking is an interesting and flavor-enhancing method of cooking pork. It's an especially good time-saving method and needs only little preliminary preparation before popping into a moderate oven. An unusual and appealing way of serving baked pork chops is Pork Chops in Chinese Curried Rice. The rice is combined with curry powder, soup, vegetables and liquid, and is baked with the pork chops right on top. An ideal meal-in-one combination, this dish requires only about an hour and 20 minutes until rice is cooked fluffy and chops are tender.

**PORK CHOPS IN CHINESE CURRIED RICE**  
6 shoulder pork chops, 1/2 to 3/4 inch thick  
Salt  
Pepper  
1/2 cup brown rice  
1/2 teaspoon curry powder  
1 10-ounce can condensed cream of mushroom soup  
1 1 1/2-ounce can Chinese vegetables  
Juice drained from Chinese vegetables and enough water to make 2 1/2 cups liquid  
Brown chops slowly on both sides in a heavy skillet. Season. Wash rice and combine it with curry powder, soup, vegetables and liquid in a 2-quart casserole. Lay pork chops on top of rice. Bake in a moderate oven (350°) for 1 hour and 20 minutes or until rice is done and chops are tender. Serves 6.



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