Hey, Kidsl

Santa Claus Will Be

at Salem IGA Stores

Saturday with a

Free Gift for You

11 a.m. to 12

Orcutt's Mkf.

12:30 to 1:30 State St. Mkt. 2 p.m. to 3 p.m.

3:30 to 4:30, Emery's

MEAT

MINCE

## **Oven Stew New Quirk** For Old Dish

Ever popular beef stew beco a family or company special when baked in the oven and served in Provocative Is and around a golden ring of corn bread. Easy to look at and even more pleasing to the pallate, this hearty dish adds tempting variety

Chopped Brazil nuts contribute to weekly menus.

Since beef is in particularly good

supply right now, stew is a wise and economical choice. Among beef cuts that make wonderful rich stew are beef shoulder, shank, neck meat and the less tender portion of the round. When buy-ing, it's a good idea to plan on at least 14 pound of lean, boneless meat per serving to make sure you have enough for generous portions. Also, it's important to remember that beef for stewing should be stored in the refrigerator loosely wrapped in waxed paper and used within 2 or 3 days.

The secret for bringing out the full rich flavor of beef and making the meat tender enough to cut with a fork is long, slow cooking, "Oven-baked Beef Stew" bakes in a moderate oven (350) for about 2 hours or until the meat is almost tender. Pleasing color and flavor variety are added by slipping a block of frozen limas into the stew at this point. Then, cover and continue baking 45 minutes before preparing the corn bread ring.

Here are complete cooking directions for this tempting ovenbaked stew and corn bread ring. OVEN-BAKED BEEF STEW AND CORN BREAD RING

2 pounds beet stew meat 2 medium onions, sliced 14 cup chopped green pepper 4 cup chili sauce

4 cup water

214 teaspoons salt 16 teaspoon pepper 1 package frozen lima beans

1 12 oz. package corn bread 3 tablespoons flour

1/4 cup water Cut beef into 2-inch pieces and put into large heavy kettle or casserole dish. Cover with onions green pepper, chili sauce and % cup water and sprinkle with salt and pepper. Cover and bake in a moderate oven (350) 2 hours of until the meat is almost tender Add frozen block of lima beans, Break apart with a fork and stir into mixture. Cover and continue Add the cooked beans to a cream baking 45 minutes. Prepare corn sauce and top with bits of crisply bread mix according to directions cooked bacon. Use bacon fat in on package and pour into 5-cup ring mold which has been rubbed with fat and floured lightly. Re move stew from oven and increase heat to 400. Bake corn bread ring about 20 minutes or until brown Thicken stew with 3 tablespoons flour mixed with 1/2 cup water and allow to simmer slowly while corn bread is baking. Turn out corn bread on a deep platter and sur round and fill it with the stew Serves 6 to 8.

SPECIAL BEEF STEW 3 pounds beef chuck

¼ cup flour 3 tablespoons fat 2 teaspoons salt 1 cup grated carrot

1/2 cup diced onion 1 cup chopped celery

% cup chopped green pepper 1 can (1% cups) condensed cream of mushroom soup Cut beef into 11/2 inch cubes.

Roll in flour and brown in hot fat. Season with salt. When meat is well browned, add vegetables and soup. Cover. Cook slowly for 21/2 to 3 hours. Serve on cooked noodles or macaroni. Serves 8 to

LITTLE GREEN

Next time you prepare corn pud-ding, add a little chopped green pepper and canned pimiento. ROUGH STUFF

Don't smooth out a meringue when you are spreading it over a pie filling. Swoops and billows look pretty after the topping is browned!

















Chopped Brazil nuts contribute texture interest, provocative nut flavor, and richness to poultry and meat stuffings. Try this nut addition and the praises will establish a poultry-stuffing tradition.

BASIC BRAZIL NUT STUFFING

- ½ cup (1 stick) butter
  2 cups chopped Brazil nuts
  ½ cup chopped onion
  ½ cup diced clery with leaves
- 1/2 teaspoon monosodium gluta-

mate 11/2 teaspoons salt

1/2 teaspoon Tabasco 1/2 teaspoon poultry seasoning 8 cups lightly packed bread

crumbs or cubes
2 tablespoons chopped parsley
4 cup boiling water or stock

Melt butter in saucepan or skillet. Add Brazil nuts, onion, celery, monosodium glutamate, salt, Tabasco and poultry seasoning. Cook until Brazil nuts are lightly browned. Add to bread crumbs and parsley. Add water or stock, toss lightly with a fork until weil mixed. Season cavity of bird with additional seasoning before stuffing lightly.

YIELD: Enough for a 12-pound turkey or 2 6-pound turkeys, using % cup stuffing per pound dressed weight

NOTE: If desired, stuffing may be baked separately to serve with chicken, veal or beef. Place stuffing in foil; seal edges tightly. Bake in a moderate oven (350 375 degrees) 35 minutes, or in a slow oven, (325 degrees) 45 min-

VARIATIONS

1. Substitute 4 cups corn bread crumbs for 4 cups bread crumbs 2. Substitute 3 cups cooked rice for 3 cups bread crumbs.

3. Substitute 1 cup seedless raisins or 1 cup cut up dried apricots for 1 cup of the Brazil nuts. Increase water to ¼ cup. Add 1 can (4 ounces) drained

mushrooms (cuts and pieces) to stuffing. Substitute mushroom liquid for water.

SNAPPY BEANS

Want to vary green snap beans? making the cream sauce, if you like a lot of bacon flavor.

> FLUFFO Shortening

M. AND M CANDY

REYNOLDS

Aluminum Foil

Heavy-Duty 59

SWIFTS PREM

12-oz. 39°

ARMOUR STAR Corned Beef

12 ez. 49



ersonal Size

Vista IGA

Market

3045 S. Commercial St. First in South Salem

Orcutt's IGA

Market

4300 N. River Rd.

THE TREND TODAY IS TO

4 Bars 23c

SHOP and SAVE at IGA STORES

Emery's IGA

Foodliner

Wallace Rd. at eventh, West Salem

State Street

**IGA Market** 

FOOD STORES

ZEE PAPER WRAP

BLITZ WEINHARD

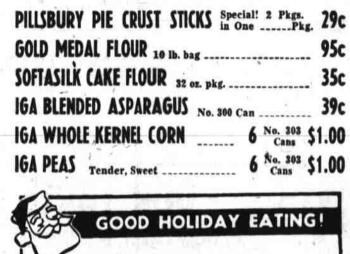
BEER

Carton of 12 Bottles



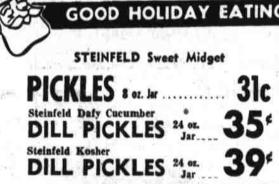
To the first 150 ladies that visit each Salem

IGA store Saturday, Dec. 24.



Prices Effective Thurs., Fri. and

Sat., December 22, 23 and 24









Fresh, Crisp

IGA Stores Reserve

the Right to Limit

**Hormel Ready To Serve** 

14 to 16 Pound Size Whole or Shank Half

COUNTRY SAUSAGE

U.S. Insp. Grade A

Fresh or Frozen

AT LOW COMPETITIVE PRICES

Ducks, Geese, Capons, Roasting Hens

and Fryers For Your Selection.

Fresh

CRANBERRIES

Fresh

TOMATOES

GRAPEFRUIT

Fresh

**Bruce Cleaning** 

**CALGON** Water Softener