



A zesty main dish that features pork and spaghetti, is real economy food, but fine enough for most any guests. In this double serving dish, the macaroni is served separate, but if one single dish is used, put sauce over spaghetti.

Spaghetti on Family Menu

Take advantage of the good buys in plentiful foods these days when entertaining strains the family budget. If expensive foods are your choice for company meals, you can ease the strain by using plentiful low-cost items for family meals.

Zesty Pioneer Supper calls for pork shoulder, an inexpensive cut of meat. The pork is given flavor treatment in a barbecue sauce poured over economical spaghetti.

A hearty and satisfying dish, Zesty Pioneer Supper is nourishing, as well. It provides both plant and animal protein, plus a good measure of vitamins. Rolls, tomato slices and onion rings are fine accompaniments for this zesty feast.

ZESTY PIONEER SUPPER
1 pound cubed pork shoulder
2 tablespoons fat or drippings
1/2 cup chopped onion
1 small clove garlic, minced
1 tablespoon flour
1/2 teaspoon salt
Dash pepper
2 1/2 cups tomato juice (No. 2 can)
1/4 cup catsup
1 tablespoon brown sugar
2 tablespoons vinegar
2 teaspoons Worcestershire sauce
1/2 teaspoon prepared mustard
6 ounces long spaghetti
Brown pork in fat or drippings in large saucepan. Add onion and garlic and brown lightly. Stir in flour, salt and pepper. Add remaining ingredients except spaghetti. Bring to boiling. Cover, reduce heat and simmer gently 30 minutes or until meat is tender. While meat mixture is cooking, cook spaghetti. Add 1/2 cup boiling water. Boil rapidly, stirring constantly, for 2 minutes. Cover, remove from heat and let stand 10 minutes. Drain and rinse. Serve barbecued pork over spaghetti. Makes 4 servings.

Light, easy-fix desserts are a rarity during this good-eating season of the year. Super Noodle Pudding has a simple-but-good quality that is a relief from the rich desserts now coming to the table. To make the pudding, cook 4 ounces fine noodles in boiling salted water until tender (about 4 to 5 minutes). Drain and rinse. While noodles are cooking, beat 2 eggs in medium-sized mixing bowl. Stir in 1/2 cup sugar, 1/2 teaspoon salt, and 1 teaspoon grated orange rind. Gradually blend in 2 cups scalded milk. Fold in the cooked noodles. Spoon the mixture into greased individual custard cups. Set in pan of hot water. Bake in moderate oven (350°) until set (about 1 hour). Cool. Turn into serving dishes. Serve with warm cranberry sauce. This recipe makes 8 servings.

New Cookies Are Honey Flavored
No-cook cookies, rich with dates and nuts, and just-right for parties, picnics, holiday gifts.

DATE BALLS
2 cups corn flakes
4 cups dates, pitted
1/2 cup pecans
2 tablespoons honey
1 tablespoon butter or margarine
2 teaspoons lemon juice
Confectioners' sugar
Put cereal, dates, and nuts through meat grinder. Add honey, butter, and lemon juice. Knead mixture until well blended. Shape into 1-inch balls; roll in confectioners' sugar. Makes 36 confections, cup each.

Gourmet Macaroni will make a good company dish for the com-

pany. Add 1 tablespoon salt and 6 ounces elbow macaroni to 4 1/2 cups boiling water. Boil rapidly, stirring constantly, for 2 minutes. Cover, remove from heat and let stand 10 minutes. Combine 1 1/2 cups condensed tomato soup (10 1/2-ounce can) and 3/4 cup milk in saucepan. Heat thoroughly. Stir in 2 cups shredded American cheese, 1/2 teaspoon salt and a dash of pepper. Stir until cheese is melted. Drain and rinse macaroni. Fold macaroni and 1 cup crab meat (6 1/2-ounce can) into sauce. Pour into 1 1/2-quart casserole. Top with buttered bread cubes. Bake in moderate oven (350°) 25 minutes. Makes 4 servings.

Yeast Muffins Are Kneadless
There's no kneading involved in making Almond Muffins. It's a yeast dough that takes little time to prepare, then just set it aside for 2 to 2 1/2 hours to rise. Put the dough in muffin pans and let it sit for another hour before baking, in order to increase in volume again. Chopped unblanched almonds give the characteristic touch in these rolls.

ALMOND MUFFINS
1/2 cup roasted unblanched almonds
1 cake compressed yeast
1/4 cup warm water
2 tablespoons sugar
6 tablespoons shortening
2 tablespoons salt
2 tablespoons sugar
2 cups scalded milk
5 cups sifted all-purpose flour
Chop almonds. Crumble yeast into warm water mixed with 2 teaspoons sugar and let stand until bubbly. Mix shortening, salt and remaining sugar with milk. Cook to lukewarm. Add yeast mixture. Blend in flour and almonds, and beat until smooth. Cover bowl closely, and set in warm place to rise. When doubled in bulk (about 2 to 2 1/2 hours), stir well to break bubbles and place by tablespoonfuls into greased muffin pans. Allow to rise until double in size (about 1 hour). Bake in hot oven (400 degrees) 25 to 30 minutes. Makes 2 1/2 dozen muffin rolls.

Winter Sport
If using your fireplace for cooking this winter, you'll find it handy to have an old-fashioned waffle toaster with long handles on hand. The toaster is wonderfully convenient for holding and turning steaks and chops.

There's only one SKIPPY
BEWARE OF IMITATIONS
LOOK FOR THE HAPPY LITTLE DOG

TOPS IN QUALITY! LOW IN PRICE

Rhubarb, Lemon Flavor Dumplings

Here's a dessert the family will particularly like on a cold winter evening. Delicious hot dumplings with a new Lemonade-Rhubarb Sauce.

And they're so easy. Make the dumplings with biscuit mix; the sauce with frozen rhubarb and frozen lemonade. The pure lemon juice which, in frozen lemonade, is already mixed with sugar, combines with the rhubarb in a sauce that has a flavor as perky as spring.

Here's the recipe:

LEMONADE & RHUBARB DUMPLINGS
Sauce:
1 (12-oz) package frozen rhubarb
1 (6-oz.) can frozen concentrated lemonade
1 canful water (fill lemonade-can once)
3 tablespoons sugar
Thaw rhubarb and place in large skillet; add concentrate for lemonade, water, and sugar. Mix well and let come to a full rolling boil, then drop the dumplings into it.
Dumplings:
2 cups biscuit mix
1 tablespoon sugar
1/2 cup milk
Combine ingredients and mix lightly. Drop by tablespoonfuls into the hot lemonade-rhubarb syrup. Cook uncovered for 10 minutes over low heat, then cover tightly and cook 10 minutes longer. Serve hot. Top with plain or whipped cream, if you like. (Serves 6-8).

Turkey Tropical Casserole New

Pineapple provides a glamorous touch in Turkey Tropical Casserole. To make it, add 2 tablespoons salt and 4 ounces medium noodles to 3 cups boiling water. Boil rapidly, stirring constantly, for 2 minutes. Cover, remove from heat and let stand 10 minutes. Combine 1 1/2 cups chopped cooked turkey, 1 1/2 cups condensed cream of celery soup (10 1/2-ounce can), 1/2 cup milk, 2 tablespoons finely chopped onion and 1/2 teaspoon salt, mixing until well blended. Drain and rinse noodles and fold into sauce. Pour into 1 1/2-quart casserole. Arrange 4 pineapple slices on top. Sprinkle with 1 cup shredded American cheese. Bake in moderate oven (350 degrees) about 30 minutes. Makes 4 servings.

Pretty Too
You can prepare a fine tomato aspic from a couple of cups of tomato juice and an envelope of unflavored gelatin. Add salt, sugar and pepper to taste and a tablespoon of lemon juice.

Main Dish Pie Takes Olives, Meat

When folks drop in for a visit it's a good feeling to know you can ask them to stay for dinner, even if you only have a pound of ground beef on hand. The trick, of course, is to have an easy, but unusually good, way of preparing the meat to serve the "extras" without being skimpy. Olive-Burger Pie is a layer dinner that will serve 6 to 8 hungry folks, and in fine style, too. Simply line a skillet, pie pan or shallow baking dish with flaky pastry. Then, layer the savory meat mixture, luscious ripe olives, tomato and cheese slices, and top with a pastry crust. When baked, you have a highly nutritious and simply delicious-tasting meat dish. Cut into pie-shaped wedges, to serve, or spoon from the pan. Serve a sauce, if you like, but it really isn't necessary as the filling is moist.

OLIVE-BURGER PIE
1 to 1 1/2 cups ripe olives
1 large onion
1 pound lean ground beef
2 tablespoons drippings
1 (8-ounce) can tomato sauce
1/2 cup water or broth
1 teaspoon salt
1 teaspoon mustard
1 teaspoon chili powder
2 tomatoes
4 or 5 slices process American cheese
Pastry for 2 crust pie
Cut olives into large pieces. Slice or chop onion and cook, with beef, in drippings until lightly browned. Blend in tomato sauce, water, salt, mustard and chili powder, and simmer about 15 minutes. Turn into pastry-lined 9-inch pie pan. Cover meat with layer of olives. Thinly slice tomatoes and arrange over olives; top with cheese slices. Put top crust in place; seal and flute edges. Cut a few small slits in top to allow steam to escape during baking. Bake in a hot oven (400 degrees F.) for 25 to 30 minutes, or until crust is baked. Serve plain or with any desired sauce. Cut in pie-shaped wedges, to serve, or spoon from pan. Makes 6 to 8 servings.

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Chocolate Gives Lift After Strenuous Day Out of Doors

Ever have a group of tired, hungry youngsters roll into the kitchen with loud demands for refreshments? A few hours of arduous exercise in the wintry air make hands and feet cold, sharpen appetites and bring energy to a low ebb. If you are wondering what to serve, here's the answer: piping hot mugs of Hot Spiced Chocolate Eggnog and Cherry Top Hat Cupcakes to top off hearty

In addition to its popularity as a beverage, chocolate milk can enhance many recipes. Try this Cake Roll with a Chocolate Milk Cream Filling.

HOT SPICED CHOCOLATE EGGNOG
1 quart chocolate milk
1/4 teaspoon nutmeg
2 sticks cinnamon
2 eggs, beaten
Marshmallows
Combine chocolate milk, nutmeg and cinnamon. Heat to boiling point. Reduce heat and cook 10 minutes. Remove cinnamon sticks. Add a little of hot mixture to eggs and mix well. Gradually add egg mixture to remaining hot milk mixture and cook, stirring constantly, 5 minutes. Serve topped with marshmallows. Makes 4 to 6 servings.

Vegetable, Fruit Casserole Here

Candied carrots, crunchy-carrot sticks and curls are old standbys everyone enjoys, but here's something new... a delicious combination of vitamin-packed carrots and juicy fall apples. It's exceptionally good with pork, one of the current "best buys" on the list.

CARROT AND APPLE CASSEROLE
2 cups sliced, cooked carrots (8-10 carrots)
1 cup sliced raw apple (1 1/2 apples)
1 teaspoon salt
1 1/2 tablespoons brown sugar
1 tablespoon lemon juice
1/2 teaspoon grated lemon peel
2 tablespoons butter or margarine
Arrange carrot and apple slices in alternate layers in a small casserole. Sprinkle each layer with salt and brown sugar; over all sprinkle lemon juice and peel. Dot with butter, then bake at 375 degrees until apples are tender, about 30 minutes.

The Statesman Food SECTION

Casserole Takes Tuna, Turkey

A casual buffet supper served in the kitchen or dining alcove is a pleasant way to entertain after the holidays. Have a hearty tuna and turkey casserole as your one hot dish. You'll find canned tuna is a first-rate turkey extender. Tuna Turkotash is a flavorful combination of tuna, turkey and succotash.

TUNA TURKOTASH
3 tablespoons butter or margarine
3 tablespoons all-purpose flour
1/4 teaspoon salt
1/4 teaspoon pepper
1 1/2 cups milk
2 7-ounce cans solid-pack tuna, drained
2 cups diced cooked turkey
2 10-ounce packages frozen succotash, cooked
Melt butter or margarine; add flour and seasonings and blend. Gradually add milk and cook over low heat, stirring constantly, until thickened. Break tuna into pieces. Add tuna and remaining ingredients, to white sauce; mix well. Turn into greased 2-quart casserole and bake, in moderate oven (350 degrees) 30 minutes. Makes 6 to 8 servings.

Know how to bread fish fillets? Beat an egg with a couple of tablespoons of cold water. Dip the fillets into the egg, then into fine dry bread crumbs.

Tastes so Good! Costs so Little!



Just add milk and butter... heat and serve. Takes five minutes to prepare a main-dish meal for 10c or less per serving.

YOU'LL ALSO ENJOY SNOW'S MINCED CLAMS "Seafood of 100 Uses"

Carnation corner



These chilly winter days, Carnation Nu-Rich Homogenized Milk occupies a very special place on my family menus... both for drinking AND for cooking. We all love its fresh, wonderful, cream-in-every-drop flavor—and now, more than ever, we all need the extra nourishment it provides.



I build so many hearty, easy-to-fix meals around Carnation Nu-Rich Homogenized Milk. This hot, nourishing family lunch is a good example. You see, lunchtime at our house used to leave me limp and the kitchen in wild disorder. Carnation Nu-Rich Homogenized Milk helped me solve the problem with "help yourself" lunches like this that stay hot on the stove all through our staggered schedule.

Winter lunch that stays on the stove



Creamed Eggs in Herb Sauce
Toast Slices
Vegetable Sticks in Ice Bowl
Hard Fruit (bananas, apples)
Sugar Cookies
Cold glasses of CARNATION NU-RICH HOMOGENIZED MILK

Creamed Eggs in Herb Sauce
(makes 4 servings)
1/4 cup butter
1/4 cup flour
1 teaspoon salt
1/2 teaspoon celery seed
Pepper to taste
2 cups (1 pint) CARNATION NU-RICH HOMOGENIZED MILK
8 hard cooked sliced eggs

Blend butter, flour and seasonings together in upper part of double boiler over hot water until smooth. Gradually add milk; continue to heat sauce over hot water until thickened. Stir occasionally. When ready to serve Creamed Eggs, place egg slices on toast. Pour sauce over eggs. Garnish with paprika, if desired.



For tender, attractive eggs, always use low temperature and slow cooking. To hard-cook eggs, remove eggs from refrigerator and place in a pan of cool water. Cover pan and bring water to boiling. Simmer 4 to 6 minutes. Cool at once by running cold water over eggs in pan.

Remember, when you serve your family fresh-tasting Carnation Nu-Rich Homogenized Milk, you're supplying them with valuable protein, calcium, phosphorus, and vitamins. Keep plenty on hand. Enjoy it often!



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