

### Stuff Rolls For Luncheon Sandwiches

Hot tuna sandwiches are good fare for appetites sharpened by the cold weather. A combination of canned tuna and kidney beans topped up with chili powder is served in crisp rolls for this new sandwich.

Tuna Orange Salad is a recipe you'll want to add to your collection of main-course salads—solid-pack tuna, diced orange, pimiento and toasted almonds are mixed with a fruit dressing in this tempting salad.

- TUNA CHILI ROLLS**  
 2 tablespoons salad oil  
 1 clove garlic, finely chopped  
 1 medium-sized onion, chopped  
 1/2 cup chopped green pepper  
 1 tablespoon chili powder  
 1 8-ounce can tomato sauce  
 1 No. 2 can kidney beans  
 1 teaspoon salt  
 1 7-ounce can solid-pack tuna, drained  
 4 hard rolls

Heat oil. Add garlic, onion, green pepper and chili powder; cook until onion is tender. Add tomato sauce, undrained kidney beans and salt. Cook over low heat, stirring occasionally, 1 hour. Break tuna into large pieces and add to chili mixture. Cook 5 minutes. Scoop out center of rolls and fill with tuna chili. Serves 4.

- TUNA ORANGE SALAD**  
 2 7-ounce cans solid-pack tuna, drained  
 1/2 cup diced canned pimientos  
 1/2 cup diced orange  
 1/2 cup chopped celery  
 1/2 cup chopped toasted almonds  
 1/2 cup mayonnaise  
 1/2 teaspoon grated orange rind  
 1/2 tablespoons orange juice  
 1/2 cup lettuce

Break tuna into large pieces. Combine tuna, pimientos, orange, celery and almonds; toss lightly and chill. Combine mayonnaise, orange rind and orange juice; blend well. Add dressing to tuna mixture and mix lightly but thoroughly. Serve in lettuce. Serves 6.

### Puffy Sandwiches Good to Keep

Here's a sandwich that will do justice to a dinner or supper menu. Our Golden Puffies are plain cheese sandwiches marinated in a mustard mixture, accented with pieces of flavorful ripe olives and pimiento, and then baked until golden and puffy. An excellent sandwich to keep in mind for Lenten menus.

- GOLDEN PUFFIES**  
 1/2 cup ripe olives  
 12 slices bread  
 6 slices American process cheese  
 4 eggs  
 2 1/2 cups milk  
 1/2 teaspoon black pepper  
 1 teaspoon grated onion  
 1/4 teaspoon prepared mustard  
 3 tablespoons chopped pimiento

Cut olives into large pieces. Trim crusts from bread and put slices together sandwich fashion with a slice of cheese between. Arrange in bottom of shallow baking dish (about 8 x 12 inches). Beat eggs lightly and blend in milk, salt, pepper, onion, mustard, pimiento and olives. Pour over "sandwiches" and let stand 1/2 hour or longer. Bake in moderately slow oven (325 degrees) 45 minutes or until custard is set and top is puffed and browned. Cut into squares to serve. Serves 6.

**FOR AWHILE**  
 Wrapped bakers' bread may be put in your freezer in their original wrappers, but use them after two weeks.

**GOOD DRESSING**  
 A little grated onion, finely chopped fresh cranberries and minced parsley mixed with a couple oil and vinegar French dressing is an excellent dressing for a sliced avocado and grapefruit section salad. Makes it look extra pretty and most inviting.

If you want a soft tender crust, rather than the baked leaves with soft butter when you take them out of the oven.



Chili becomes a new treat made with canned tuna from California and served in rolls. As a sandwich accompaniment, top potato chips with grated cheddar cheese and paprika and slip under the broiler. For the beverage, serve vanilla milk shakes sprinkled with nutmeg.

### Losing Weight Matter of Calories, Not Fatty Food

By BARBARA FESSLER  
 County Extension Agent

"I want to lose weight so I must stop eating bread, potatoes and sugar."

What is the reasoning behind this remark so often made by diet-conscious people? A potato fills you up, so it must be a "fatty" food. Besides bread is "starchy" and therefore has only calories. As for sugar, it tastes so good, that it couldn't be right for a dieter.

"If you like it, cut it out." Do we have to follow this philosophy to lose weight? Many diet plans do include these three foods—and with successful results. They are more likely to be the crutch that will help the dieter to maintain his program without "goodies" apes. There are several reasons for this. Nutritionally speaking they are good for us as they supply energy for growth and activity. Especially on a low-calorie diet it is important to include the energy foods.

Besides supplying energy enriched and whole grain bread is a good source of the B vitamins and protein—necessary for growth and general good health. And there are no more calories in a slice of bread than in a small apple—65 calories.

Potatoes beside supplying us with B vitamins and minerals contain vitamin C which is needed daily. Potatoes contain only 100 calories—but they can be doubled by the addition of rich gravies and butter.

Sugar is a quick-energy food. Many foods taste so much better with sugar and even on a restricted diet you can afford the 16 calories a teaspoon of sugar will add. Besides this, sugar dulls the appetite, actually making you less hungry. A between-meal nibble can be a help to dieters, provided they reduce the calories in the nibble from their meals.

Bread, potatoes, and sugar are satisfying and this is another factor of immense importance to dieters. It is that intense craving, that empty feeling in the stomach after many diet meals that is the downfall of many good intentions. These foods fill the stomach and leave one satisfied.

Actually the only way to diet successfully is to cut down the total intake of food, not to cut out one or two specific foods thinking they are the "fatty" cul-

**DRESSED UP**  
 You can doll up canned sweet potatoes in no time at all by glazing them in a skillet with brown sugar and butter and sprinkling with canned diced roasted almonds. Use the proportions of 1/4 cup each almonds and butter and 1/2 cup sugar for 4 servings.



### Polish Chocolate Favorite Recipe From Friend Molly

"My cookbook," says Molly Goldberg "is full of all the things I can't resist." The cookbook written by Molly Goldberg and Mary Waldo was recently published by Doubleday & Company Inc., Garden City, New York. It is filled with exciting dishes for every situation from a party to a stretch-the-budget meal for the family. A recipe for Polish Chocolate Squares is plain good and rich and chocolaty. Though the recipe is Polish you'll find all the ingredients are apt to be in your kitchen right this minute so if you're nay busy why not try it now?

- POLISH CHOCOLATE SQUARES**  
 6 squares (6 ounces) unsweetened chocolate  
 5 tablespoons shortening  
 1 1/2 cups sugar  
 6 egg yolks  
 1 1/2 teaspoons vanilla extract  
 1 1/2 cups fine bread crumbs  
 6 egg whites

Melt the chocolate over hot water. Let cool. Cream the shortening. Add the sugar gradually, beating steadily. Add the egg yolks and vanilla. Mix well. Add the chocolate and mix again. Add 1 1/2 cups of the bread crumbs and mix. Preheat oven to 350 degrees. Beat the egg whites until stiff but not dry. Fold them into the chocolate mixture carefully but thoroughly. Grease a jelly-roll pan, about 11 x 17 inches and dust with the remaining bread crumbs. Pour the batter into it. Bake for 30 minutes. Turn off the heat and allow the cake to remain in the oven for 10 minutes. Cut into squares and serve with whipped cream if desired.

Grind slices of dry bread through a food chopper, using a fine blade, or run toasted bread through a food mill, or crush with a rolling pin.

### Scalloped Dishes May Take Cereals

Sometimes it is simpler and better to use cereals instead of bread-crumbs in scalloped dishes. Here is a suggestion for scalloped tomatoes.

- TASTY SCALLOPED TOMATOES**  
 1 can (16 ounces) tomatoes  
 1 tablespoon grated onion  
 1 teaspoon brown sugar  
 1/2 teaspoon salt  
 1/4 teaspoon celery salt  
 Dash of pepper  
 Pinch of basil  
 1 1/4 cups "bite-size" shredded wheat biscuits  
 2 tablespoons margarine

Heat oven to moderately hot (375°). Butter a 1-quart casserole. Combine tomatoes, onion, sugar, and seasonings. Place half of the tomato mixture in buttered casserole. Cover with 1/2 cup of the "bite-size" shredded wheat biscuits. Add the remainder of the tomatoes. Arrange the rest of the shredded wheat biscuits on top of the tomatoes in a border around the edge of the casserole. Melt margarine. Pour over the shredded wheat biscuits. Bake uncovered for 20 minutes. Makes 4 servings.

Spread hamburgers with prepared yellow mustard before boiling.



A new fish product on the market, plump morsels of fish, potatoes and seasonings, are to be found in the frozen food displays at the super market. The bites of fish are pre-cooked and quick frozen and need only a brief heating in a hot oven to be ready for the table.

### Shopping for Potatoes With Care May Mean Economical Buy

Shopping for 18 at head... Whether you make the most of the abundant potatoes on the market depends on how smart a potato-shopper you are as well as on your knowledge of cookery. Here are pointers from home economists of the U. S. Department of Agriculture to help homemakers select potatoes on retail markets.

For best quality, look for potatoes that are firm and sound, free from cuts, cracks, blemishes or decay. Also to save time in preparation and avoid waste, look for smooth, shallow-eyed uniform-shaped potatoes without knobs or irregularities. Avoid discolorations, too, such as the green color known as "sunburn." It is usually caused by exposure to sunlight or bright artificial light. Greened potatoes usually have a bitter flavor.

Most markets offer potatoes in bulk and also packaged for convenience and time saving. Though selecting your own potatoes from the bin takes more time, it allows you to choose the size, shape and quality you prefer.

**Size Is Right**  
 The size to choose depends on how the potatoes will be used. For most purposes a medium size is preferred. You may, however, want a larger potato for baking and smaller for boiling whole. If you plan to peel potatoes, there's less waste with the medium size than the small.

Potatoes are graded for the wholesale market but not graded for retail sale. Although U.S. No. 1 is a wholesale grade, it may serve as a guide of the family food shopper.

Potatoes are not yet labeled as to their cooking quality—that is, whether they are best for boiling, baking, etc. Because it's difficult to predict this from appearance, it may pay to buy a small quantity and see if they prove to be what you want after you've cooked them. Some varieties tend to be more mealy and some more moist or waxy. The time may come when specific gravity tests of samples will be used so that potatoes can be labeled as to the best method of cooking.

The late-crop potatoes which make up the bulk on the market have been in storage since harvesting in the fall and are good keep-

### RIGHT WAY

Corned beef is good to serve for a Saturday night supper when the gang's coming over. Buy a piece of the corned beef that weighs around five pounds. Cover it with cold water, in a large kettle, and add some extra seasonings: pepper-corns, a bay leaf or two, celery seeds, a garlic clove, a half dozen whole cloves, some celery tops and a sliced carrot. Bring the water to a boil, then simmer the beef—covered—until very tender. The simmering will take four hours or more so leave plenty of time for this preparation. Slice the corned beef and serve warm with potato salad and cole slaw, hot rolls, lots of pickles.

To get the most food value, boil or bake potatoes in their jackets. Using only a small amount of water for boiling saves vitamins. If you peel before cooking, keep the peelings thin.

To speed boiling for a hurry-up meal, cut in pieces, cook in as little water as possible in a pan with a tight cover or in a pressure saucepan.

After removing the nut kernel from the shell, it is placed in a shallow pan in a 250 to 275 degree oven for about 20 minutes. As the heat penetrates the nut, the skin cracks and may be removed by rubbing the nuts briskly. Toasting in this manner also improves the flavor of the nuts.

Flavor, too. Lemon is fine to use on a low-sodium diet because it contains practically no sodium.

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