

Vegetables Take the Spotlight . . .

The Statesman
Food
SECTION

or Just Accompany..



Blue Lake beans are the feature of a spring salad that makes use of three kinds of greens, cross, lettuce and endive. The dressing is used first as a marinade for the beans, then poured over the salad, greens and all.



Canned corn here helps green peppers to make a main dish. The deviled corn which fills the pepper scoops, includes deviled ham and a bit of onion for high flavor.



Though stew and yorkshire pudding are the features of this menu, it takes the fresh asparagus and the tossed salad to make it a meal of special merit. Vegetables play that important role in every meal, whether for the fanciest company or just for a hungry family.

Greengrocers Soon Offer New Produce

By MAXINE BUREN
Statesman Woman's Editor

Vegetables, now that spring is here, play an ever-increasing part in the daily menus. Salads take top billing when weather warms, relishes of crisp, fresh vegetables are also important in the daily menus. And vegetables become main dishes in many households too, as a change from meat or fish dishes.

Soon fresh tomatoes will be joining green onions, radishes, cucumber and other vegetables to brighten up menus, but even now the assortment's pretty overwhelming.

Deviled Corn in Pepper Scoops features a really intriguing combination of whole kernel corn, deviled ham, and a smattering of onion. Each in itself blends well with the flavor of green peppers.

Recently a woman I know even used mashed cooked carrots instead of applesauce in her cake recipe. It sounds good, though we haven't tried it. Her recipe for applesauce cake uses lots of raisins and nuts.

Though spring greens are not yet coming into the markets locally, many canned ones are good and beans are especially practical for salads. Here we've one that takes the beans and dressing made especially.

BLUE LAKE GREEN BEAN SALAD
1 No. 303 can Blue Lake green beans
1/2 cup wine vinegar
1 tablespoon salad oil
1/2 cup minced onion
1/2 cup chopped pimiento
1/4 teaspoon oregano
1/4 teaspoon pepper
1/4 teaspoon salt
1 quart mixed salad greens

Drain liquid from Blue Lake green beans. Combine vinegar, oil, onion, pimiento, oregano, pepper and salt; pour over beans. Refrigerate about 20 minutes. Place greens in salad bowl. Arrange Blue Lakes in sheaves within rings of onion and pimiento. Toss before serving. Makes 4 servings.

(This recipe has been developed and tested by a graduate home economist.)

JUST ADD
Grated lemon or orange rind— or both — can do wonders for canned applesauce. Add the citrus rind, too, when you are preparing the applesauce at home; stir it in, after cooking the apples, when you add the sugar.

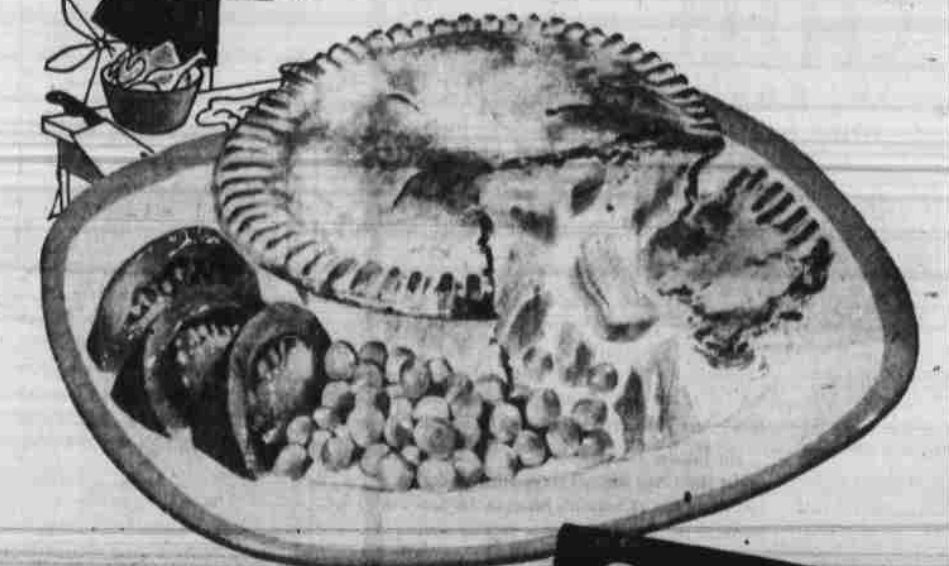
SWEET DRESSING
A little currant jelly leftover? Mix it with salad oil, lemon juice and a dash of salt; use it as a dressing over a salad of romaine and fresh pear.

HERB-CROTONS
Butter slices of bread; cut each into six equal strips and sprinkle with celery seed. Bake in a moderate oven until crisp. Nice to serve with soup or salad.

RIGHT CUT
In cutting out biscuits, be sure to flour the cutter each time you use it. And don't twist the cutter if you want your biscuits to look their best; use the cutter "straight on" and pull it straight up when you remove it.

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Yorkshire Goes Along With Meat

Gourmet treatment is given round steak in braised beef with Yorkshire pudding. Two pounds of the plentifully available and attractively priced round steak are tenderized, cut into "fingers," then cooked in an herb and mushroom-flecked sauce until tender. The savory combination is spooned over well-browned squares of crusty Yorkshire pudding for serving.

For either the guest supper or family dinner, accompany the braised beef and Yorkshire pudding with lemon buttered fresh asparagus, and salad greens tossed with radish and cucumber slices, accompanied by coconut cookies.

If you like, prepare the braised beef early in the morning and reheat and pour into chafing dish for festive service. Prepare the Yorkshire pudding just before serving, for the crusty bread is best when piping hot.

YORKSHIRE PUDDING
1 cup sifted all-purpose flour
1/4 teaspoon salt
3 eggs, slightly beaten
1 cup milk
1/4 cup drippings or other

Sift flour with salt. Combine eggs and milk and add flour, beating until smooth. Heat drippings

CHILI BUT NOT
Add chili powder to canned stewed tomatoes for extra zip.

BRAISED BEEF WITH YORKSHIRE PUDDING
2 pounds beef round steak, 1 inch thick
1 cup flour
1/4 cup bacon drippings or other fat
1 can (1 1/4 cups) condensed consommé or 1 1/4 cups bouillon
1/2 cup water
1 large onion, chopped
1 bay leaf
1/4 teaspoon each, thyme and marjoram
1 teaspoon salt
1/4 teaspoon pepper
1 4-ounce can mushroom stems and pieces, drained
2 tablespoons chopped parsley
1 recipe Yorkshire pudding

Trim excess fat from meat. Sprinkle half of flour over one side of meat and pound it with a meat hammer, or edge of heavy plate until flour is taken up by meat. Turn and repeat with remaining flour. Cut meat into strips 1/4 inch wide and 2 inches long. Brown thoroughly in hot fat; add consommé, water, onion, bay leaf, herbs, and seasonings. Cover and simmer 1 hour, or until meat is tender. Stir frequently, adding a little water if gravy becomes too thick during cooking. About 5 minutes before end of cooking time,

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Olive Oil Cook's Good Friend

Olive oil is the most easily digested of all cooking oils, and is particularly easy to use because it does not smoke at normal cooking temperatures, does not stick to the pan, blends flavors perfectly, and sears meats evenly and thoroughly.

One of the arts of the master Spanish cooks is the ability to bring out all the flavors of a food, and one way to see how effectively olive oil can do this is to add a little to olives after they have been

FINGER FOOD

Marinate cooked shrimp in a well-seasoned French dressing. Impale each shrimp on a toothpick with a wedge of avocado. Serve as a first course with tomato juice.

WITH VEAL

Nice to serve with a veal roast: egg noodles tossed, after cooking, with poppy seeds, blanched almonds and melted butter. Sprinkle the noodles with paprika before serving.

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A PRAISEworthy SALAD SUGGESTION from Nalley's Home Economics Department:

NEW PRAISE SALAD

- 1 can (11 oz.) mandarin oranges*
- 1 can (10 1/2 oz.) crushed pineapple
- 1 cup shredded red cabbage*
- 3 cups shredded white cabbage,
- 2 tablespoons chopped Nalley's Banquet dill pickle
- 1 tablespoon grated onion
- 1/2 teaspoon salt
- 1/2 cup PRAISE

Drain oranges and pineapple while preparing rest of salad. Combine cabbage, pineapple, oranges, dill pickle, onion and salt. Toss, mixing well. Chill. Before serving, add 1/2 cup PRAISE and toss again. *Fresh orange sections and all white cabbage may be used.

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