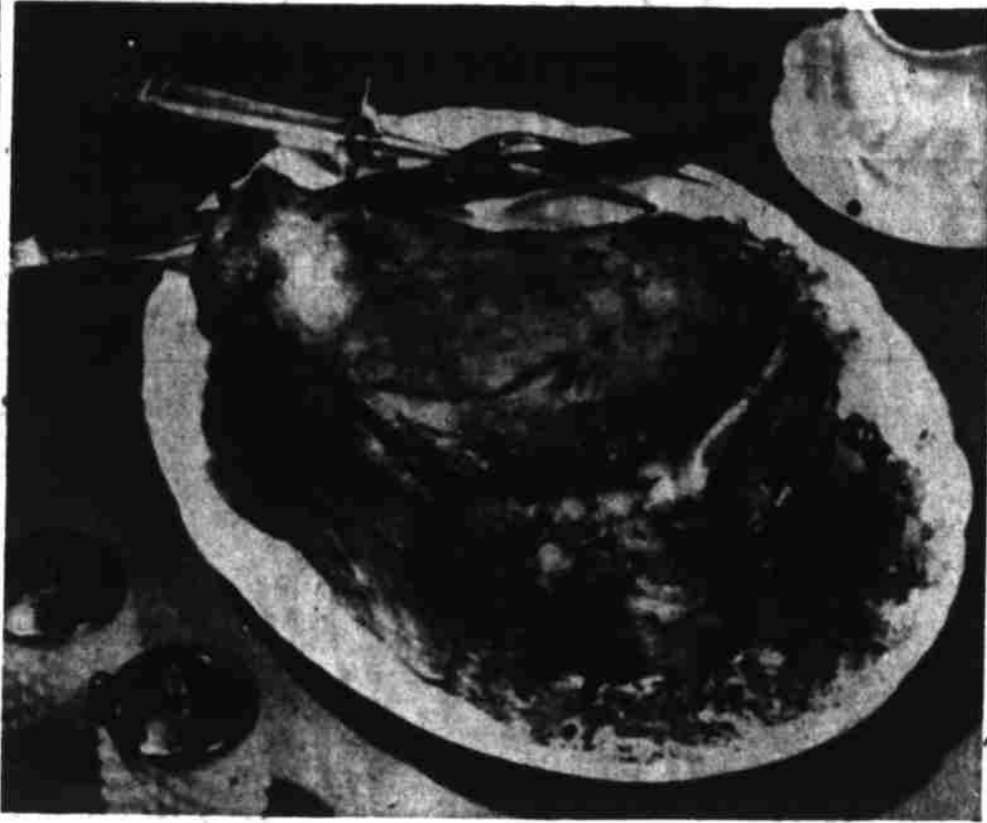


### Vegetable Handy as Menu Help

One vegetable you can always count on to give interest to winter meals is canned peas. Have a few cans on hand to make into these interesting vegetable dishes:

- CREOLE PEAS**  
 3 slices bacon  
 1 small onion  
 1 small green pepper  
 1 clove garlic  
 1 can (16 to 17 ounces) peas  
 1/2 cup canned tomato sauce  
 Salt, pepper
- Cook diced bacon slowly until it begins to brown. Add chopped onion, green pepper and garlic; cook until tender. Add 1/2 cup liquid from peas, drained peas and tomato sauce; heat. Season to taste. 4 to 5 servings.
- DUTCH STYLE PEAS**  
 1 can (16 to 17 ounces) peas  
 2 tablespoons butter or margarine  
 2 teaspoons brown sugar  
 2 teaspoons vinegar  
 Salt, pepper
- Four 1/4 cup liquid from peas into a saucepan, add butter, sugar, vinegar and drained peas. Mix lightly, and season to taste; heat. 4 servings.
- GARLIC BUTTERED PEAS AND CORN**  
 1 small clove garlic  
 3 tablespoons butter or margarine  
 1 can (16 to 17 ounces) peas  
 1 can (16 ounces) whole kernel corn
- Lightly brown cut clove of garlic in butter; remove garlic. Add 1/4 cup liquid from peas, and the drained peas and corn; heat. 6 servings.
- LUNCHEON PEAS**  
 2 slices bacon  
 2 tablespoons chopped onion  
 1 can (16 to 17 ounces) peas  
 2 tablespoons uncooked rice  
 1/4 teaspoon salt  
 1/4 cup grated sharp cheese
- Cook diced bacon and onion until lightly browned. Add liquid from peas and rice; cook until rice is tender. Add peas and salt; heat. Serve sprinkled with cheese. 5 servings.



A rib roast, one of the simplest to cook meats, is actually just about the ultimate in deliciousness according to many beef lovers. A family sized roast usually includes two to three ribs and weighs 6 to 9 pounds, so you treat it with respect.

### Rib Roast Tops Among Good Meats

Whether it's a handsome slice of rib roast or a juicy steak, beef is tops with almost everyone. This is the season of the year when beef is at its very best, so plan to serve standing rib roast of beef to your family soon.

Roasting is one of the simplest methods of cooking meat. When you buy a roast, you'll want it to look as handsome on the table as it was when you saw it in the market. Here are some tips on how to prepare a beautiful, evenly cooked roast with the smallest amount of shrinkage and the greatest flavor and juiciness possible.

When selecting the roast, look for beef that is cherry red in color, firm and fine in texture, with a liberal amount of fat or marbling throughout the lean.

A family-size standing rib roast usually contains two or three rib bones and will weigh 6 to 9 pounds. The ends from the rib bones may be cut off and braised as short ribs later.

Place the roast, fat side up, in a shallow roasting pan. Season with salt and pepper. Insert the meat thermometer into the thickest part of muscle, being careful the bulb does not touch the bone or rest in fat. A meat thermometer is the one certain way to tell exactly when the roast is cooked to the desired degree of doneness.

Don't add water or cover the roast. Place it in a 325 degree F. oven and roast to desired degree of doneness. The fat melts and "bastes" the roast as it cooks. Take the roast from the oven and allow it to stand for about 15 to 20 minutes for easier carving. Carve the meat across the grain towards the ribs, freeing slices with the tip of the knife along the bone.

#### TIME TABLE FOR ROASTING BEEF

Weight	Internal Meat Temperature	Approx. Time
8 to 8 1/2 lbs.	140 F. Rare	1 1/4 to 2 hrs.
6 to 6 1/2 lbs.	150 F. Med	2 1/4 to 2 1/2 hrs.
6 to 6 1/2 lbs.	170 F. Well done	3 1/4 to 3 1/2 hrs.
8 to 9 lbs.	140 F. Rare	2 1/4 to 2 1/2 hrs.
8 to 9 lbs.	160 F. Med	2 1/2 to 3 hrs.
8 to 9 lbs.	170 F. Well done	3 1/2 to 4 hrs.

### Pineapple, Meat House Specialty

This pineapple meat ball dish could well be the specialty of the house.

- PINEAPPLE MEAT BALLS**  
 1/2 cup milk  
 1 slice bread  
 1 pound hamburger  
 1 pound ground round  
 1 egg  
 2 teaspoons salt  
 Pepper to taste  
 Dash garlic salt  
 2 tablespoons salad oil or shortening
- Four milk over crumbled bread to soften. Add to combined meats, egg, salt, pepper and garlic salt. Mix well. With wet fingers form into walnut-sized balls (meat mixture will be soft). Brown in hot oil, shaking pan frequently so balls will keep their shape.
- Pineapple Sauce**  
 1 can beef bouillon  
 1 No. 2 can pineapple chunks  
 1/2 cup chopped green pepper  
 1/4 cup wine vinegar  
 1/2 cup sugar  
 2 tablespoons soy sauce  
 1/2 teaspoon salt  
 1 teaspoon monosodium glutamate  
 2 tablespoons cornstarch
- Simmer together for about 15 minutes the bouillon, pineapple sugar, soy sauce, salt and monosodium glutamate. Moisten cornstarch in a little water and stir into boiling liquid. Simmer and stir until sauce is clear and thickened. Add browned meat balls and simmer 10 to 15 minutes until flavors are blended. Serve from chafing dish with fluffy hot rice or noodles. Serves 8.

### Tomato Aspic Is Winter Salad

Tomato flavors, so popular all year, are especially welcomed as a salad in winter. This is one of the many aspics one can concoct.

- TOMATO ASPIC**  
 1 envelope unflavored gelatin  
 2 cups tomato juice  
 1 tablespoon lemon juice  
 1 teaspoon grated onion  
 1/4 teaspoon salt
- Soften gelatin in 1/4 cup cold tomato juice with the lemon juice. Bring the remaining tomato juice to full boil. Remove from heat and add to gelatin. Season with onion and salt. Chill until syrupy. When avocado aspic is set, spoon the tomato aspic over it. Chill. Unmold on iceberg lettuce and fill center of mold with cole slaw. Garnish with celery curls, carrot sticks, and radish roses.

### Planned Efficiency May Take Fatigue From Work

By ERMINA FISHER  
 Marion County Extension Agent

So you haven't done anything unusual? You've done only your regular housework. But your back aches, and you feel a weariness that a quick nap doesn't always erase. You're unable to trace that fatigue to anything you've done.

But perhaps you can. It's a case of understanding a little better the very close relationship between how you do your housework and its effect on your physical well-being.

Industry has found that the attitude of the worker toward his job, the motions he used and the comfort of his working conditions had an important bearing on his efficiency and well-being.

Recently attention has turned to the home. Research workers asked, "How closely are the working conditions of the homemaker, the equipment she uses and the way she works related to her energy resources?"

**Where Energy Goes**  
 There are physical tests which show just how rapidly a person uses up energy - depending on whether she is lying down, sitting, walking around or bending over. Lying down costs the least energy. Sitting up takes considerably more. Standing costs even more than sitting. And bending over is the most costly in terms of energy.

The most fatiguing movements were stooping, carrying, lifting, walking, standing and stretching. Stooping and carrying led with the most complaints. Ask yourself, "How much carrying and stooping do I do?" Why?

Poorly arranged storage spaces and equipment can tax your energy more than you realize. Items stored 56 inches from the floor take twice as much energy to reach as at 42 inches; four times as much at 72 inches as at 42 and 19 times as much at 83 inches from the floor.

Saving your energy is important from the standpoint of health, safety and your family's happiness. It's too bad to be too tired to keep up with the energies and interests of the rest of the family.

**Few Good Rules**  
 What's the answer? Some basic rules will help. Sit as much as you can to work; stand as little as possible. Stand straight when you do have to work standing up. Eliminate unnecessary walking, lifting and reaching.

Change body position and motions. Examples: Make one trip take the place of several. Use trays, baskets and carts as step-saving aid. Arrange supplies and tools within easy reach. Maintain good posture as you work.

### Soup Sauces Are Shortcuts

Cream soups are wonderful for shortcut sauces. Here is a good idea for using one.

**PORK CHOPS EN CASSEOLE**  
 3 cups thinly sliced potatoes  
 1/2 cup finely chopped onion  
 6 pork chops  
 1 teaspoon salt  
 Pepper  
 1 medium can cream of tomato soup

In a buttered baking dish place alternate layers of sliced potatoes and chopped onions. After rubbing the chops with salt and pepper on both sides, lay them on top of the potatoes and onions and pour the cream of tomato soup over them. Bake in hot oven (400 degrees F.) for 45 minutes or until the potatoes are soft.

### Avocados Winter Fruit Treat

Avocados are a winter fruit, used mostly in salads or sandwiches but with other uses too.

Avocado slices, crisp bacon and lettuce make a wonderful filling for a sandwich. Assemble on hot, crisp toast just before eating.

Surprise the family by serving the breakfast eggs on crisp toast spread with mashed avocado. You'll have requests for a repeat. Nothing can add so much to a green salad as cubes of mellow avocado and a fresh lime or lemon juice French dressing.

To eliminate unnecessary operations and reduce motions. Examples: Scalding dishes and letting them dry. Prepare oven meals. Make bed completely on one side before moving to the other.

Examine traditional standards which affect your work. Examples: Use un-ironed sheets and towels. Use place mats instead of large tablecloths to lighten the ironing load. Prepare 1-dish meals frequently. Bake a sheet cake instead of a layer cake for every day use. Cut biscuits on a baking sheet rather than on the mixing board.

Take advantage of new commercial products to simplify work. Examples: Use permanent finish tablecloths or mats in place of fabrics involving laundering. Use frozen products, quick-mixes, ready-prepared foods. Use self-polishing waxes and other easy cleaners. Plan for more crease- and wrinkle-resistant wardrobes.

Few women have a dream house to work in. But you can change your attitude toward your present working habits. Take an impartial look at why you do things as you now do them and put the above work-simplification rules into practice.

A new casserole discovery!

## TUNA ALMOND CRISP

made with better-blending Morning Milk

HOW best can we convince you this is a recipe you must try? Tell you it's a quick and easy dish for Lenten period? An exciting idea for a luncheon... to raise braves from the girls? Or, this is a downright economical casserole for the family's dinner anytime you dare to be different? Surely, you'll know.

But this we know... the secret of its delicious flavor is creamy, rich Morning Milk... that's super-homogenized to blend better with the other wholesome ingredients! The secret of its crispy texture is cracklin' crisp, fresh golden potato chips!

So here's our promise: You've never tasted a casserole so wonderfully different!

### TUNA ALMOND CRISP

(Makes 4 servings)

- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon marjoram
- 1/4 teaspoon dry mustard
- 1 1/2 cups (large can) undrained Morning Milk
- 2 tablespoons lemon juice
- 1/4 cup sliced almonds
- 3 cups slightly crushed potato chips
- 1 1/2 cups (10 ounces) cooked green beans\*
- 1 cup (6 1/2 to 7-ounce can) well drained chunk tuna
- 1 cup (4 ounces) grated, process type American cheese

Combine salt, pepper, marjoram, dry mustard and Morning Milk. Slowly add lemon juice, stirring constantly. Place 2 cups of potato chips in an 8-inch baking dish. Arrange green beans, tuna, almonds and grated cheese in alternate layers. Pour milk mixture over all. Top with remaining potato chips. Bake in moderate oven (350° F.) 20 to 25 minutes. Serve immediately.

\*If desired, cooked asparagus or broccoli may be substituted for green beans.



A new discovery from the testing kitchens of

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**GRILLED HALIBUT - MEAT LOAF** 59¢

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**ROAST CHICKEN** 69¢ REG. 89¢

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