

Canned Peas Appear on Many Menus

A can of peas can do the housewife a great service when she's in need of ideas for a meal. Here we have a number of ways they can be used in the main dish:

TUNA 'N' PEAS SHORTCAKE
 1 medium size onion
 2 cans (7 ounces each) solid pack tuna in oil
 2 cups medium cream sauce
 1 can (16 to 17 ounces) peas
 1 tablespoon Worcestershire sauce
 2 pimientos
 2 tablespoons butter or margarine
 4 shredded wheat biscuits

Cook chopped onion in oil drained from tuna until tender. Add tuna broken into bite size pieces, cream sauce, drained peas, Worcestershire sauce and diced pimientos, heat. Brush melted butter over split shredded wheat biscuits. Heat in a hot oven (400 degrees) about 5 minutes. Serve creamed mixture over the biscuits. 4 servings.

SALAD
 1 can (8 ounces) port sausage
 1 can (1 pound) Spanish style rice
 1 can (8 ounces) peas
 1/2 teaspoon sage

Cook drained sausages slowly until browned. Drain off most of the fat. Add Spanish style rice, drained peas and sage. Heat 4 to 6 servings.

CREAMED HAM AND PEAS
 1 small onion
 2 tablespoons butter or margarine
 2 cups medium cream sauce
 1/2 teaspoon prepared mustard
 1/2 teaspoon poultry seasoning
 1 can (16 to 17 ounces) peas
 2 cups diced canned ham or luncheon meat

Cook chopped onion in butter until tender. Add cream sauce, seasonings, drained peas and ham. Mix lightly and heat. Serve over hot biscuits. 6 servings.

SOUTHERN BEEF-VEGETABLE PIE
 1 can (1 1/2 pound) beef stew
 1 can (8 ounces) peas
 1 package corn bread mix
 2 teaspoons grated onion

Empty stew and drained peas into casserole. Prepare corn bread following package directions, adding onion. Put batter on top of stew and bake in a moderate oven (350 degrees) about 30 minutes until corn bread is brown. 4 to 6 servings.

New Recipe for Creative Cook

If you like creative cooking, you'll love the dinner-time picture you'll paint with this new variation of scalloped eggs and juicy mushrooms, and served in individual ramekins, this delectable yet wholesome dish is an imaginative way of adding variety to your economical weekday menus.

No need, however, to limit this quick, easily made dish just to dinner! Serve it for brunch or lunch, afternoon gatherings or evening get-togethers. Scalloped Eggs with Ham and Mushrooms is truly an "anytime" dish!

SCALLOPED EGGS WITH HAM AND MUSHROOMS

2 tablespoons butter or margarine
 1/4 cup flour
 1/2 teaspoon salt
 2 cups milk
 6 hard-cooked eggs, sliced crosswise
 1 cup diced, cooked ham
 1/2 cup cooked sliced mushrooms
 2 cups corn flakes
 2 tablespoons butter or margarine, melted

Melt butter; stir in flour and salt. Remove from heat; add milk gradually, stirring constantly. Return to heat and cook until thickened, stirring occasionally. Arrange alternate layers of eggs, ham and mushrooms in buttered 1 1/2-quart casserole; cover with sauce. Crush corn flakes slightly; combine with butter and sprinkle over ham mixture. Bake in moderate oven (350 degrees F.) about 25 minutes. Makes 6 servings, 1 cup each.

Lamb Loaf Needs More Recognition

Though beef and veal loaves are well known, a lamb loaf, which is just as good, is less popular because most cooks never thought of it. Here we offer a recipe:

BAKED LAMB LOAF

2 pounds ground lamb
 1 cup cracker crumbs
 2 tablespoons chopped parsley
 2 tablespoons minced onion
 1 green pepper, minced
 1 egg
 1 cup milk

Combine all ingredients and mix thoroughly. Pack into a 5 x 9-inch loaf pan or a 3-quart ring mold. Bake in a slow oven (300 degrees F.) 1 1/2 hours. 8 to 10 servings.

REALLY GOOD!
 Like home made



The Great Day begins with Paddy Bread, certainly a wonderful beginning for St. Patrick's Day. This soda bread is quick and tastes wonderful first thing in the morning, or at least thing at night. Paddy bread takes both baking powder and soda, whole wheat, raisins and buttermilk. And it bakes in a casserole.

Irish Bread Has Raisins Buttermilk

Put this in your Irish pipe and smoke it! Paddy Bread, the American version of Irish Soda Bread, will make Sunday morning breakfast at your house, indeed, a great day in the mornin'. Traditional Soda Bread really has two versions: that made with all white flour and that made with part whole wheat. The whole wheat soda bread has more flavor, but few bakers keep whole wheat flour on hand.

Paddy's modern bread is made with instant whole wheat cereal, the kind with wheat germ added. The delightful nutlike flavor of whole grain wheat combined with the spicy sweet raisins makes him happy enough. However, his little colleen makes the day complete when she uses the cereal on her kitchen shelf instead of siring poor Paddy with a trip to the store to buy whole wheat flour. You'll be pleased to know that instant whole wheat cereal will provide extra protein as well as B vitamins and minerals for your family.

The recipe makes two loaves, which, by the way, is just as good cold as hot. Serve Paddy and all the little Paddies their favorite bread on Sunday morning. However, have your own party on Monday morning. After the husbands and youngsters are safely packed off to work and school and the little ones are deeply engrossed in some safe occupation, serve Paddy Bread and tea or coffee. It isn't necessary to make a lot

of preparation for this party. Padsmoke it! Paddy Bread, the American version of Irish Soda Bread, will make Sunday morning breakfast at your house, indeed, a great day in the mornin'. Traditional Soda Bread really has two versions: that made with all white flour and that made with part whole wheat. The whole wheat soda bread has more flavor, but few bakers keep whole wheat flour on hand.

PADDY BREAD

2 cups sifted all-purpose flour
 1/2 cup sugar
 1 teaspoon salt

Canned Peas in Salmon Salad

Canned peas go into salad especially welcome in winter.

SALMON PEA SALAD

1/4 cup garlic French dressing
 1/2 cup commercial sour cream
 1 tablespoon prepared mustard
 1 can peas
 1 can salmon
 1 cup thinly sliced celery
 1/2 cup chopped ripe olives
 1/2 cup diced sweet pickle
 1/2 teaspoon seasoned salt

Combine French dressing, sour cream and mustard. Add drained peas and salmon broken into chunks with rest of ingredients. Toss lightly and chill. Serve in mounds on crisp salad greens. 6 servings.

1 teaspoon baking powder
 1 teaspoon baking soda
 1 1/4 cups instant whole wheat cereal
 1/4 cup butter or margarine
 2 cups raisins
 1 1/2 cups buttermilk
 2 eggs, slightly beaten

Heat oven to moderate (350 degrees). Grease two one-quart casseroles. Sift together flour, sugar, salt, baking powder, and baking soda. Add cereal. Combine. Mix in butter until it resembles coarse crumbs. Stir in raisins. Combine buttermilk and eggs. Add to flour mixture. Stir until just moistened. Turn into casseroles. Bake for 50-55 minutes, or until golden brown. Serve hot or cold. Yield: 2 loaves.

Apple Sundays New Feature

There's always something special about a party. Make Pink Apple Sauce Sundaes the something special at dinner. They're made quickly with canned apple sauce, red cinnamon candies and ice cream.

PINK APPLE SAUCE SUNDAES
 1 can (16 oz.) apple sauce
 1/2 cup red cinnamon candies
 1 pint vanilla ice cream

Mix apple sauce and red cinnamon candies; chill. Put a spoonful of apple sauce in each dessert dish, top with a scoop of ice cream, and spoon on remaining apple sauce. Four servings.

The Statesman Food SECTION

Parents Get Milk Into Kids Easily

Those parents who find their offspring are not consuming enough milk, may find it a simpler matter to doll up the beverage a bit before offering it to them.

Good drinks made with milk fit into meals and into between-meal and end-of-day snacks. Cold, flavored beverages include egg-nogs; and milkshakes flavored with chocolate, vanilla, spices, molasses, maple, or banana, strawberry, and other fruit purees.

If there's need to keep calories low, make flavored beverages with skim milk—fresh, dry, or evaporated. For something hot, make cocoa with milk; or serve coffee European style, pouring hot milk and hot coffee together into the cup.

Here are some double-milk drinks that any member of the family may enjoy. Add a topping of ice cream or whipped cream to give extra appeal—and extra goodness—to any of these milk beverages.

MOLASSES MILK
 4 tablespoons dry milk
 Pinch of salt
 1 cup fluid milk
 1 tablespoon molasses

(Ingredients for 6 servings:)
 1 1/4 cups dry milk
 1/4 teaspoon salt
 1 1/4 cups molasses

Mix dry milk and salt, mix fluid milk with molasses. Add dry ingredients to liquid and beat, stir, or shake until smooth.

SPICE MILK
 (Ingredients for 1 serving:)
 4 tablespoons dry milk
 1/2 teaspoon cinnamon
 1/2 teaspoon nutmeg
 1/2 teaspoon sugar
 Pinch of salt
 1 cup fluid milk

(Ingredients for 6 servings:)
 1 1/4 cups dry milk
 1/2 teaspoon cinnamon
 1/2 teaspoon sugar
 1/2 teaspoon salt
 1 1/4 quarts fluid milk

Add dry ingredients to milk and beat, stir, or shake until smooth.

MAPLE MILK
 (Ingredients for 1 serving:)
 4 tablespoons dry milk
 1 teaspoon sugar
 1/2 teaspoon maple flavoring
 1 cup fluid milk

(Ingredients for 6 servings:)
 1 1/4 cups dry milk
 1/2 teaspoon sugar
 1/2 teaspoon maple flavoring
 1 1/4 quarts fluid milk

Add dry ingredients and flavoring to milk. Beat, stir, or shake until smooth.

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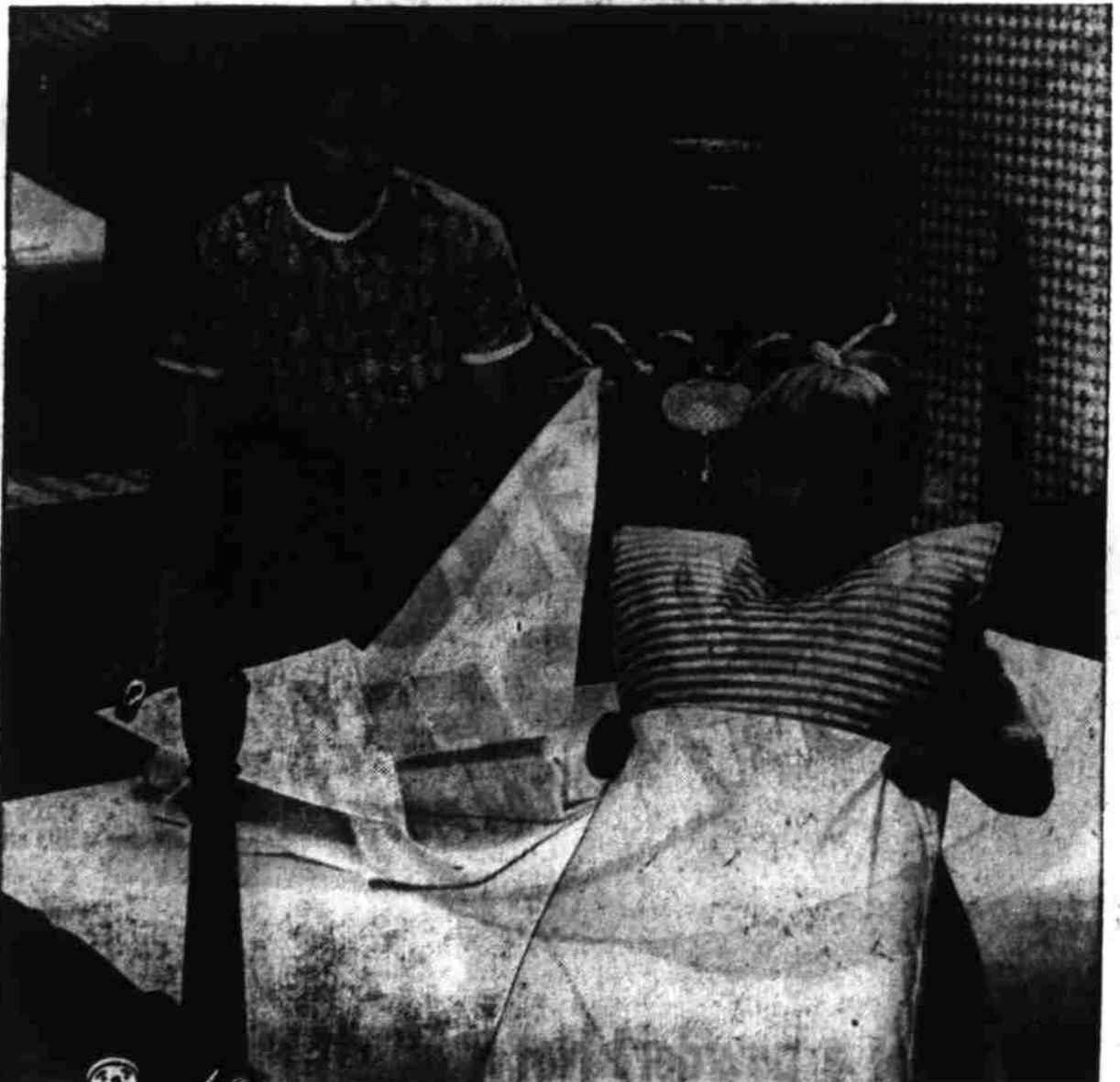
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