

**Lowers Exports**  
 Italy's exports of vegetables in 1951 were about 10 per cent below those of the previous year, according to preliminary reports. In 1950, 109,280 carloads of vegetables were exported, the total was 125,000 carloads.

Restriction in West Germany due to foreign difficulties was one of the factors in the decrease, the newspaper, "24 Ore", reported. Another was the increased demand for these same two crops from Spain, France, North Africa, and Holland. The factor was Italy's poor crop of apricot crops.

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**GROUND BEEF** NO CEREAL ADDED **49¢** Lb.

**Bacon Squares** **25¢** lb.

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# Nutmeg One of Seasonings Useful in Variety of Foods

Typical of America's growing spice appetite is our increase in the use of nutmeg. Imports of this spice have risen from about 4 1/2 million pounds pre-war to about 8 1/2 million today.

The nutmeg, seed of a peach-like fruit, is one of few seasonings which is useful in a variety of foods, including soups, salads, sauces, vegetables, meats, fowl, baked goods and desserts.

Prior to World War II most nutmegs were grown in the East Indies. The Island of Grenada, in the West Indies, produced only about one-sixth of the world's supply. Today Grenada, "The Nutmeg Isle," is the source of almost one-half the world's nutmeg.

It can take as little as a month from the time nutmegs are harvested in Grenada to the time they are available for sale to the American consumer. The nutmegs are stored whole and ground only a day or two before they leave the spice plant, so that they will reach the consumer's kitchen as fresh as possible.

Tourists walking through the streets of any Grenada town always ask about the sharp crackling noises that they seem to hear all about them. The noise is simply the cracking of nutmeg shells, an operation which natives perform with light wooden hammers.

Nutmegs grow on trees which range in height from 25 to 50 feet, reaching maturity in about 20 years. The trees can continue to bear for 100 years. On Grenada 10,000 acres are devoted to the cultivation of nutmegs. All plantings, both in the East and West Indies, "are on islands "within sight of the sea."

Mace and nutmegs come from the same fruit. The mace is a fleshy covering around the nutmeg kernel. Each fruit yields about four times more weight of nutmeg than mace.

Boil or steam cabbage until tender but still crisp. Melt butter in saucepan. Stir in flour. Remove from heat and gradually blend in milk, stirring until smooth. Add salt, pepper and nutmeg. Return to heat and cook until thickened, stirring constantly. Add 4 tablespoons cheese and stir until melted. Remove from fire and stir in lemon juice. Place cabbage in greased baking dish. Pour over sauce. Top with remaining 2 tablespoons cheese and a light sprinkle of nutmeg. Bake in hot oven (460° F.) 6-8 minutes or until top is golden brown. Serves 6.

**BEAN POT SUPPER**  
 Call on your emergency supply shelf for a bean dish that will bring you fame to rival Boston's. Pour a can of pork and beans in tomato sauce into a casserole or bean pot. Mix in cubed canned luncheon meat (about 1/2 of 12-ounce can). Dot with butter. Bake in a moderate oven for 20 minutes.

**JIFFY CREAMED POTATOES**  
 From ordinary to extraordinary goes the plain potato when you sauce it with condensed cream of mushroom soup. To fix these, cut about 4 hot, cooked potatoes into cubes. Then lightly brown 1/2 cup of minced onion in 2 tablespoons of butter or margarine; add the potatoes, 1 can of mushroom soup blended with 1/2 cup of milk, and a dash of pepper. Enough for six.

**Nutmeg French Dressing**  
 1/2 teaspoon salt  
 1/2 teaspoon paprika  
 1 teaspoon nutmeg  
 1/2 teaspoon pepper  
 1/4 teaspoon onion salt  
 1/4 cup sugar  
 1/4 cup honey  
 1/4 cup lemon juice  
 3/4 cup salad oil

Combine dry ingredients, then add remaining ingredients. Beat or shake well to blend. Makes 1 1/2 cups. Serve on a fruit salad. A particularly good combination is: 2 apples peel, cored and diced; 2 oranges, peeled and cut in segments; 1 grapefruit, segments cut in half.

**Nutmeg-Raspberry Bavarian**  
 1 package raspberry flavored gelatin  
 3/4 cup boiling water  
 1 teaspoon nutmeg  
 1/2 teaspoon cinnamon  
 2 teaspoons lemon juice  
 1 1/2 cups light cream

Dissolve gelatin in boiling water (if necessary, set over low heat for a minute or so to completely

**Apple Crisp Pie**  
 3/4 cup sugar  
 4 tablespoons flour  
 1/4 teaspoon salt  
 1/4 teaspoon nutmeg  
 1/4 teaspoon cinnamon  
 1/4 teaspoon powdered mace  
 Grated rind 1 lemon  
 6 medium sized pie apples  
 1/2 cup fine dry bread crumbs  
 3/4 cup light cream  
 2 tablespoons butter

9-inch unbaked pie shell. Combine sugar, flour, salt, spices and grated rind. Blend well. Peel, core and slice apples. Place one-half the apples in pie shell. Sprinkle with half the sugar mixture. Arrange remaining apples in crust. Combine bread crumbs with remaining sugar mixture. Sprinkle over top of pie. Pour cream over apples and dot with butter. Bake in moderately hot oven (400° F.) 60 minutes. Makes 1 9-inch pie. Serve warm or cold.

**Scalloped Cabbage - Nutmeg Sauce**  
 1 small head cabbage, coarsely shredded  
 2 tablespoons butter or margarine  
 2 tablespoons flour  
 1 1/2 cups milk  
 1/2 teaspoon salt  
 1/16 teaspoon pepper  
 1/4 teaspoon nutmeg  
 6 tablespoons grated Parmesan cheese  
 1 tablespoon lemon juice  
 Extra nutmeg for topping

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**OLIVE SAUCE**  
 Ingredients: 2 tbs. butter or margarine, 2 tbs. finely chopped onion, 1 tbs. finely chopped parsley, 2 tbs. flour, 1/2 ts. salt, dash pepper, 1/4 ts. paprika, 1 cup milk, 3 tbs. chopped olives (ripe).

Method: Melt butter in small saucepan over low heat; add onion and parsley and cook until lightly browned. Blend in flour, salt, pepper and paprika. Remove from heat. Add milk gradually, stirring until smooth after each addition. Return to low heat and cook and stir until bubbly; cook and stir for 2 more minutes. Stir in olives. Makes 1 cup sauce.

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**EASIER NEW PIE CRUST**  
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Easier, tastier pie crust without any guesswork!  
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Now comes Snowdrift's wonderful new secret for sureness! This pie crust is made with milk—an exact amount—no guessing how much to add. Result: a crust rich in flavor and color with "golden flake" goodness clear through! Rolls neatly, too, between waxed papers.

You'll call this your "trusty crust" recipe! Just be sure you use Snowdrift—pure all-vegetable shortening.

**RED CHERRY PIE with Snowdrift's New "Golden Flake" Pie Crust**  
 Snowdrift with Milk gives you the crust you can trust every time—golden brown and rich in flavor!

Yields a double-crust pie or lattice-top pie, or 2 pastry shells. Preheat oven to 425°.

- Mix in large mixing bowl:  
 2 cups sifted all-purpose flour, such as Gold Medal  
 1 teaspoon salt  
 3/4 cup Snowdrift using blender or knives, until mixture looks like coarse meal. Remove 1/4 cup (4 tbsp.) for Step 2.
- Measure:  
 1/2 cup milk and stir in  
 1/4 cup of the Snowdrift-flour mixture  
 Stir together and mix into the remaining Snowdrift-flour mixture to form dough. Press into a ball and flatten slightly.
- Roll half the dough between two waxed papers (12 inches square). Ease off top paper. Pick up bottom paper at top corners. Dough will cling. Place (paper side up) in 9-inch pie pan. Peel off paper; fit into pan. Trim. Add filling.

**CHERRY FILLING:** Drain 1 (No. 2) can red sour cherries; save juice. Combine 2 tbs. cornstarch, 1/2 to 3/4 cup sugar and dash salt. Stir in 1/4 cup canned cherry juice. Cook until thick and clear. Add 1 tsp. almond extract. Turn drained cherries into pie shell; add thickened juice and dot with 2 tbs. butter. Cover with lattice pastry. **TO MAKE LATTICE TOP:** Roll remaining dough as above. Peel off top paper. Cut into 1/2-inch strips. Weave strips crisscross on waxed paper. Flip quickly over filling. Seal ends without moistening and flute edge. Bake in hot oven, 425° F., about 40 minutes.

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