

Spices Make Cooking Exciting Adventure

"When in doubt, use pepper." Except for desserts and other dishes in which pepper is obviously not the choice, the slogan above is the rule-of-thumb seasoning formula for most cooks. Pepper is conceded to be the most universally-liked, and useful, spice. It is pungent, yet has a bouquet all its own, especially when freshly ground. It is not as hot as cayenne or red pepper, yet it is hotter than cinnamon or the other sweet spices. Both black and white pepper come from the same berry, which is known as a "peppercorn."

Americans consume about 30 million pounds of pepper every year, more than all the other spices put together. Why is pepper so popular? Because it possesses the rare ability to complement the taste of almost any food. It adds a feeling of vitality to otherwise dull foods, and helps the digestive system in its work of converting food into human energy.

But pepper is only one of more than 200 herbs and spices, it is claimed. A chart of 36 of the bet-

ter known and more commonly used spices and herbs appears below to aid the homemaker in adding variety and taste interest to her cookery.

The United States might not have survived infancy as a nation if it had not been for pepper. In 1796 Captain Jonathan Carver of Salem accidentally discovered a source of pepper in Sumatra, and our young country virtually cornered the pepper trade. Taxes on pepper imports and re-exports paid 5% of our total national budget. The pepper trade led to the founding of America's merchant marine.

MOST ANCIENT spices, cassia and cinnamon, were used by the Chinese in 2700 B.C. Black pepper was known in the Middle Ages as were cloves, ginger, turmeric and saffron. Spanish explorers discovered allspice and vanilla in the New World.

The word "spice" covers both herbs and plants. "Culinary herbs" are those plants which do not develop a woody tissue and are more or less soft and succulent. "Sweet herbs" are the plants



PEPPER is conceded to be the most universally liked and useful spice. It is used to season almost all foods, soups, salads, meats, vegetables — practically everything except desserts. Here it brings out the flavor of this thick potato soup served steaming hot from a tureen.

whose leaves, seeds or roots have an aroma that makes them useful as seasoning. Thyme and mint are good examples.

"Fine herbs" are simply a combination of three or four herbs used to flavor certain dishes, as (Continued on Page Twenty)

Dublin Stew Featured On Leprechaun Luncheon

By DORRIS BJORSET

Food Editor, Register-Guard

Since March really belongs to the Irish, we've dedicated our featured menu today to them. It's Leprechaun Luncheon in honor of the sly little old man, who, according to Irish folklore, if caught, may reveal the hiding place of treasure.

Main attraction in Leprechaun Luncheon is Dublin Stew topped with fluffy Caraway Muffins. This wonderfully seasoned stew has thrifty pork shoulder to give it good meat flavor plus an array of nourishing vegetables and seasoning. Caraway seeds added to plain muffins make this good topping special.

Choose a tart fruit salad and make extra Caraway Muffins to complete the main part of the meal. Tiny Cream Puffs filled delicately tinted (green, of course)

custard makes a dessert that does justice to this menu.

Dublin Stew with Caraway Muffins

1/2 pound pork shoulder, cubed
2 tbs. fat or drippings
1/2 cup chopped onion
1/2 cup chopped celery
1 small garlic bud, finely chopped
1/4 tsp. salt
3 cups water
3 bouillon cubes
6 medium whole carrots
1 cup mixed vegetables
3 tbs. enriched flour
1/2 cup water

Brown meat in fat or drippings in heavy kettle. Add onion, celery, garlic and salt. Brown very lightly. Add 3 cups water and bouillon cubes.

Bring to boil. Cover, reduce heat and simmer 45 mins. Add carrots, cover and simmer 10 mins. longer. Add mixed vegetables and cook until tender. Mix flour with 1/2 cup water. Stir into meat-vegetable mixture, and cook until thickened. Drop Caraway Muffins by spoonfuls on meat-vegetable mixture. Bake uncovered in hot oven (425 deg. F.)

Brand New Recipe In Time for Lent

Whether you're a beginner or an experienced cook, this brand new recipe solves the problem of easy entertaining with a minimum of fuss. Add crusty rolls, a crisp salad and good strong coffee—and there you have the setting for a pleasant supper.

Chesapeake Casserole combines those two popular shellfish, the oyster and the shrimp, in a hearty scalloped dish. It takes only a few minutes to prepare the delicately-flavored egg sauce and put the whole casserole together. After a half-hour's baking, just whisk the dish out of the oven onto the table, piping hot and bubbly. Then, pour the coffee and watch everyone pitch in.

Chesapeake Casserole

2 tbs. butter or margarine
1 tbs. grated onion
2 tbs. flour
1 tsp. paprika
1 tsp. salt
Few grains pepper
2 cups milk
2 eggs, slightly beaten
3 cups coarse soda cracker crumbs
1 lb. cleaned shrimp, cooked (fresh, canned or quick-frozen)

Melt butter or margarine; add onion; cook two minutes. Blend in flour and seasonings. Add milk gradually, stirring until smooth and thick. Add slowly to eggs; mix well. In a shallow baking dish, scatter a layer of crumbs. Add oysters; scatter with crumbs. Pour shrimp over all. Bake in moderate oven, 350°F., 30 mins. Makes 6 servings.

New Rice Cereal Introduced in Eugene Markets

A new product, a bit-size rice cereal, took its place on the shelves of Eugene food markets this week, alongside its companion, bit-size wheat cereal. Its makers claim they have figures to prove that the new rice cereal received more votes from housewives than the next eight "old favorites." These are based, they say, on records from other market areas where the product already has been introduced.

The new ready-to-eat cereal is made from rice, sugar, salt and malt, the tiny "waffles" triple-toasted for lasting crispness. Labeled "the cereal sensation of the year" by its makers, it is recommended as an "all-family" breakfast cereal and as a "between meals snack" for children, who like to eat it right out of the package, like popcorn.

It has behind it nine years of laboratory testing and experiment as well as thorough testing with consumers before it was introduced in test markets.

By means of newspaper and radio advertising, as well as big posters and other material for mass display in the grocery stores, homemakers of the Eugene area are being acquainted with the cereal with the "new look" and "new taste."

Fame of Long Island Ducks World-Wide

Every week shipments of Long Island Ducks go to every city in America, to Hawaii, to England. Taste, richness of meat, everything about this magnificent specie of Pekin duck is regarded as the best there is. A prize recipe requiring no more than 20 min. time in a pressure cooker came from one of Long Island's famous Italian restaurateurs.

Braised Duck—Bizarade Sauce

1 Long Island Duckling, cut in serving pieces

2 tbs. fat
1 tsp. salt
1/2 cup pepper
1/2 cup hot water
1 tsp. meat concentrate
1 tsp. brown sugar
Juice of 1/2 lemon
Juice of 1/2 orange
2 oranges cut in sections
1/4 cup thin strips lemon peel (free from white membrane)
1/4 cup thin strips orange peel (free from white membrane)
2 tbs. raspberry jelly
2 tbs. sherry, if desired

Heat cooker, add fat. Rub duck with salt and pepper and brown on all sides. Remove duck and prick skin in several places. Place duck on rack in cooker. Add meat concentrate dissolved in hot water. Place cover on cooker. Allow steam to flow from vent pipe to release all air from cooker. Place indicator weight on vent pipe and cook 15 to 20 mins at COOK position.

Cool cooker. Remove duck and keep warm. Remove excess fat from liquid in cooker. Mix sugar and duck stock in shallow pan, add lemon and orange juice, orange and lemon peel, raspberry jelly and sherry. Cook for a few mins. Lay pieces of duck on heat-proof platter, skin side up. Arrange sections of orange on duck. Pour the sauce over all, and run platter under hot broiler till piping hot. If desired, add a couple of tablespoons of cognac, and flame. Serve on platter.

'Of Southern Pacific, Oregon'

OAKRIDGE—Mr. and Mrs. J. L. Fredricks tell a story about one of their trips to Mazatlan, Mexico. Fredricks, an S. P. engineer, was formerly circulation manager for Register-Guard. In 1936, he says, they presented the R-G. business card for identification to a hotel clerk because their "Spanish" was not so good. The next morning the register on the outside of the building listed as hotel guests "Mr. and Mrs. Eugene Register-Guard."

MIX CRISP-FRIED bacon bits with canned cream-style corn; season with monosodium glutamate, salt and pepper. Heat and serve.

Guide To Uses of Herbs and Spices

ALLSPICE (herb) Pickling, meats, gravies, fish, baking, puddings, relishes, fruit, preserves, sauces, mince-meat.	CHIVES (herb) Salads, omelettes, sauces, cheese, potatoes, potato salad.	MAIZE (spice) Fish sauces, pickling, preserving, gingerbread, stewed fruit, cakes, chocolate dishes.	POPPY (spice) Topping for breads, rolls, cookies, salads, noodles.
ANISE (herb) Cookies, candies, sweet pickles, beverages, flavoring, coffee cakes, sweet rolls, salads, cottage cheese.	CINNAMON (spice) Pickling, preserving, puddings, stewed fruits, baked goods, mashed sweet potatoes, ice cream, sauces, swizzle sticks for hot drinks, chocolate drinks.	MARJORAM (herb) Stews, soups, sausage, poultry, fish and meat sauces, salads, stuffings.	ROSEMARY (herb) Meat, poultry, sauces, greens, stuffings, stews, soups, fish and meat stock.
BAZIL (herb) Tomato paste, tomato dishes, peas, squash, string beans, turtle soup, ragouts, salads, cottage cheese, meat, sauces, fruit drinks.	CLOVES (spice) Pork, ham, pickled fruits, spiced sweet syrups, baked goods, chocolate puddings, stews, vegetables, meat gravies, hot drinks.	MINT (herb) Soups, stews, beverages, jellies, meat and fish sauces, cottage cheese, salad dressings, potatoes, tea, ices, juleps.	SAGE (herb) Beans, cottage cheese, salt, fish, stews, duck, geese, meat and poultry stuffings, sausage.
BAY (herb) Meats, soups, relishes, poultry, stuffings, pickling, stews, spice sauces, fish, chowders, potatoes, fricassee of kidney, heart or oxtail, vinegars.	CORIANDER (herb) Mixed pickles, gingerbread, cookies, cakes, biscuits, poultry, stuffing, mixed green salads, tomatoes, avocado, onions, meat, sauces.	MUSTARD (herb) Salad garnish, pickled meats, fish, hamburgers, meats, sauces, gravies.	SAVORY (herb) Poultry stuffings, salads, peas, pork, green beans, rice, horseradish sauce, fish, eggs.
BURNET (herb) Salads, cottage cheese, cream cheese, hors d'oeuvres.	CUMIN (herb) Curry and chili powders, soups, cheese, pies, stuffed eggs, soups, stews, rice, meat dishes, beans, sauerkraut, sauces.	NUTMEG (spice) Baked goods, sauces, puddings, eggnog, custards, whipped cream, cauliflower, spinach, fried bananas, fresh bananas and berries, sweet potatoes.	SESAME (spice) Rolls, breads, buns, spinach.
CARAWAY (herb) Baking, sauerkraut, new cabbage noodles, French fried potatoes, pork liver, kidneys, salads, canned asparagus, soups, stews.	CURRY (spice) Curry sauce, curried eggs, vegetables, fish, meat French dressing scalloped tomatoes, clam and fish chowders, rice, veal, chicken, eggs, croquettes.	OREGANO (herb) Spanish and Mexican dishes, meats, beans, sauces, lamb, fresh mushrooms, salads, cream cheese, beef stews, omelet and boiled eggs.	TARRAGON (herb) Salads, soups, dressings, fish sauces, stews, meats, cottage cheese, fish, vinegars.
CARDAMON (spice) Pickling, Danish pastry, breads, coffee cakes, grape jelly, cold melon slices, demitasse.	DILL (herb) Pickling, sauerkraut, salads, soups, fish and meat sauces, gravies, spiced vinegars, green apple pie, potato salads, macaroni, eggs, cheese, meats.	PAPRIKA (spice) Shellfish, fish, salad dressings, sweet corn on the cob, tomato juice, vegetables, meats, chili con carne.	THYME (herb) Soups, sauces, stuffings, cheeses, salads, meat, rabbit, fish, dressings, tomatoes, clam and fish chowders, chip-baked beef, fricassees.
CHERVIL (herb) Salads, soups, eggs, meats, French dressing, fish, butter, chicken, sauces.	GARLIC (herb) Tomato juice, meat and vegetable stews, French dressing, salads.	PARSLEY (herb) Seasoning, garnish, soups, salads, meat, fish, sauces, vegetables.	TURMERIC (spice) Pickling, relishes, creamed eggs, fish, seafood.
CHILI (spice) Shell fish, oyster cocktail, boiled and scrambled eggs, gravies, stews, ground meats.	GINGER (spice) Chutneys, preserves, pickles, stewed fruit, applesauce, gingerbread, cakes, pies, puddings, canned fruit, roasts, poultry.	PEPPER (spice) Almost all foods, pickling, soups, meats, sauces, gravies, vegetables, salads.	VANILLA (spice) Baking, desserts, candy.

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