



CHILI BEEF PIE made with potato pastry covering is a low-cost treat.

Filbert Season Is Here Again

Grown in the states of Oregon and Washington, filberts are a domesticated hazelnut. Scientific cultivation has developed a fine-flavored nut, larger than wild hazelnuts. With the coming of autumn, the American housewife looks forward to the arrival of filberts in her market, for with their distinctive flavor and crunchy texture, they add a festive note to good things to eat.

These tasty nuts are "in season" now, and here are three recipes that you will want to try.

Filbert Green Bean Casserole
 3/4 cup coarsely chopped filberts
 2 tablespoons thinly sliced onions
 2 T. thinly sliced celery
 2 tablespoons butter
 1 No. 2 can of green beans
 1 can cream of chicken soup
 1 tablespoon Parmesan cheese
 Paprika

Saute onion and celery slices in butter until golden brown and tender. Drain the liquid from the beans. Combine beans, chicken soup, sauteed onions and celery, with the chopped filberts in a greased casserole. Sprinkle on the Parmesan cheese and paprika. Bake in a 350 degree oven for 25 minutes. Serves 6.

Baked Squash—Filbert Topped
 1/2 cup coarsely chopped filberts
 3 cups of steamed and mashed squash
 2 tablespoons brown sugar
 2 tablespoons bread crumbs
 3 tablespoons butter

Place salted and mashed squash in a greased casserole. Melt butter and add sugar, bread crumbs and filberts. Sprinkle over squash. Bake in 350 degree oven for 15 minutes. Serves 6.

Filbert Stuffed Peppers
 1/2 cup filberts
 1-1/2 cups packaged precooked rice
 1 1/2 cups boiling water
 1 small can of Vienna sausages, sliced
 1/2 tsp. salt
 1 cup cheddar cheese, grated
 1 tablespoon onion, chopped
 1 tablespoon sliced celery
 2 eggs

3 large bell green peppers
 2 cups boiling salted water
 Pour boiling salted water over the peppers. Cover and let stand for 5 minutes. Add rice to 1 1/2 cups boiling water in saucepan. Mix rice to moisten. Cover and remove from heat. Let stand 13 minutes. Combine rice with sausage slices, onion, celery, cheese and coarsely chopped filberts. Place drained peppers in greased baking dish and fill with rice mixture. Sprinkle with paprika and bake in 350 degree oven for 40 minutes. Serve undiluted cream of mushroom soup (heated to boiling) over each half. Serves 6.

NEW YORK — The homely, well-scrubbed baked potato becomes a company dish when accessorized with an American blue cheese sauce. To make enough sauce for four potatoes, simply combine 1 cup of sour cream, 1/2 cup crumbled American blue cheese (about 3 ounces), and 2 tablespoons of chopped chives. If you like to experiment with different flavor combinations, try the sauce on asparagus or broccoli.

Time-Saver Menu Easy On Cook

Pantry-shelf meals are popular with career women and housewives who have active children to make demands on the time.

Here's one dinner menu that takes only 35 minutes of easy preparation.

Menu: Franks 'n' noodles, green beans vinaigrette, fruited cole slaw, crusty rolls, blueberry crisp, coffee, milk.

The dessert takes longest to cook.

Blueberry Crisp
 Drain 1 1/2-ounce can blueberries in heavy syrup, reserving 1-3 cup syrup in 8- or 9-inch pie plate. Sprinkle with mixture of 1-3 cup brown sugar, 1/4 cup flour, 1/2 teaspoon salt and 1/2 teaspoon nutmeg; dot with 2 tablespoons butter or margarine. Bake in hot oven (400 degrees F.) 20 minutes, or until hot and bubbling. Keep warm until dessert time; serve with cream. (Note: If water-packed blueberries are used, increase brown sugar to 2-3 cup.)

Now the main dish.
Franks 'n' Noodles
 Brown 1 medium onion, chopped, in 2 tablespoons butter or margarine in large frying pan. Add 1 No. 2 can tomatoes, 1 No. 2 can tomato juice, 1 teaspoon sugar, 1/2 teaspoon salt and 1 bouillon cube dissolved in 1/4 cup hot water; mix well. Add 1/2 of an 8-ounce package broad egg noodles and 1 can (about 12-ounce) frankfurters cut in thirds. Simmer, uncovered, 12 minutes, stirring often to prevent sticking.

Tomorrow's dinner: Franks 'n' noodles, green beans, with mushrooms, hard rolls, butter, lettuce and tomato salad, blueberry pie, coffee, tea, milk.

ROSEMARY FLAVORING
NEW YORK — For a gourmet touch to the roast, serve a delicious rosemary-flavored rice as an accompaniment. Here's how. Prepare a five-ounce box of precooked rice as directed on the package, adding 1/2 teaspoon of rosemary. Before serving mix in 1 1/2 tablespoons of butter.

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Red Bag
Coffee 1 lb. pkg. 95c

Shortening
Swift'ning 3 lb. can 83c

Best Food
Mayonnaise qt. 69c

Rath's Black Hawk — 12 oz. can
Luncheon Meat can 37c

M-D
Toilet Tissue 3 rolls 29c

Bumble Bee — Chunk Style
Tuna 2 cans 65c

HALLOWEEN CANDIES
 120 Count
 POPS, . . box 89c

60 Count
 POPS, . . box 49c

All 29c
 Bags Halloween Candy
 2 for 49c

Blue Hill Margarine
 3 lbs. 69c

Pixie Marshmallows
 1ge. pkg. 19c

Apple CIDER
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A.B.C. Fig Bar COOKIES
 2 lb. box 49c

Farkeners Coco-Nut COOKIES
 24 oz. pkg. 43c

Roasted Peanuts
 1 lb. bag 37c

Broken Shrimp
 can 19c

Borden's Cottage Cheese
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 Large Curd, pt. 29c
 Chive pt. 29c
 Fruit Salad, pt. 29c

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 Friday,
 (Pay-Day)
 Saturday and
 Monday

Swift'ning
 Best Food
Mayonnaise qt. 69c

Rath's Black Hawk — 12 oz. can
Luncheon Meat can 37c

M-D Toilet Tissue 3 rolls 29c

Bumble Bee — Chunk Style
Tuna 2 cans 65c

Jiffy Mix Biscuit Mix
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Strid's Chili Con Carne
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 48 tea bags 59c

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