



REFLECTED GLORY — Mrs. Stephen Zubar, 123 St. Helens, is one of Bend's talented cooks. At her house, there's always something good to go with the coffee. (Bend Bulletin Photo)

Delicious Casserole Dishes Tops with Cook-of-Week

By ILA S. GRANT
Women's Director

Mrs. Stephen Zubar, of 123 St. Helens place, is one of Bend's best cooks. Anne, as she's known to all her friends, enjoys fixing good things to eat, both as a hobby and a profession. This week she shares with Bulletin readers two wonderful casserole recipes, an unusual party luncheon dish and three popular desserts.

One-Dish Casserole
2 lb. lean pork steak
2 large onions
1 medium-size head of cabbage
1 1-lb. package crinkled egg noodles
1 tsp. salt
1/4 tsp. pepper
Bring water to boil in two-quart saucepan, add salt, and put in noodles; cook for 20 minutes. Drain noodles and put in a kettle large enough to hold all ingredients, which will be added later.

Cut pork in strips two inches long and half an inch wide. Brown lightly in 5 Tbsp. drippings. Add 1/2 cup water and simmer 10 minutes. Add meat and liquid to noodles. Shred onions and cabbage. Brown onions in 4 Tbsp. fat. Add cabbage and seasoning, and cover lightly. Steam about 10-15 minutes, or until cabbage and onions are tender. Add to pork and noodles. Mix well. Put in casserole. Sprinkle with finely crushed potato chips. Place in hot oven five minutes, to brown topping, and serve.

Tuna Dish
1 pint milk
3 Tbsp. flour
1 6 1/2-oz. can chunk tuna, broken
3 hard-cooked eggs, cut in chunks
1 small can mushrooms
Salt and pepper to taste
Mix flour with small amount of the milk, to make smooth paste. Scald remaining milk, add paste and seasonings, and continue cooking and stirring until thick. Add remaining ingredients and pour into casserole. Sprinkle with corn flakes and bake in medium oven 10-15 minutes.

Party Luncheon Potatoes
Scrub three large potatoes and bake till done. Frizzle 2 cups (7-oz. jar) chipped beef in 4 Tbsp. butter for five minutes, or until light brown. Blend in four Tbsp. flour and a dash of pepper, then add gradually 2 cups milk. Cook until thick.

When potatoes are done, cut in two the long way and scoop out centers. Mash potatoes and add milk, salt and pepper as necessary. Beat until fluffy. Partly fill potato skins with the mashed potatoes. Put remaining potatoes in pastry tube, and flute potato cases around edges and down the center. Place in hot oven to brown lightly.

Meanwhile cook 1 package fresh-frozen peas in small amount of water. Remove potatoes from oven. Fill one side of each half with creamed beef; the other side with hot buttered peas.

Raisin Rice Custard
2 cups fluffy cooked rice
3 eggs
1 pint milk
1/2 cup raisins, cooked 5 minutes
1 tsp. vanilla
Pinch salt
Beat eggs till light, add milk and remaining ingredients. Pour into baking dish or individual custard cups, set in pan of water and bake at 350 degrees until set.

Serve with vanilla sauce.

Vanilla Sauce
2 cups water
3 tsp. cornstarch
1/2 cup sugar
1 Tbsp. butter
1 tsp. vanilla
Mix cornstarch with small amount of the water. Add remaining water and boil until clear. Add remaining ingredients. This may be used as a topping for any dessert, in place of whipped cream.

Cup Cakes
1 1/2 cups flour
1 tsp. soda
1/2 tsp. salt
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 cup shortening
1 cup brown sugar
2 eggs
1/2 cup walnut meats
1 cup sour milk
1 cup mixed fruit
Sift flour with soda, salt and spices. Cream shortening and sugar. Add eggs one at a time, mixing thoroughly after each addition. Add nuts and fruit. Add flour alternately with sour milk. Mix well. Fill muffin tins one-half full. Bake in moderate oven (375 degrees) for 20 minutes.

Applesauce Cake
1 cup brown sugar
1/2 cup shortening
2 eggs
1 1/2 cups thick applesauce
1 tsp. vanilla
2 tsp. honey
2 cups flour
1/2 cup cocoa
1/2 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. salt
1 tsp. soda
1/2 cup walnuts
Cream sugar and shortening; add eggs one at a time, mixing well after each addition. Add applesauce, vanilla and honey.

Sift flour before measuring, then sift with cocoa, salt and spices. Sprinkle nuts with a small amount of the flour mixture. Add dry ingredients to liquid mixture, then stir in floured nuts. Beat for two minutes. Pour into greased and floured deep 8x8-inch cake pan, and bake at 350 degrees 30-35 minutes.

Motor Division Shift Approved

SALEM (UP)—The Senate Committee on Highways, headed by Sen. Warren McMinnis, Tillamook Republican, voted favorably yesterday on a measure to take the motor vehicle division out from under the secretary of state's office and make it a separate department under the appointive power of the governor.

The vote was 5 to 3 with Sen. Truman Chase absent. Sen. Monroe Sweetland, Milwaukie Democrat, said he thought the measure was an out-and-out political move because the Republicans fear that the next secretary of state may be a Democrat.

Sen. Carl Francis, Dayton Republican, denied that the measure was political but said he was voting to table the bill anyway—Senate Bill 85—on grounds that the division is working well in its present status.

Sen. Phil Brady of Portland, a Democrat, was the only other senator voting against the bill.

Local Cook Gives Dessert Recipes

Mrs. Ed Nystrom, whose recipes were featured in a recent Bend Bulletin cooking article, has several favorite desserts that are recommended for home use. Here are the dessert recipes that didn't appear in the picture-story.

Pumpkin Pie
3 cups sugar
3 tsp. cinnamon
3 tsp. ginger
1 1/2 tsp. nutmeg
1 tsp. salt
6 eggs beaten
4 cups milk
1 No. 2 1/2 can pumpkin
Add spices to sugar and mix in beaten eggs. Add milk and pumpkin, and mix well. Makes three pies.

No-Egg Spice Cake
1 cup sugar
1 cup cold water
1/2 cup shortening
1 cup seeded raisins
1 tsp. cinnamon
1 tsp. nutmeg
1/4 tsp. cloves
1/2 tsp. salt
1 1/2 cups sifted flour
1 tsp. soda
Put the sugar, water, shortening, raisins and spices together in a sauce pan and boil about 4 minutes. Remove from stove and cool thoroughly. Sift flour and soda together and add cooked mixture. Pour into buttered loaf pan and bake in moderate oven.

Delicious Lemon Pudding
2 eggs, separated
2-3 cup water
1 heaping tsp. flour
1/2 cup sugar
Juice and grated rind of one lemon
Beat the egg yolks, add half the water and continue beating until light. Mix remaining water with the flour and add. Mix in sugar and lemon juice and rind and boil until thick. Remove from heat and cool. Beat egg whites stiff and fold into cooked mixture. Serve cold.

Rocks
1 cup butter
2 cups brown sugar
3 eggs
3 cups flour
1 tsp. cinnamon
1 tsp. soda
1-3 cup water
1 1/2 cups chopped raisins
1 lb. chopped walnuts
Cream butter and sugar, add beaten eggs. Sift flour with cinnamon and soda and sprinkle a small amount on the raisins and nuts. Add sifted dry ingredients alternately with water, then add raisins and nuts. Drop from teaspoon on buttered cookie sheet and bake in hot oven, watching carefully.

Sunshine Layer Cake
Upper and Lower Layers:
5 egg yolks
1 cup sugar
1/2 cup milk
1/2 tsp. soda
1-1 1/2 cups flour
1 tsp. cream tartar
1 tsp. vanilla
Sift dry ingredients and add to beaten egg yolks and milk. Add vanilla.

Middle Layer:
5 egg whites
1/4 cup flour
1/4 tsp. salt
1/2 cup sugar
1 tsp. cream of tartar
1 tsp. vanilla
Sift dry ingredients and add to beaten egg whites.

Bake layers in 8-inch pans, in moderate oven. Put together with favorite filling and frost with desired icing.

Bulletin FOOD News

The Bend Bulletin, Thursday, March 17, 1955 1a

Dairy Foods Are Important In Making Meatless Dishes

With the advent of Lent many homemakers are faced with the problem of preparing two or three meatless meals a week for their families. The greatest problem perhaps is finding nourishing substitutes for meat dishes that the family will like. Naturally, fish and seafood are high on the list of Lenten dishes; cheese and eggs are also excellent foods to use in preparing meatless Lenten meals. In fact, dairy foods play an important part in improving the flavor and food value of many Lenten meals, adding valuable protein, minerals and vitamins, and an appetite-satisfying goodness to any dish in which they are used.

These three Lenten main dishes are appetizing, easy and good to eat. Try them on your family and see!

Fish Fillets in Sour Cream

(Serves 4)
1 onion, sliced
1 lemon, sliced
1 to 1 1/2 lb. fish fillets, fresh or frozen
1 cup sour cream
1/4 tsp. salt
Paprika
Parsley

If fish fillets are frozen, thaw slowly. Cover bottom of shallow baking dish with lemon slices; arrange fish fillets on top. Sprinkle with salt and pepper and cover with onion slices. Cover and bake 30 minutes at 400 degrees F. Uncover and spread lightly with sour cream to which a little salt has been added. Sprinkle with paprika. Place under broiler until cream is lightly browned. Sprinkle with chopped parsley and serve.

Fish Fillets Thermidor

(Serves 4)
1 1/2 lb. fish fillets
1 1/2 cups milk
1 tsp. salt
Pepper
1/2 lb. Cheddar cheese, grated
3 Tbsp. butter
3 Tbsp. flour
2 Tbsp. lemon juice
1 tsp. Worcestershire sauce

Separate fish fillets and roll each fillet into a roll, fastening with a toothpick if necessary. Place rolled fillets in a shallow 2-quart casserole. Pour milk over fish, sprinkle with salt and pepper. Bake for 30 minutes at 350 degrees F., or until fish flakes easily when tested with a fork. Grate cheese. Melt butter in top of double boiler. Stir in flour, mixing until smooth. Remove casserole from oven and pour off milk. Add milk to butter-flour mixture, stirring and cooking until thickened and smooth. Add cheese. Add lemon juice and Worcestershire sauce, blending well. Pour sauce over baked fish fillets and sprinkle top with paprika. Brown lightly under broiler.



DEVILISH GAL—There's a devil-may-care gleam in the eyes of Dorothy Rowand of New York, and one look at her hat explains it. The saucy bonnet, designed by Mr. John, is called the "Red Devil." Dorothy, by the way, is 1955's "Miss Devilish Ham."



IT HAS HEAVY "WING TANKS"—No, those tanks weren't really atop the wings of this XP6M-1 Martin Seamaster. It's a composite picture, fixed up to dramatize the amount of stress the wings can take. The Navy's new multijet seaplane, to be flight-tested this spring, is undergoing a series of rigorous structural tests in its Baltimore, Md., hangar. Wings alone have been subjected to an applied load of approximately 350,000 pounds, which is about what the tanks represent.

GOP Claims Tax Victory Over Demos

WASHINGTON (UP)—Republican tax cut this year, was senior Republican tax writer in the House, charged that House Democratic leaders will be responsible for a 132-million dollar "tax windfall" for the liquor industry, unless they give up their tax-cutting drive.

Rep. Hale Boggs (D-La.) retorted that Republicans were in no position to talk about windfalls after having opened a loophole in the 1954 tax law which promised "at least a one billion dollar tax windfall" for corporations.

Rep. Daniel A. Reed (R-N.Y.) optimistic about getting the House to recede from its position. Byrd is a member of the Conference Committee.

"I believe we are in a very strong position in the Conference Committee," he said. "There was a two-to-one vote in the Senate against the provision which will be before the conferees, and the House approved it by only five votes."

The tax cut was approved by the House and rejected by the Senate as an amendment to a corporation-excise tax extension bill. Its fate rested today with a Senate-House Conference Committee.

The conferees must come up with agreement before April 1 to prevent a scheduled drop in taxes on corporations and on liquors, cigarettes, gasoline and automobiles.

Republican House leader Joseph W. Martin, Jr., (Mass.) said flatly "I know" the Senate will stand firm and the House will yield before the April 1 deadline.

Sen. Harry F. Byrd (D-Va.), who broke party ranks to back the administration in opposition to an

Others lined were Gerald Eugene Lanser, Bend, \$10, no license on car; Casper Walter Libel, Bend, \$10, an over-height load on truck; and Ray B. Jones, Gilchrist, \$15, basic rule.

Fines Reported

By Bend J. P.

Fines have been paid in local justice court by seven persons, four of whom are local residents.

Two persons, J. R. Beeler, box 343 B, route 1, and C. A. Dobbins, box 93, route 2, each paid \$14.50 for failing to get licenses for their dogs.

Two Idaho truck drivers were fined for overloads, Martin Edward Kittridge, Twin Falls, and Loyal Lewis Green, Boise. Kittridge paid \$28.50, Green, \$19.50.

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(This advertisement appeared in The Bend Bulletin Friday, July 23, 1920.)

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Sirloin Steak Per Pound	30c
Chuck Steak Per Pound	25c
Short Ribs of Beef Per Pound	18c
Beef Stew Per Pound	15c
Beef Boils Per Pound	15c
Pot Roasts Per Pound	20c
Veal Stew Per Pound	20c
Hamburger Per Pound	20c
Sausage Per Pound	25c

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Center Cut LEG ROASTS lb 45c	Fresh HOCKS lb 19c
Light & Lean SPARE RIBS lb 43c	Country Style SAUSAGE 4 lbs \$1.00
BEEF SPECIALS	
Sirloin STEAK lb 49c	SHORT RIBS lb 18c
Fresh GROUND BEEF lb 25c	BOILING BEEF lb 15c
Cushion Style Boneless POT ROASTS lb 49c	Chuck STEAK lb 25c
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