



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  
¼ 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 ½ 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 tightly. 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 6½-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

Serve 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  
½ 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  
½ 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

1½ cups flour  
1 tsp. soda  
¼ tsp. salt  
1 tsp. cinnamon  
¼ tsp. nutmeg  
½ cup shortening  
1 cup brown sugar  
2 eggs  
½ 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  
¼ cup shortening  
2 eggs  
1½ cups thick applesauce  
1 tsp. vanilla  
2 tsp. honey  
2 cups flour  
½ cup cocoa  
½ tsp. cinnamon  
¼ tsp. cloves  
¼ tsp. salt  
1 tsp. soda  
¾ 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.

# 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 1½ lb. fish fillets, fresh or frozen  
1 cup sour cream  
¼ 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)  
1½ lb. fish fillets  
1½ cups milk  
1 tsp. salt  
Pepper  
¼ 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."

## Local Cook Gives Dessert Recipes

Mrs. Ed Nystrom, whose recipes were featured in a recent Bend Bulletin cooking article, has 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  
1½ tsp. nutmeg  
1 tsp. salt  
6 eggs beaten  
4 cups milk  
1 No. 2½ 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  
½ cup shortening  
1 cup seeded raisins  
1 tsp. cinnamon  
1 tsp. nutmeg  
¼ tsp. cloves  
½ tsp. salt  
1½ 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  
½ 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  
1½ 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  
½ cup milk  
½ tsp. soda  
1-1½ 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  
¼ cup flour  
¼ tsp. salt  
¼ cup sugar  
1 tsp. cream of tartar  
1 tsp. vanilla  
Sift dry ingredients and add to beaten egg whites and milk. Add vanilla.  
Bake layers in 8-inch pans, in moderate oven. Put together with favorite filling and frost with desired icing.



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 income tax cut this year, was optimistic about getting the House to recede from its position. Byrd is a member of the Conference Committee.  
Democrats refused to concede defeat but wouldn't make any victory claims, either.

The tax cut was approved by the House and rejected by the Senate as an amendment to a corporation-excite 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 agreement before April 1 to prevent a scheduled drop in taxes on corporations and on liquors, cigarettes, gasoline and automobiles.

## 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 Loyd Lewis Green, Boise. Kittridge paid \$28.50, Green, \$19.50.

Others fined 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.

## PRICES SET BACK 35 YEARS

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

## BIG REDUCTION IN MEAT PRICES!

The Time is here when prohibitive meat prices no longer compel you to curb your consumption. We have taken the first step towards

### REMOVING THE HIGH COST OF LIVING

Our knowledge of buying; our refrigerating equipment; our system of handling meat, from the slaughter house to the cutting block, are the reasons why we can sell to you at these

### EXCEPTIONALLY LOW PRICES

Unlike some in this age of profiteering, we are only too glad to reduce our prices to you, when the cost to us is less.

### OUR FIRST BIG SLASH WILL BE IN

## BEEF

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

These are every day prices with us starting today

BEAVER MARKET Oregon Street CASH MARKET Bond Street

## AT BEND MEAT CO.

THE WORKING MAN'S MARKET

We Are Setting Our Prices Back 35 Years to the Good Old Beaver and Cash Market Day!

### COMPARE and SEE!

### PORK SPECIALS

Shoulder ROASTS lb	29¢	Loin ROASTS lb	39¢
Center Cut LEG ROASTS lb	45¢	Fresh HOCKS lb.	19¢
Light & Lean SPARE RIBS lb.	43¢	Country Style SAUSAGE	4 lbs \$1.00

## BEEF SPECIALS

Sirloin STEAK lb.	49¢	SHORT RIBS lb.	18¢
Fresh GROUND BEEF lb.	25¢	BOILING BEEF lb.	15¢
Cushion Style Boneless POT ROASTS lb.	49¢	Chuck STEAK lb.	25¢
Boneless Brisket CORNED BEEF	lb. 39¢		

BUD HUDSON

PH. 2

JOE GEORGE