

Bulletin FOOD News

Thursday, April 21, 1955

Fresh Spring Vegetables Harbingers of the Season

Sure signs of spring are the new potatoes, fresh asparagus, crisp green onions, and rosy rhubarb in the vegetable stands these days. We look forward to them with eagerness each year for they have a wonderful way of pepping up winter-weary appetites and adding a breath of spring to April meals.

The tender new spring vegetables are particularly appealing when served in a smooth cream or cheese sauce. The richness of butter, milk and cheese bring out the delicate flavors of the tender vegetables. They add extra food value, too. For those who like their spring vegetables "as is," a simple dressing for melted butter and a little lemon juice will bring out fresh flavor as nothing else can.

Although rhubarb is a vegetable we ordinarily serve it as a fruit, and its tart-sweet flavor is greatly enhanced by serving it in combination with whipped cream or ice cream. Try rhubarb cobbler, served warm from the oven with lots of rich cream. It's a treat for any meal.

Asparagus au Gratin
(Serves 6)

3 Tbsp. flour
3 Tbsp. butter
2 cups milk
1 tsp. salt
1/2 tsp. pepper
2 egg yolks
1 cup grated Cheddar cheese
1-3 cup buttered crumbs
2 lb. fresh asparagus or 2 pkg. frozen (long stalk)
Cook asparagus in boiling, salted cream.

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NO SCORCHED HANDLES — Everything's cooking but the handles on these better-grade utensils. Fashioned of bakelite, they withstand heat up to 450 degrees, make oven pieces out of top-of-the-stove units.

Good Cooking Utensils Basic For Daily Meal Preparation

By **Ilia S. Grant**
Women's Director

Not the least of the April showers these days are the ones in honor of brides-to-be. And because the young homemaker will devote a great deal of time to the mastery of the art of cookery, she will love gifts to equip that important first kitchen. She will treasure most of all the beautiful and efficient cooking ware that gleams like silver, for she knows that good cooking utensils are at the bottom of every meal.

If the bride herself faces the necessity of buying her pots and pans, that in itself is one of the first tests of her homemaking skill. For haphazard buying is hard on a budget and usually winds up with an inefficient jumble of utensils on hand. Many brides have had to learn a costly lesson in order to know that thought should be given to materials, construction, size and use. It just doesn't occur to some brides that there is any great difference in pans.

Individual needs will vary, of course, but as a basic check list of what to buy here's one compiled by the Bureau of Human Nutrition:

One coffee maker; one double-boiler; one fry pan 10-12 inches in diameter; one fry pan eight inches in diameter; one kettle with lid, eight quart; one one-quart saucepan; one three-quart saucepan; one saucepan or sautepot, four-quart size, and one teapot.

A home economist might suggest that a Dutch oven would be more useful than a sautepot. When you shop, look for double-purpose features. A chicken fryer with a high-domed lid, for example, may double as a casserole.

Molasses Glazes, Sauces, Go Well With Pork and Ham

Cook over medium heat until mixture thickens and comes to a boil. Remove from heat; stir in vinegar and butter or margarine. YIELD: 2 cups.

Sweet-Sour Pork
1 1/2 pounds pork shoulder, cut in 1-inch pieces
1 can (3 or 4 ounces) mushrooms
Water
1 green pepper, cut in strips
1 medium onion, sliced
1/4 cup unsulphured molasses
2 Tsp. soy sauce
1/4 cup vinegar
1 Tbsp. cornstarch
3 cups hot cooked rice

Molasses Barbecued Spareribs
3 pounds spareribs
4 Tbsp. unsulphured molasses
3 Tbsp. vinegar or lemon juice
4 Tbsp. prepared mustard
2 Tbsp. Worcestershire sauce
2 tsp. Tabasco
1/2 tsp. Kitchen Bouquet

Have spareribs cut in serving pieces. Place in shallow pan. Combine remaining ingredients. Brush over spareribs. Bake in a moderate oven, (350 degrees F.) 1 1/2 hours, brushing occasionally. YIELD: 6 servings.

Molasses Glaze for Ham
1/4 cup unsulphured molasses
1/4 cup prepared mustard
1/4 tsp. Tabasco

Combine all ingredients. Brush over scored ham last hour of baking time. YIELD: 1/2 cup to glaze half ham. Increase recipe for whole ham.

Raisin Sauce
(To serve with ham)
1/4 cup sugar
1/4 tsp. dry mustard
1/4 Tbsp. cornstarch
1/4 tsp. salt
1 1/2 cups water
1/4 cup unsulphured molasses
1/4 cup orange marmalade
1-3 cup raisins
1/4 cup elder vinegar
1 Tbsp. butter or margarine

Combine sugar, mustard, cornstarch and salt in saucepan. Gradually stir in water, unsulphured molasses, marmalade and raisins.

Cool Prune Drink Luncheon Pickup

For a hearty, energy-packed lunch, serve cheeseburgers with cole slaw and potato chips, and a flavorful prune milk drink that will double as beverage and dessert.

Prune Milk Drink
1 cup cold milk
1/4 cup prune puree
1 tablespoon lemon juice
1 teaspoon sugar
Few grains salt
Sprinkling of cloves, or cinnamon

Blend prune puree with lemon juice, sugar and salt. Add chilled milk and stir until thoroughly mixed. Top with a few sprinklings of cloves, or cinnamon. Serve at once garnished with lemon slice or wedge. Makes 1 glass. Add more sugar to suit taste. Several tablespoons vanilla ice cream may be added on top.

Snappy Sauce for Cheeseburgers
1/4 cup chili sauce
2 Tbsp. pickle relish
1 1/2 tsp. prepared mustard, or horseradish

Combine all ingredients and mix well. Makes enough for 6 Cheeseburgers.

Leftover Ham? Use Up Scraps In Puffy Souffle

Deviled Ham Puff is a good way to use up the last of a baked ham. It's a main-dish souffle that goes well with tossed vegetable salad, buttered rolls and canned fruit with leftover cake.

Deviled Ham Puff
8 slices day-old white bread
1/4 pound cooked ham, ground
3 Tbsp. prepared mustard
1 tsp. horseradish, if desired
4 eggs, slightly beaten
2 cups milk
1/2 tsp. salt
Pepper

Let bread dry out and toast lightly. Cut crusts from bread and place crusts in buttered, baking dish, 9x9x1 1/2 inches. Combine ham, mustard, and horseradish and spread evenly over crusts, then arrange the whole slices, cut in half diagonally, on the top. Mix eggs, milk, salt and pepper and pour over bread so as to saturate the top slices; allow to stand for 1 hour; bake at 325 degrees F. for 1 hour. Serve immediately. Serves 6.

Officer Arrives For Center Staff

Assigned to the new Bend filter center to serve as operations and training officer, 2nd Lt. Donald E. Rose has arrived here from Geiger Field, Spokane, Wash., accompanied by his wife.

They were introduced at Tuesday night's meeting of the local Ground Observer corps.

Another new Air Force arrival here is T-Sgt. Boyd T. Hand, assigned from Spokane. He will be reassigned to the John Day GOC post.

Heart Surgery Forecast Made

SAN FRANCISCO — (UP)—The next major development in the comparatively new field of heart surgery probably will be mechanical hearts capable of reliably maintaining circulation during long operations.

This is the forecast of Dr. Mary B. Olney, clinical professor of pediatrics at the University of California Medical Center in San Francisco.

Such devices, now in the experimental stage, will increase the number of congenital heart and blood vessel defects which can be corrected successfully.

Dr. Olney said other lines of research in congenital heart disorders are aimed at discovering their causes and producing them in laboratory animals. This basic research may make it possible to prevent many of these mistakes of nature, and to predict more accurately the possibilities of treatment.

Nebraska has 37,673 miles of rural mail routes.



GOOD PROTEIN DISH — Tuna Casserole, made with cheese, macaroni and zesty seasonings, is a family favorite.

Tuna Casserole High in Protein

All year 'round, you need plenty of high-protein food to give you energy and bounce. Tuna casserole is a good choice, and this recipe is designed for using instant nonfat dry milk solids, which may be obtained at your grocer's in a convenient pour-spout package.

The white sauce on which this casserole is based can also be used with other casserole recipes or with left-over meats or vegetables.

Tuna Casserole
(Makes 4 to 6 medium servings)
1 cup (6 1/2 oz. can) chunk style tuna
2 Tbsp. butter
1/2 tsp. finely chopped garlic
1/4 cup chopped green pepper
1/3 cup flour
2 1/2 cups liquid instant milk
1 cup grated process-type American cheese

1 tsp. salt
1 can cheese
4 tsp. pepper
4 cups cooked elbow macaroni
5 green pepper rings
Ripe olives for garnish, if desired

Prepare instant nonfat dry milk solids by mixing 1 1/4 cups of crystals with 2 1/2 cups water. Drain oil from canned tuna into saucepan; add butter. Brown garlic and green pepper lightly in butter-oil mixture. Remove from heat; add flour and blend until smooth. Slowly add liquid instant milk, stirring constantly over low heat until sauce is thickened and smooth. Add cheese, seasonings, tuna and macaroni. Pour into buttered 1 1/2 quart casserole. Top with pepper rings and olives. Bake in moderate oven (350 degrees) about 30 minutes.

Sunshine Salad Combines Fruit, Cottage Cheese

What could be more springlike than a mound of orange-flavored cottage cheese, surrounded with orange sections and whole fresh strawberries? It would be a perfect luncheon dish, with cinnamon toast. Serve peanut-butterscotch sundaes for dessert.

Sunshine Cottage Cheese Salad
2 cups creamed cottage cheese
1/2 tsp. salt
1 tsp. grated lemon rind
2 Tbsp. lemon juice
3 Tbsp. shredded orange rind
3 large oranges, peeled, sliced
1 head lettuce or other salad greens
Fresh strawberries

Add salt, lemon rind, lemon juice, and 2 tablespoons orange rind to cottage cheese; stir lightly to blend. Turn into an oiled bowl; chill. Wash and drain crisp lettuce and arrange on plate. Turn out cottage cheese in center of plate, sprinkling remaining orange rind on top. Surround cottage cheese mound with overlapping sliced oranges and whole fresh strawberries. Serves 6.

DON'T DO THIS
PEORIA, Ill. — (UP) — Margie, the lioness and Zoo Director Dick Houlihan reached for a bone at the same time. Houlihan came in second, receiving a slash on his hand that required eight stitches. "She had a longer reach than I thought," he said.

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Bud Hudson OWNER **Ph. 2**

'All I did was serve him BLUE BELL Potato Chips... fresher in the Double Bag!'