

Table Is Given For Equivalents

Kitchen gadgets don't make a cook any more than clothes make the man, but they surely help to make cooking easier and more fun. For instance, those individual measuring cups. It's so easy to fill them with flour, sugar or shortening in the amount called for by your recipe, whisk a spatula across the top, and know your measurement is level.

In grandma's day level measurements weren't as important as they are today. Recipes called for a heaping measure of this, and a scant measure of that. And the results were just as indefinite as the measurements, sometimes good, and sometimes bad. Nowadays we're more scientific. All recipes call for definite level measurements, exact oven temperatures and baking times, and modern cooking equipment makes it easy to follow these rules, so you can be sure of good results each time.

Unit measuring spoons are a kitchen necessity, too, and a rubber spatula for keeping the sides of your mixing bowl clean while your electric mixer does the work of mixing a cake, or a pudding. Use it, too, when emptying sauces or gravies into a serving dish. Then there'll be no waste. Housewares departments are getting more and more exciting and newly designed cooking aids in colors to match almost any kitchen decor, and pretty enough to leave out in plain sight. Many of them make you wonder how you ever lived without them in the years before they were invented.

But if you are a serious cook, one who likes to try old recipes, you've probably found that many of these oldies call for weighing ingredients, instead of measuring them. This doesn't mean that you have to rush out to buy a kitchen scales. You can translate the weights into amounts that can be measured with your modern equipment.

For instance, one pound of confectioners sugar measures approximately 3 1/2 cups; one pound of raisins measures about 2 1/2 cups; one pound of all-purpose flour measures approximately 4 cups; one pound of cake flour measures about 5 cups; 3 to 4 eggs measure 1 cup; while 8 to 10 egg whites measure one cup; one pound of shredded cheese measures about 4 cups; one pound of ground cooked meat measures about 5 cups; one pound of diced cooked meat equals about 5 cups; one pound of granulated sugar measures 2 cups; one pound of brown sugar measures approximately 2 1/2 cups; one medium lemon yields about 2 to 3 tablespoons of juice. We don't know how to measure a pinch of salt or other condiments.

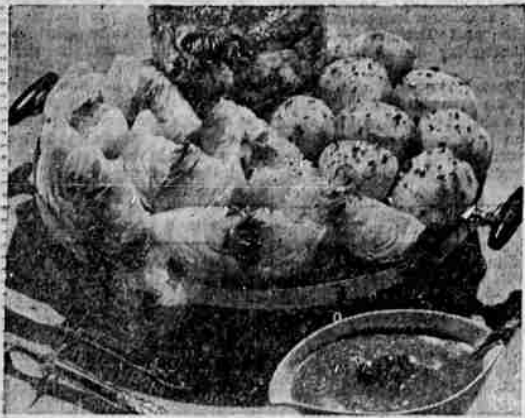
Storage of Meat Very Important

It's important to know how to care for the meat you buy! Meats are perishable so they must be refrigerated as soon as they are brought in from the meat market.

Different meats require different storage procedures and times. For example, pre-packaged cured and smoked meats and sausages may be stored in original wrapper; fresh meats should be rewrapped loosely to allow circulation of air.

Roasts may be held in the refrigerator for four or five days, steaks a day or two, ground beef and the variety meats only about 24 hours.

Smoked meats should be as carefully stored as the fresh meats. Hams should be eaten within a week, but bacon will keep a week to ten days.



DE LUXE VARIATION of boiled cabbage is provided by addition of slivered blanched almonds.

Slivered Blanched Almonds Do Things to Boiled Cabbage

The addition of slivered blanched almonds makes a gourmet dish of boiled cabbage. Served with parage potatoes and pot roast, you have a dinner fit for a king.

Cabbage Amanandine
(Yield: 8 servings)

One head (3 pounds) cabbage, 1/2 inch boiling water in pan, 1 teaspoon salt, 1/2 cup butter or margarine, 1/2 cup slivered blanched almonds, 2 tablespoons fresh lemon juice, 1/2 teaspoon ground black pepper.

Try Onions Fiesta For Holiday Meal

In some families, creamed onions are a traditional accompaniment for the holiday turkey. For more color and flavor, try Onions Fiesta.

Onions Fiesta
(Yield: 6 servings)

One and one-half pounds small white onions, 1/2 inch boiling water in saucepan, 1 beef bouillon cube, 1/2 teaspoon salt, 1/2 teaspoon ground white pepper, 3 tablespoons butter or margarine, 1 tablespoon chopped fresh parsley.

Peel onions and place in a saucepan along with boiling water and beef bouillon cube. Bring to boiling point. Boil 5 minutes without cover. Then, cover and boil until tender, 12 to 15 minutes. Remove from heat and drain. Add remaining ingredients and toss lightly.

Waffles with Bananas
Waffles, a year 'round favorite in American breakfast tables, are especially welcome now that cold-weather appetites are back. Treat your husband and children to a feast. Just add 1 cup mashed ripe bananas to the waffle batter. You can count on calls for seconds all around.

Be safe... buy faster... foolproof RED STAR YEAST

Big Fresh Cake AND Special Active Dry Delivered FRESH by BORDEN Pacific Cheese Division

Trim cabbage and wash. Cut into 8 wedges. Place in a saucepan with 1-inch boiling water. Bring to boiling point and boil 5 minutes, uncovered. Then, cover and boil only until crisp-tender 10 to 12 minutes. Drain. Melt butter or margarine. Add almonds and cook until almonds have browned. Add lemon juice and black pepper. Pour over cooked cabbage.

For dessert, serve Tutti-Frutti Trifle. It's easily made, and will be enthusiastically received.

Tutti-Frutti Trifle
(Yield: 6 servings)

Twenty-four ladyfingers or 24 strips of stale spongecake, 1/2 cup green seedless grapes, 1/2 cup orange sections, 1/2 cup grapefruit sections, 1 1/2 cups soft custard sauce, 1/3 cup whipped cream.

Line each of 6 tall sherbet glasses with 4 ladyfingers or with four 1x1-inch strips of stale sponge cake. Fill with alternating layers of grapes, orange sections and grapefruit sections. Pour approximately 1/4 cup custard sauce into each glass. Chill. Top with whipped cream just before serving.

Fresh Squash Pie Delicious, Too

Fresh squash pie for Thanksgiving—served with hunks of rich American Cheddar cheese!

Fresh Squash Pie
(Yield: 6 servings)

One cup sugar, 1 tablespoon flour, 1/2 teaspoon salt, 1 teaspoon ground ginger, 1 teaspoon ground cinnamon, 1/4 teaspoon ground nutmeg, 1/2 teaspoon ground cloves, 2 cups mashed cooked fresh yellow squash, 3 eggs, 1 cup light cream or undiluted evaporated milk, 9-inch unbaked pie crust.

Combine the first 7 ingredients. Stir in mashed squash. Beat in eggs. Gradually add cream or evaporated milk. Pour into a 9-inch pie plate lined with unbaked pastry. Bake in a preheated hot oven (400 degrees F.) 50 minutes or until a knife inserted in the center comes out clean.

PUMPKIN PIE POINTERS
Place empty pumpkin pie shells in oven, then fill to avoid spilling on way to oven. To test pumpkin pie for "doneness", insert a silver knife in the center of filling. When it comes out clean the pie is done. Garnish pies with whipped cream or chopped nuts for an appetizing holiday halo.

Loads of Thanksgiving Treats!

PIGGY WIGGLY

... FOR YOUR HOLIDAY PLEASURE!

Birds Eye
6-oz. Tin

FROZEN ORANGE JUICE
3 for 49c

Birds Eye — 10-oz. Pkg.
FRESH FROZEN PEAS 3 for 55c

Pride of Oregon — 10-oz. Pkg. 5 for \$1
FRESH FROZEN STRAWBERRIES

Nabisco Ritz CRACKERS lb. 29c Pkg.
NABISCO 7 1/2-oz. Pkg. 29c
SUGAR WAFERS 29c
NABISCO 13-oz. Pkg. WAVERY WAFERS 29c

LUXURY PARKER HOUSE ROLLS Pkg. of 9 30c

LUXURY READY CUBED DRESSING BREAD package 29c

Bend - Medo-Land - Helphrey Support Your Local Daries
BUTTER lb. 59c

Fresh - Crisp Utah Type **CELERY** 10c

CRANBERRIES No. 1 Snoboy lb. 19c
No. 1 Sweet Potatoes ... 2 lbs. 25c
No. 1 Yams 2 lbs. 25c
SQUASH Marblehead lb. 3 1/2c

FRESH BROCCOLI bu. 29c
FRESH ROMAINE bu. 19c
Chestnuts lb. 35c

We will be closed all day Thursday, THANKSGIVING.

Kwality Kash Market

Phone 303 514 Franklin

Turkeys

Oven Ready, All Sizes

TOMS LB. 49c
HENS LB. 59c

HAMS Half or Whole lb. 49c

GROUND BEEF Locker Special 4 lbs. 1.00

BACON Sliced, Armour's, Swift's or Cascade 2 lbs. 89c

PORK ROASTS lb. 43c

PORK spare ribs lb. 45c

SALMON, HALIBUT, OYSTERS
PRAWNS, KIPPERED SALMON
GOOD SUPPLY Frying Chickens, Roasting Hens, Ducks, Geese

Heinz, 24-oz. Jar Kosher **DILL PICKLES** Jar 35c
Heinz 11-oz. Jar Sweet **GERKIN PICKLES** 39c
Heinz 11-oz. Jar Sweet **PICKLE STICKS** 35c
Early California Stuffed **OLIVES** 5-oz. Jar 49c
Western **BEER** ctn. \$1.00 6 Pack
Dorland—10-oz. pkg. **Marshmallows** 19c
2-lb. Loaf **Velveeta Cheese** 79c

BEND MEAT CO.

The Working Man's Market

TURKEYS 18 to 24-lb. Avg. TOMS lb. 49c	HAMS Whole HOME CURED lb 45c 6 to 8-lb Avg. SHANK HALF lb 45c 6 to 8-lb Avg. BUTT HALF lb 55c
10 to 15 lb. Avg. HENS lb. 59c	Leg 'O Lamb Genuine Spring lb. 59c
BABY BEEF By the Half lb. 29c	

Phone 2 Bud Houston, Owner 933 Wall St.

PIGGY WIGGLY
The Original SELF SERVICE