



FOOD & MARKET PAGE



THANKSGIVING DELICACIES AT BIG SAVINGS

Whether the grocer likes it or not, big savings are available on this year's Thanksgiving dinner—the most economical in 15 years.

That's the good word to housewives from every corner grocer, following an investigation into the cost of the holiday repast.

The main event on as many a course dinner as you desire—turkey—will be dressed for at least five cents a pound less than last year.

Turkeys on the market ranged from 25 to 30 cents a pound and the welcome news from the butcher is that the price should not go higher.

Of course if you have a hunting husband, there are even greater savings to be had—for example—in ducks. There are plenty, reported game officials.

Prices for other items on the menu have fallen at least 25 per cent below last year's mark at the same time. Butter was the only exception.

For a starter, fruit cocktail can be had inexpensively. New oranges from California are just coming on the market at prices reduced from 13 to 20 cents. Good grapefruit can be purchased "two for a quarter," advertisements revealed. Apples are also lower and the market is now overflowing with the more delicate varieties.

Of course if you buy your fruit cocktail by the can, the largest saving is possible in many years. Canned fruits, particularly peaches, apricots and pears are lower than for many a year.

Despite a short crop in the nation, potatoes continue to be unaccountably lower than for the same period last year.

Lettuce was higher but quality is greatly improved over the early season varieties.

For those who desire the many times shunned delicacy—artichokes—they can be purchased for as low as five cents apiece.

Onion (fresh) vegetables can be had at notable savings over last year, particularly cauliflower, tomatoes, and string beans.

As for canned vegetables, prices are to a level reminiscent of previous days.

Other "fruits" such as olives, nuts and celery have been affected by the downward trend in prices. Good crisp celery is to be had at five cents a stalk, while nuts have suffered a price setback with other commodities.

As for those who like grapes—or juice of grapes in other forms—ordinarily fitting nicely into the celebration—this fruit is selling at a nominal price.

FISH MART SHOWS ADVANCE IN PRICE

A steady increase in price is marking the fish offerings this week-end in the local fish mart. Chinook and steelhead salmon are consistently advancing in price, although the change is gradual, while albacore, ranging from six to 10 pounds apiece, are selling at 15 cents a pound for the half or whole fish this week-end. Scarcity of fish due to the weather and the late season is responsible for the advance in price.

Fresh halibut is yet available, and those who crave this fish will do well to enjoy it now before the effect of the closed season is felt. Fresh white fish that ranks above halibut in popularity due to cheaper prices are black cod and flounder. Flounder steaks are particularly nice. Fresh mackerel is an appetizing pan-fish that is very popular here.

Butter clams, steam clams, fresh oysters and fresh shrimp are keeping up with the demand, but no

crabs have been received at the mart this week, although some are expected for the week end trade. Stormy weather on the coast has prevented a sizable catch of the tasty crustaceans.

The demand for salt and cured fish is growing steadily with the advancing season, and a fine line is available to supply the trade.

SAUCES ADD TO VARIETY OF FOOD

Noodles and macaroni are enjoyable foods for the breakfast table (all days, being substantial and nourishing). But the homemaker often desires a different method of serving than the family is accustomed to. A variety of appropriate sauces, which may be used for other dishes also, provide appetizing suggestions. They include:

Tomato cream sauce: 2 tablespoons butter, two tablespoons flour, one can tomato soup, one teaspoon lemon juice. Melt butter and rub in flour. Add tomato soup and lemon juice and cook, stirring constantly, until thick.

Chiffonade dressing: To one-third cup of a tart French dressing add one-half green pepper, one hard-boiled egg and one pimento, all well chopped. Blend and serve.

Croûte sauce: Fry sliced onion in butter until brown, add one-half green pepper and one stalk celery chopped. To this add small cans of tomatoes and cook until evaporated about one-fourth. Thicken with flour as for gravy.

Goldenrod sauce: Rub several hard-boiled eggs through a sieve.

Hollandaise sauce: Beat one-half cup butter until soft, add three egg yolks one at a time, beating very well, add juice one-half lemon. Just before serving add one cup boiling water, stirring well, place bowl over boiling water and stir until mixture thickens. Be sure to stir mixture hard and constantly while cooking and do not let water touch bottom of bowl; add one teaspoon salt, one-half teaspoon paprika and serve.

Manhattan Sprinkle: Take desired amount of chopped blanched almonds and dry thoroughly, fry in

butter or olive oil until brown; drain on brown paper and salt well.

Nudel sauce: Add chopped green peppers to grated Italian cheese and blend well.

Escabeit sauce: Make a cream sauce with one and one-half tablespoons flour, one and one-half ta-

blespoons butter, one cup milk, one-fourth teaspoon salt; when thickened add one-half cup cheese. Stir until cheese melts.

Salerno Sprinkle: Mix grated cheese with chopped olives. May be served in individual nut cup at each

plate or in small salad-dressing bowl.

An Elizabethan house, believed to have been seen by Sir Francis Drake and the Pilgrim Fathers, has been restored and publicly dedicated at Plymouth, England.



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BUTTER	Piggly Wiggly—It's Good	33c lb.
RAISINS	Choice Seedless	4 lb. bag 22c
Cranberries	Best Western—Large	2 lbs. . . . 35c
OYSTERS	Choice Package	2 Reg. cans 25c

 <p>Purex Bleaches, cleans, purifies—qt. pail 10c</p>	<p>None Such Mince Meat 2 Regular packages 31c Pie tin Free—the old favorite</p>
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Corn, Yellow Bantam—Stringless Beans, Fancy **10c**
Pumpkins, Peas—sweet—Large can \$1.15 Dozen

 <p>M. J. B. COFFEE 36 1/2 c lb. The delightful coffee</p>	 <p>ALBERS' Flapjack 20c Large package Hotcakes of the west</p>
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