

# FOOD & MARKET PAGE

## Warm Weather Entrees Supply Nourishment Necessary To Family

Summer brings with it the eternal problem of how to get the family fed without being a slave to the kitchen. The answer lies in ice box dishes that supply the necessary nourishment with a minimum of work. A well concocted ice-box entree or salad may be many courses rolled into one—truly a meal in itself. Most people are satisfied not to have a great many courses in hot weather, particularly at luncheon. A one dish meal with iced tea or coffee, dessert, and perhaps a plate of sweet cookies to finish off with, is usually enough for anybody's appetite.

Below are several entrees for the warm weather days:

### FROZEN TUNA AND RICE

1 1/2 cups tuna fish  
2 cups steamed rice  
4 cups peas  
4 tablespoons mayonnaise  
Salt

Combine all ingredients and place in freezing trays of ice-box. This mixture should not be frozen at low temperature. Serve on lettuce with mayonnaise, garnish with tomato slice or strip of pimento. Serves 8. Chicken may be used in this recipe in place of tuna.

### Stuffed Eggs in Tomato Aspic

4 eggs, hard cooked  
4 tablespoons mayonnaise  
1/2 teaspoon salt  
Paprika  
2 cups tomatoes  
1 teaspoon grated onion  
1/2 teaspoon paprika  
2 teaspoons sugar  
2 teaspoons gelatin  
1/2 cup cold water

Cut hard-cooked eggs in halves lengthwise and remove yolks. Mash yolks with mayonnaise, salt, pepper and paprika, and re-fill whites. Soak gelatin in cold water. Cook tomato and seasonings and put through strainer. Dissolve gelatin in hot liquid. Cool, fill mold with layers of stuffed eggs and tomato jelly, letting each layer harden before adding the next one. Chill in refrigerator until firm. Serve slices on lettuce hearts. Serves eight. For a variation two cups of potato salad may be used instead of the eggs.

### FROZEN SHRIMP OMELET

3 eggs  
1/2 to 1 cup flaked shrimp  
Salt and pepper  
Wash and clean shrimp and flake with fork. Beat yolks of eggs until thick and lemon colored add whites until stiff. Add shrimp to the yolks, season to taste and fold into whites. Place in refrigerator tray and freeze. Serve four to six.

### EGGS CHINESE FOR DINNER

THE DINNER MENU  
Egg Chinese, buttered spinach, bread, gooseberry jam, head lettuce, Russian dressing, yellow cake with raisin filling, coffee.

### EGG CHINESE, Serving 6

2 tablespoons butter  
4 tablespoons flour  
2 cups tomatoes  
2 tablespoons chopped onions  
2 tablespoons chopped green peppers  
2 tablespoons chopped parsley  
1/2 cup cheese, cut fine  
1/2 teaspoon salt  
1/2 teaspoon paprika  
3 hard cooked eggs, sliced  
1 1/2 cups boiled rice

### YELLOW CAKE

2-3 cup fat  
1 1/2 cups sugar  
2 eggs  
1 teaspoon vanilla  
1-3 cup milk  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
Cream fat and sugar. Add eggs, vanilla and milk. Add rest of ingredients. Chill dough. Break off bits and bake.

### CREAMED CODFISH

1 cup codfish  
1 cup water  
2 tablespoons butter  
2 cups milk  
4 tablespoons flour  
1 egg  
1/2 teaspoon salt  
Shred the codfish and soak 30

### For The Housewife!



### The Job of Frederic Clemson Howe, New York attorney, author and economist, is to see that the consumer of farm products doesn't bear the brunt of commodity price increases expected from new farm legislation in Washington. He has begun work in the department of agriculture. (Associated Press Photo)

minutes in water. Cook slowly 15 minutes. Melt butter and add flour. Mix and add milk, cook until creamy sauce forms. Add codfish mixture, egg and salt. Cook 2 minutes.

### GINGERBREAD

2 1/2 cups flour  
1 teaspoon soda  
1 teaspoon baking powder  
1 teaspoon cinnamon  
1 teaspoon ginger  
1/2 teaspoon cloves  
1/2 cup molasses  
1 egg  
1 cup hot water  
2 tablespoons fat, melted

Mix ingredients and beat well. Pour into shallow pan, bake 30 minutes in moderate oven.

### RAISIN FILLING

2-3 cup seedless raisins  
1-3 cup sugar  
1 tablespoon flour  
1/2 cup cream  
1/2 teaspoon vanilla  
1/2 teaspoon salt

Blend raisins, sugar and flour. Add cream. Cook slowly and stir constantly until filling thickens. Add vanilla and salt. Cool and use as filling. The cake can be sprinkled with confectioner's sugar or frosted.

### GINGERBREAD A FAVORITE

Breakfast  
Tomato Juice  
Ready Cooked Corn Cereal  
Buttered Whole Wheat Toast  
Coffee

### (Milk for the Children)

Luncheon  
Fruit Salad  
Whole Wheat Bread  
Butter  
Sugar Cookies  
Cocoa

### Dinner

Creamed Codfish  
Mashed Potatoes  
Buttered Cabbage  
Bread  
Gingerbread  
Tea  
(Milk for the Children)

### FRUIT SALAD

(Serves 4)  
3 cups diced apples  
2 cups diced bananas  
1 cup diced pineapple  
1/2 cup diced peaches  
2 tablespoons lemon juice  
1/2 teaspoon salt  
1/2 cup salad dressing  
Chill ingredients. Combine and serve on lettuce or cabbage leaves.

### SUGAR COOKIES

(13 Dozen)  
2-3 cup fat  
1 1/2 cups sugar  
2 eggs  
1 teaspoon vanilla  
1-3 cup milk  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
Cream fat and sugar. Add eggs, vanilla and milk. Add rest of ingredients. Chill dough. Break off bits and bake.

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1 cup water  
2 tablespoons butter  
2 cups milk  
4 tablespoons flour  
1 egg  
1/2 teaspoon salt  
Shred the codfish and soak 30

## FARMERS SEEK PHEASANT AID

Harrisburg, Pa. (AP)—Ringnecked pheasants have become so plentiful in some parts of Pennsylvania that farmers have protested.

The game commission announced that the birds have to be trapped and sent to more depleted areas. In many instances the farmers have petitioned the commission to remove some of the birds.

Results of pheasant trapping last winter exceeded expectations, the commission said.

In an effort to correct conditions, game protectors and deputies in certain areas carried on an extensive trapping campaign last winter.

Two hundred and sixty-one male ringnecked pheasants, 236 bobwhite quail, 733 rabbits, and 18 gray squirrels were captured.

All were later released in other sections of the division where the stock had been depleted.

Boston (AP)—As an economy measure, 2,200 of Boston's street lamps remain unlighted. So Bostonians will know which lights are supposed to be on and which ones off, each of the 2,200 is designated by an aluminum band around the pole to which it is attached.

Boston (AP)—G. Auner Silsbee, 79, beginning his 63rd year in the passenger service of the Boston & Maine Railroad, figures he traveled about 2,000,000 miles as a conductor and before that, as a brakeman.

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Shampoo 5oz Oil and Egg . . . 37c

30c Sal Hepatica 21c

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Tooth Paste  
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25c Oris Tooth Paste . . . 2 tubes 29c

35c Italian Balm "Campana" . . . 31c

Hospital Cotton, lb. Roll . . . 39c

10c Lux Soap . . . 7c

50c Pyrolac Tooth Paste . . . 29c

1.00 Probak Blades . . . 69c

Psyllium Seed, white, lb. . . . 19c

Shaving Cream "Giant Size" Tube . . . 29c

**Eastman Film**  
No. 116 and No. 129  
**19c**

85c  
**Kruschen Salts**  
**39c**

1/2 Pt.  
**PEROXIDE**  
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Pure Extract  
**Vanilla**  
8-oz.  
**33c**

\$15.00  
**Eastman Kodak FREE**

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HAVE YOU EVER SEEN A GOLD BANANA?

There is no law against hoarding such gold as there is in this fruit. See them in our window Saturday.

**Special Prices for Friday and Saturday**

Fancy Pack  
**Tomatoes**  
No. 2 1/2 tins  
**3 cans 33c**

Old Dutch  
**CLEANSER**  
**3 cans 23c**

Chase & Sanborn Dated  
**Coffee lb. 29c**

1/2s . . . 2 cans 29c

**PINEAPPLE**  
6 oz. tins  
**59c doz.**

Crepe Oil  
**SOAP**  
**6 Bars 25c**

See our new display case of Benson's French Coffee Cakes, Layer Cakes, Angel Food and fancy Pastries.

**SPECIALS FOR SATURDAY**

Old Virginia Goobercake . . . 49c  
Custard Angel Food . . . 39c  
Mrs. "Monte" Montgomery will be here to SERVE YOU

FREE! A beautiful earthenware five-cup TEAPOT with the purchase of one pound Lipton's Tea—Yellow or Green Label.

Fresh Ground  
**Ham Loaf**  
lb. **18c**

Swift Premium  
**BACON**  
Whole or Half  
lb. **25c**

A Complete Assortment of Dutch Lunch "Makings"

Boned and Rolled Prime  
**RIB ROAST**  
Pound 22c

Prime Steer  
**POT ROAST**  
Pound 12 1/2c

Salmon—Halibut

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## MODEL FOOD MARKET

275 NORTH HIGH STREET PHONE 4111

**Friday & Saturday**

Crushed Pineapple, No. 10 can . . . 39c  
(For your apricot pineapple preserves)

Hillsdale Brok. Pineapple, 2 1/2s, 2 for 29c

Del Monte Sockeye Salmon, tall cans 2 for 35c—1/2 lb. flat tins, 2 for . . . 25c

Purity Mayonnaise, full pints . . . 23c

Red Jar Rubbers, 3 dozen . . . 10c

Crystal White Soap, 10 bars . . . 35c

Camay Toilet Soap, 4 bars . . . 22c

Campfire Marshmallows, 1 lb. Pkg. . . 19c

Alice Love Grapefruit Marmalade, 1lb. barol, 2 for . . . 45c

Alice Love Orange Marmalade 2 for 45c or 1 of each for 45c

Old Fashion Molasses Cookies, 4 doz. 19c

**— FREE —**

A 5-cup earthenware Teapot (value 60c) FREE with each pound of Lipton's Yellow Label or Green Label Tea.

**LEE'S DATED EGGS**  
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**COFFEE Special**  
**Golden West**  
In the 1 lb. fruit jar. The jar alone is worth a dime  
**1 lb. Jar 31c**

**Canning Fruits**  
Now is the time for Logans, Raspberries, Currants, Black Caps, Young Berries, Apricots, Gooseberries, Kentish and Royal Ann Cherries.

**Saturday Cake Special**  
A three-layer Gold Cake with Mocha filling and icing—  
**45c**  
Summer Lunchees  
A large variety of Salads and Cold Meats.

See Purity Ad for Additional Specials

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Small Size . . . 10c  
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**Tissue Paper 3 rolls 12c**

Ide's Mayonnaise, pint jar . . . 25c  
S & W Artichoke Hearts, 2 cans . . . 25c  
Pillsbury's Cake Flour, Lg. Pkg. . . 23c  
PEN-JEL, 2 pkgs. . . 23c

Oxydol Granulated for Instant Suds. Large Pkg. . . 19c

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**Beef Roast 10c lb.** **Sirloin Steak 12 1/2c lb.**

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Milder and sweeter than ever. An exceptional buy

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**Pork Roast 9c lb.** **Loin Chops 15c lb.**

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Live up lazy summer appetites with lamb. It is tender, lean meat, wholesome and easily digested. Ideal for warm weather. Delicious hot or cold, for picnic or dinner.

Spring Spring  
**Lamb Chops 15c lb.** **Lamb Legs 18c lb.**

Diced French or  
**Lamb Stew 7c lb.** **Loin Chops 20c lb.**

**Fresh Margarine 2 lbs. 15c**

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"Flavorized" Sliced Bacon . . . 17 1/2c lb.

Fresh Pure Pork  
**Ground Beef 12 1/2c lb.** **Sausage 12 1/2c lb.**  
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**Shortening 5 lbs. 35c** **Pure Lard 3 Lbs. 25c**

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THE BEST BUY  
TODAY IS  
**MANNING'S COFFEE**  
Lb. **31c**  
SPECIAL  
Friday and Saturday Only  
FREE  
A five cup Earthenware  
TEAPOT  
A 75c value FREE with each purchase of 1 lb. Lipton's Tea.

**Meat Dept.**  
Shoulder of Spring  
**LAMB**  
Lb. **15c**  
Boned and rolled if you like

**VEAL**  
Shoulder Roast  
Lb **12 1/2c**  
From fancy heavy veal

Delicious for hot weather—Cascade baked ham—Delicatessen, home baked ham—Boiled ham and many other cold meats ready prepared for dinner or luncheon.