# MENU SERVING FOUR PERSONS

Smothered Pork Chops
Baked Sweet Potatoes
Glazed Apples - Spinach Mold
Biscuits - Butter - Celery
Fruit Pudding - Lemon Sauce
Coffee or Tea

**SMOTHERED PORK CHOPS**
4 one-inch thick loin chops
½ cup flour
½ teaspoon salt
⅛ teaspoon paprika
½ cup boiling water
4 tablespoons catsup

Wipe off chops with damp cloth. Sprinkle with flour and seasonings. Fit into shallow baking pan. Add water. Cover and bake 50 minutes in moderate oven. Turn several times to allow even cooking. Spread with catsup and bake 10 minutes, uncovered, to brown top.

**BAKED SWEET POTATOES**
4 large sweet potatoes
2 tablespoons butter
¼ teaspoon salt
⅛ teaspoon pepper

Scrub the potatoes. Bake about 50 minutes or until potatoes are very soft when pressed with fingers. Break each potato open and insert portions of the rest of the ingredients. Re-heat 5 minutes and serve.

**GLAZED APPLES**
4 apples
2-3 cup brown sugar
1 teaspoon cinnamon
2 tablespoons lemon juice
1 tablespoon butter
½ cup boiling water

Wash and core apples. Do not peel them but cut into one-inch crossway slices. Add to rest of ingredients and boil 5 minutes. Pour into shallow pan and bake 30 minutes in moderate oven. Stir several times. Serve warm.

**FRUIT PUDDING**
½ cup fat
½ cup sugar
½ cup milk
1 egg
1 teaspoon vanilla
½ teaspoon lemon extract
1 teaspoon cinnamon
1 2-3 cups flour
2 teaspoons baking powder
½ cup raisins
½ cup chopped candied fruit

Cream fat and sugar. Add rest of ingredients and beat one minute. Pour into shallow greased pan. Bake 20 minutes in moderate oven. Cut in squares and serve fresh.

# DEVILED SALMON GOOD IN SHELLS

Salmon isn't a shell-fish naturally. Those great leaping, slender fish fighting their way upstream from their ocean home would scorn such a sedentary life! Yet salmon, once canned and awaiting its ultimate destiny on your pantry shelf, could find no happier conclusion to an eventful career than being served up, piping hot, in shells. Whether a shell be the natural habitat of the fish in it, this decorative natural piece of tableware is unusually attractive as the setting for all sorts of sea-food dishes.

Here is the way canned salmon will be dressed these days for our very best parties.

**DEVILED SALMON IN SHELLS**
1 pound canned salmon
2 cups heavy cream sauce
2 tsps. prepared mustard
dash red pepper
1 tbsp. Worcestershire sauce
2-3 cup buttered crumbs.

Flake slamon. To cream sauce add mustard, pepper, Worcestershire sauce. Combine with salmon. Fill shells ⅔ full. Sprinkle with crumbs and bake 20 minutes in hot oven (375°F.). Garnish with parsley. Serves six.

Grated cucumber, apple and cheese salad is delicious served with this.

## Meat Rolls

½ pound beef round
¼ cup crumbs
1 teaspoon minced onion
¼ teaspoon minced parsley
½ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon celery salt
3 tablespoons flour
1 tablespoon butter
½ cup boiling water

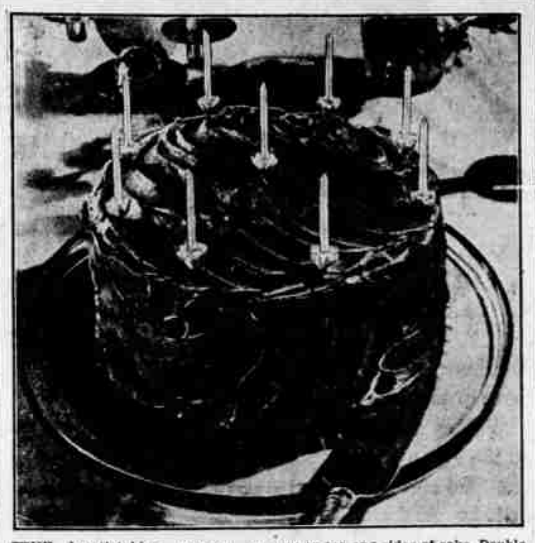
Mix beef with crumbs and seasonings. Shape into 3 rolls one inch thick. Roll in flour and place in small baking pan. Add rest of ingredients and bake for 30 minutes in a moderate oven. Turn rolls several times with fork.

## Cranberry Sauce

3 cups berries
2-3 cup water
1 cup sugar

Wash berries. Remove all stems. Add water and boil for five minutes. Add sugar and boil two more minutes. Serve cold or hot.

# Happy Birthday to You!



THE breath-taking moment of every birthday party is the cutting of the cake—and the best cake that can be baked is none too good for the "birthday child." It looks as if the chocolate birthday cake idea had taken hold—for celebrants from 7 to 70 are demanding chocolate cakes. For the little folks mothers make individual chocolate sponge cakes, frost and decorate them and adorn them with a candle—a tactful way of disposing of that juvenile "second helping" problem.

**Chocolate Birthday Cake**
2 cups sifted cake flour
1 teaspoon soda
½ cup butter or other shortening
1½ cups brown sugar, firmly packed
2 eggs or 3 egg yolks, unbeaten
2 squares unsweetened chocolate, melted
1 cup milk
1 teaspoon vanilla

Sift flour once, measure, add soda, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating after each. Add chocolate and blend. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in two greased deep 9-inch layer pans or three greased 8-inch layer pans in moderate oven (350° F.) 25 to 30 minutes. Spread your favorite chocolate frosting between layers and on top and sides of cake. Double recipe for three 10-inch layers.

**Tiny Tots Birthday Cake**
4 squares unsweetened chocolate
½ cup sugar
1 cup milk
1 teaspoon vanilla
1¼ cups sifted cake flour
2¼ teaspoons double-acting baking powder
½ teaspoon salt
1 cup sugar
2 tablespoons water
4 egg yolks, unbeaten
4 egg whites, stiffly beaten

Add chocolate and sugar to milk in double boiler, and cook 10 minutes, or until smooth and thick, stirring constantly. Cool, covered, stirring occasionally. Add vanilla.

Sift flour once, measure, add baking powder, salt, and ½ cup sugar, and sift together three times. Add water to egg yolks and beat with rotary egg beater until thick and lemon-colored. Add ½ cup sugar gradually, beating until very thick—about 5 minutes. Fold in flour, alternately with chocolate mixture, ½ at a time, adding chocolate mixture last; then fold in egg whites. Turn into very slightly greased cup-cake pans, filling them almost to the tops. Bake in moderate oven (350° F.) 20 to 30 minutes, according to size. Makes 18 large, 24 medium, or 48 small cup cakes. Spread your favorite chocolate frosting on tops of cakes and insert small candle on each cup cake.

## Spanish Eggplant

1 eggplant
3 tablespoons salt
3 tablespoons fat
2 tablespoons chopped onions
2 tablespoons chopped green pepper
3 tablespoons chopped celery
1½ cups tomatoes

Cut eggplant into one-inch crossway slices. Sprinkle with salt and let stand for one hour. Rinse and cut into one-inch dices. Melt fat in frying pan. Add and brown onions and eggplant. Add rest of ingredients and let simmer for 20 minutes. Stir ifrequently.

## Apple Pudding

(Other fruit can be used)
3 cups sliced apples
1 cup brown sugar
1 teaspoon cinnamon
1 tablespoon lemon juice
⅛ teaspoon salt
4 tablespoons butter

Mix ingredients and place in buttered shallow baking pan. Cover with crust.

**CRUST**
1 cup flour
2 teaspoons baking powder
¼ teaspoon salt
3 tablespoons fat, melted
1 egg
½ cup milk

Mix ingredients and pour over apples. Bake 30 minutes in moderate oven, cool and turn out, apple side up.

## Pear Melba

4 slices sponge cake
4 halves canned pears
1 pint vanilla ice cream
4 tablespoons raspberry jam

Place cake in a shallow dish. Cover with the rest of the ingredients and serve immediately. Other fruits may be substituted for pears.

## Vegetable Salad

1 cup diced cooked beets
2-3 cup shredded cabbage
½ cup diced celery
1 tablespoon horseradish
2 tablespoons minced onions
¼ teaspoon salt
⅛ teaspoon paprika
½ cup salad dressing

Chill ingredients. Combine and serve in crisp cabbage leaves.

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# THESE MEALS ARE CHEAP!

**BREAKFAST**
Apple Sauce
Boiled Rice and Milk
Buttered Toast - - Coffee

**LUNCHEON**
Potato Soup - Crackers
Prunes - Cookies - Tea

**DINNER**
Hash Cakes Bettina
Creamed Onions
Date Bread and Butter
Winter Vegetable Salad
Coffee or Tea

**HASH CAKE BETTINA**
1 cup chopped cooked meat
2-3 cup chopped cooked potatoes
1 tablespoon minced onion
¼ teaspoon salt
⅛ teaspoon paprika
2 tablespoons milk or gravy
1 egg yolk
¼ cup crumbs
3 tablespoons flour
½ cup tomatoes

Mix meat, potatoes, seasonings, milk and yolk. Add crumbs and shape into 3 cakes two-thirds of an inch thick. Place in shallow pan and sprinkle with flour. Top with tomatoes and bake 20 minutes in moderate oven.

**DATE BREAD**
1½ cups flour
3 tablespoons baking powder
¼ teaspoon salt
3 tablespoons sugar
4 tablespoons fat
1 egg
½ cup milk
½ cup chopped dates
½ teaspoon cinnamon

Mix flour with baking powder, salt and sugar. Cut in the fat and add egg and milk. Pour soft dough onto buttered shallow baking pan. Press it down until it is one-half inch thick. Cover with dates and cinnamon. Bake 15 minutes in moderate oven. Cut in bars and serve hot with butter

**WINTER VEGETABLE SALAD**
½ cup cooked asparagus
½ cup cooked peas
½ cup diced cooked beets
½ cup diced celery
1 tablespoon chopped onions
1 tablespoon horseradish
½ cup mayonnaise
1 teaspoon salt
½ teaspoon paprika

# Proof of the Pudding

This column is for the benefit of Capital Journal readers. Contributions or recipes will be gladly accepted and any queries as to recipes, party plans or menus should be addressed to Rovena Eyre Food Page Editor, Capital Journal.

**Dear Miss Eyre: In your weekly food page will you please print a recipe for potato soup? I clipped a very good one from your column several months ago but have lost it. Thank you. Mrs. J. W., Sheridan.**

**Ans.: Potato Soup:**

2 cups diced raw potatoes; 4 celery leaves; 2 onion slices; 1 teaspoon salt; 3 cups water; 2 tablespoons butter; 3 tablespoons flour; 2 cups milk; ¼ teaspoon paprika; 1 teaspoon minced parsley.

Boil 20 minutes in covered pan the potatoes, celery, onion, salt and water. Press through coarse strainer and add to butter mixed with flour, add rest of ingredients and cook 2 minutes, stirring frequently. Serve in bowls.

**Food Page Editor: I would appreciate having a good rule for preparing a one-dish barbecue, with appropriate barbecue sauce. I enjoy your recipes and find them excellent. J. F., Salem.**

**Ans.: One-Dish Barbecue:**

1 pound of beef, round; ¼ pound veal steak; ¼ pound pork steak; ½ cup of crumbs; 2 tablespoons chopped onions; 3 tablespoons catsup; 1 egg; 1 tablespoon chopped parsley; seasoning, salt and pepper.

Grind the meats, add the rest of ingredients, mix well and shape into flat cakes, placing a sheet of waxed paper between each cake. When ready to serve, broil the

**Barbecue Sauce**

3 tablespoons butter; 3 tablespoons vinegar; 1 tablespoon prepared brown mustard; 1 tablespoon chopped onion; 1 tablespoon Worcestershire sauce; ½ teaspoon brown sugar; 1 teaspoon brown sugar; dash of pepper. Bring to boiling point and keep warm while basting the meat.

**Miss Eyre: There is an English confection called "Barley Sugar Sticks," the recipe for which I have not been able to find. English children are especially fond of them and I would like to try some for my family. Do you have the recipe? Thank you. M. D. S., Woodburn.**

**Ans.: Barley Sugar Sticks:**

Boil together 1 pound loaf sugar and 1½ teacups water, with a tiny pinch cream of tartar. Test it by plunging in a wooden skewer and plunging it into cold water. If the sugar is brittle add juice of a quarter of a lemon and if desired, a little vegetable coloring. Boil it to 300 degrees Fah. by candy thermometer, then pour on a marble candy slab, well buttered, and cut into strips with the cooking scissors. Twist these strips, and when cool store them in airtight glass bottles.

# INCLUDE TREATS ON MENUS

Memories of holiday goodies will linger in the family memory after the holidays. So let us keep up the good work by including these treats in the day-to-day menu.

**COCONUT MUFFINS**
2 cups sifted flour.
3 teaspoons double-acting baking powder
¼ cup sugar
1 teaspoon salt
1 cup shredded coconut
1 egg, well beaten
1 cup milk
4 tablespoons melted butter or other shortening

Sift flour once, measure, add baking powder, sugar, and salt, and sift again. Add coconut. Combine egg, milk, and shortening; add to flour mixture, beating only enough to dampen all flour. Bake in greased muffin pans in hot oven (425° F.) 25 to 30 minutes. Makes 12 muffins.

FOOD Values

| | | |
|---|---|---|
| Blueplate Wet Pack Shrimps | 2 cans | 35c |
| Dunbar Cove Oysters | 2 cans | 25c |
| North Star Sardines, Norwegian smaked | 3 cans | 25c |
| Geisha Smoked Oysters, can | | 22c |
| MODEL BLEND COFFEE, (hundreds of satisfied users) lb. | | 28c |
| Baker's Cocoa, 1 lb. cans | | 16c |
| Baker's Premium Chocolate, ½ lb. | | 17c |
| Terminal Flour, 49 lbs. (A good hard wheat, all-purpose flour) | | $1.65 |
| Fancy Embossed Napkins, 80s, yellow, green, pink, white | 3 pkgs. | 25c |
| S. & W. Rice, fancy long grain, pkg. | | 16c |
| S. & W. Brown Rice, 2 lb. pkg. | | 19c |
| Green Split Peas, lb. pkg. | | 9c |
| Soup Mixture, lb. pkg. | | 10c |
| Silver Slice Grapefruit—No 2 cans. 2 cans for | | 29c |
| Mandarin Oranges, 8-oz. | 3 cans | 25c |
| Dromedary Grapefruit Juice, No. 2 | 2 cans | 29c |
| Dromedary Orange Juice—No. 2 cans | 2 for | 35c |
| Bisquick, large pkg. | | 33c |
| Dromedary Gingerbread, mix pkg. | | 19c |
| All Bran, (a wooden mixing spoon free) large pkg. | | 20c |
| Calumet Baking Powder, 2½ lb. cans | | 49c |

FRUITS

| | | |
|---|---|---|
| Large California Grapefruit | 6 for | 27c |
| Fancy Sunkist Oranges, doz. 23c, 30c | | 45c |
| Large Florida Grapefruit | 3 for | 25c |
| Rome Beauty Apples (from Laughlin's Orch'ds) box | | $1.10 |
| Avocadoes, each | | 10c |

VEGETABLES

| | | |
|---|---|---|
| Fancy White Cauliflower, 20c, 25c | | 15c |
| Solid White Cabbage, lb. | | 4c |
| 10 lb. Sks. Small Onions | | 17c |
| Brussel Sprouts | 2 lbs. | 29c |
| Large Artichokes | 3 for | 29c |

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| Van Camp's Tomato Soup, can | 5c |
| Milani Tomato Juice 4 cans | 29c |
| Canned Mandarin Oranges, can | 5c |
| Pineapple Juice, Dole's No. 2 cans, 3 for | 40c |
| Asparagus, all green, Tall cans, 3 for | 55c |
| Jumbo Ripe Olives Tall cans | 25c |
| Croese & Blackwell Catsup, 14 oz. bottle | 18c |
| Pancake Flour 2½ lb. pkg. | 19c |
| Hotcake Syrup Quart Jugs | 25c |
| Cake Flour 2½ lb. pkg. | 25c |
| Tomato Hot Sauce 6 cans | 25c |
| Dromedary Grapefruit Juice—No. 2 cans 6 for | 85c |

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