

Dutch Apple Cake
Are you tired of the same old desserts? Want something new and extra-delicious—that's easy as can be to make? Then this Dutch Apple Cake is just what you've been looking for!

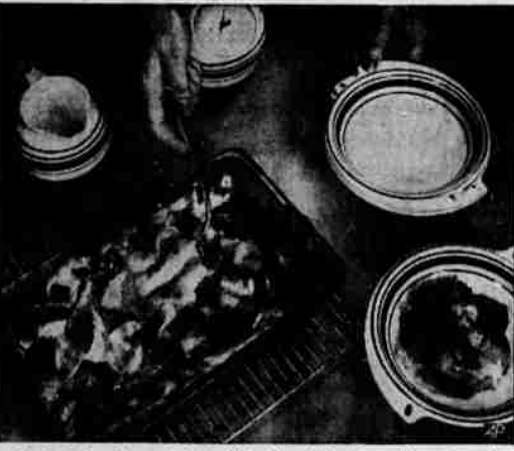
It's baked upside-down, with a marvelous combination of cinnamon, brown sugar and butter baked into amber apple slices. And the "cake" itself is as light, tender and fine-flavored as its spicy fruit topping! In fact, this dessert is so attractive

and delicious that you'll be proud to serve it any time, yet so inexpensive you can afford it when the food budget's low. Easy to mix, too, with triple-creamed shortening. Try it once with this topping and you'll want to use the same tender biscuit crust for your berry and other fruit cobblers.

Cut out the recipe at the right and try this Dutch Apple Cake soon. Its tantalizing aroma, spicy flavor and tenderness will bring you compliments galore!

Dutch Apple Cake
2 cups sifted flour
2 teaspoons baking powder
3 tablespoons sugar
1/2 teaspoon salt
1/2 cup shortening
1 egg, well beaten
1/2 cup milk
2 tablespoons shortening
1 tablespoon butter
1/2 cup brown sugar, firmly packed
1/2 teaspoon cinnamon
1 tablespoon top milk
2 cups apples, sliced thin.

Sift flour with baking powder, sugar and salt. Cut in 1/4 cup shortening until mixture is as fine as corn meal. Combine beaten egg and milk and add to flour mixture, mixing until a soft dough is formed. Melt 2 tablespoons shortening and butter together; add brown sugar, cinnamon and milk and mix well. Pour into 8 1/2 inch pan greased with shortening. Press apple slices into mixture in circles. Spread dough over apples. Bake in moderate oven (350° F.) 50 to 60 minutes. Serve upside down with whipped cream. Serves 8 to 10 and they'll love it.
(All measurements in this recipe are level.)



Good When Saucy—That old-fashioned bread pudding, topped with some hard sauce, is among the tastiest of desserts.

The post holiday season brings a lull in our activities. That is true nowhere as much as in the kitchen. The housewife who has been trying to excel her own efforts in preparing holiday meals for augmented families is likely to sit back and serve the folks just anything that comes to her mind.

For some reason, it is a season of leftovers, too. Well, we can't throw away everything we don't eat, but it is worth our while to make our leftover dishes tempting. It makes it more pleasurable to pare the food budget when we do.

Put Them In Solitary
Most families are finicky about heated-up foods, but here are some disguises you can use.

In the first place, leftovers will be more palatable if you are careful when clearing up after a meal. Be

in paper sack or covered pan, in a moderate oven.

These breads, split and toasted, are good with creamed foods or as accompaniments to soups and salads. Hollowed out, buttered and toasted, they make cakes for creamed foods—really a party dish.

People are inclined to frown on

bread pudding, but they shouldn't. It can be varied in several ways, all of them as tasty as any pudding should be. Elsewhere in this story is a fine recipe; here are four pleasant variations:

CARAMEL—Melt butter, add sugar, cook very slowly, stirring until sugar is brown. Add milk, eggs, salt and vanilla. Pour over bread and bake.

RAISIN—Add one-half cup raisins and one-fourth cup chopped nuts.

PRUNE—Add one-half cup cooked prunes, pitted and cut in halves, one tablespoon lemon juice, or one tablespoon orange juice and one teaspoon grated orange rind.

BUTTERSCOTCH—Use three-fourths cup brown sugar instead of one-half cup white sugar. Follow directions for caramel bread pudding.

The Interesting Potato
Potatoes can be put to many interesting uses. Regular browned ones are re-heated, hashed browned, or

Seven Days of Vegetables

That you may have a fine variety of vegetables for your menus this week, we give you seven recipes—so briefly as possible—a different one for each day.

For Monday: French Beans Almande: String, cut in julienne (fine strips) and cook the beans quickly in boiling salted water, in which you have put a little red wine and bacon cut in dice. Or you may use a few drops of cider vinegar in place of the wine. Now cook two tablespoons of chopped onion in two tablespoons flour; add a little flour, moisten with consommé; drain the beans and finish cooking them in this sauce.

For Tuesday: Potatoes with Chives. Peel potatoes and cut them in small dice. Fry in hot butter until done; when nearly cooked add a few bread crumbs and one or two tablespoons of minced olives, according to quantity of potatoes and flavor desired. Serve while crisp and piping hot.

Wash and scrape the parsnips and cook in boiling salted water. Drain and toss in hot butter until lightly browned, adding a little chopped parsley, which gives a delightful flavor to parsnips.

For Thursday: Ris a la Grecque. Cook washed rice for 17 minutes in plenty of boiling salted water; strain it and let cold water run through. Now add a little butter, some sausage meat fried and crumb-

led, a cup of French peas, two tablespoons of diced pimientos. Mix well, heat thoroughly and serve at once.

For Friday: Tomatoes Husarde. Hollow out tomatoes and stuff with a mixture of chopped pimientos, sautéed mushrooms, chopped tongue, a few bread crumbs and a spoonful of chopped gherkins. Blend with Bechamel or cream sauce, and fill lightly into the tomatoes. Sprinkle with buttered crumbs and bake in the oven.

For Saturday: Spinach Souffle. Mix half and half of spinach puree (well drained) and heavy white sauce; add the beaten yolks of three eggs, season with pepper, salt and a speck of nutmeg. Beat three egg whites to a stiff froth and fold into the spinach mixture. Pour in a souffle dish, sprinkle with grated cheese mixed with cracker crumbs and cook in a slow oven until nicely set.

For Sunday: Brussels Sprouts Linausine. Cook the sprouts in boiling salted water, strain well and toss in butter with pieces of cooked chestnuts. Or you may prefer to have Cauliflowers Gratin, which are cooked, drained and tossed in butter, then placed in a baking dish and covered with Bechamel sauce or a heavy cream sauce, sprinkled with grated cheese and set to glaze in the oven.

added to gravy or sauce. They are good in meat pie or hash combinations.

When re-heating mashed potatoes, add a little egg yolk, hot milk or cream, or gravy to make them fluffy. Heat slowly and stir constantly until well blended.

Mashed potatoes make a covering for meats, fish, fowl or vegetable pie. Or when combined with a thick, savory sauce they can be made into cakes or croquettes.

For a different leftover try a mashed potato surprise. Line a buttered baking dish with mashed potatoes, fill it with creamed turkey and stuffing, creamed mushrooms, hard cooked eggs and gravy or carrots and peas. Cover with more mashed potatoes and bake 20 minutes in a moderate oven.

Sweet potatoes can be used the same way as white ones.

The Royal Bird
Now for leftover turkey. It's so good cold, sliced for sandwiches or when diced it can be used in sandwich, salad and canape mixtures. Combined with vegetables, gravy and stuffing it develops into a pie, or added to creamed and a king mixture it makes a real festive food to be served on crackers, toast or in pastry shells.

For soup, place the turkey carcass, celery leaves, leftover vegetables and some pronounced flavor foods in a kettle, cover with four inches of cold water. Cover the kettle and simmer the mixture two hours. Strain and you have the last of the royal bird.

HINTS TO THE WISE

Here are six nice vegetable plate combinations: (1) Broccoli with Hollandaise sauce, beets, banana fritters, green beans; (2) creamed eggs on toast, cheese-stuffed celery, buttered spinach; (3) poached eggs in spinach nests, browned eggplant fingers, creamed onions; (4) corn souffle with creamed mushrooms, spiced beets, asparagus, pickles; (5) broiled tomatoes on cheese toast, creamed carrots and turnips, spiced pear; (6) creamed peas, mashed squash, French fried potatoes, buttered beets.

Remember, only crisp crackers or wafers should be served with soups, salads or cheese. Often crackers in a fresh box need re-heating for five minutes in moderate oven.

Leftover stuffing is tastier if you reheat it and serve it with gravy or sauce. Another good way to utilize it is to moisten it with milk or gravy, press it into a loaf pan or individual molds and bake it 15 minutes. If molds are used, arrange the unmolded cakes to outline a platter of cold sliced fowl or meat. Serve a gravy or creamy sauce with it.

Radical Change in Oven Roasting

In recent years there has been a radical change in our ideas about the best oven temperature for roasting. No longer does one use a very hot oven because the roast will lose too much of its juiciness. Instead it

is recommended roasting all meat in a moderate oven—about 325 degrees F.

A beef roast will require about 18 to 23 minutes per pound for rare, 22 to 26 minutes for medium, and 27 to 30 minutes for well-done beef.

Remember, too, that a large roast will continue to cook for about half an hour after it is removed from the oven, so if one wants a rare

roast be sure to time the cooking period so as to avoid a delay in serving, or reduce the cooking time.

Try serving a beef chuck oven roast with browned potatoes, hot spiced apricots and buttered string beans.

Mix a few raisins, dates, figs, nuts or some coconut in your meat pumpkin pie. A third of a cupful will be enough.

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Surprise Your Family Tonight with this delicious GINGERBREAD

2 cups Fisher's Blend Flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon soda
1/2 teaspoon cloves
1 teaspoon cinnamon
1/2 cup shortening
1/2 cup sugar
2 eggs
1/2 cup molasses
1/4 cup hot water

Sift and measure the Fisher's Blend Flour. Rub with the other dry ingredients and spices. Cream shortening and sugar. Add well-beaten eggs to creamed mixture. Add the molasses to the creamed mixture. Add the hot water alternately with the dry ingredients. Bake in shallow oblong pan 35 minutes at 350 degrees. Yield: one 8-inch loaf.

Mary Mills suggests these variations for serving this tempting gingerbread:

1. Serve with Cream Cheese.
2. Serve with Apple Sauce.
3. Split in half. Cover with quartered marshmallows. Replace top and return to oven long enough to melt marshmallows.

FISHER'S BLEND Flour is milled expressly for successful home baking. Only choicest wheats are used—specially selected to produce an all-purpose flour. With exacting precision these wheats are scientifically blended according to a laboratory-tested and home-proved formula used exclusively by Fisher's. The result is the unsurpassed all-purpose flour, Fisher's Blend, the one flour you can use for all home baking. Buy a sack today. Your grocer has Fisher's Blend in six convenient sizes.

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"Flavorized" SLICED BACON lb. 22c Mild and Lean	Sugar Cured LOIN BACKS lb. 20c Light Weights	Lean Streaked BACON SQUARES lb. 15c Fry Like Bacon
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Bread Pudding
2 tablespoons butter
3 eggs slightly beaten
1/2 cup sugar
1/2 teaspoon salt
1/2 teaspoon vanilla
1 quart milk
3/4 cups bread cut in cubes

Melt butter and combine with beaten eggs, sugar, salt, vanilla and milk. Mix and pour over bread cubes. Bake in moderate oven, 350°, 45 to 60 minutes. If the bread is dry, heat it in the milk before adding other ingredients.

Hard Sauce
1/2 cup butter
1/2 cups confectioner's sugar
1/2 teaspoon vanilla
Nutmeg

Cream the butter, add the sugar gradually and continue beating until the mixture is light and fluffy. Pile it in a serving dish—sprinkle top with nutmeg and chill until firm.

sure to transfer leftovers to small, individual containers before putting them into the refrigerator. It helps them to retain flavor. Cover them with waxed papers, secured by rubber bands. This will prevent shrinkage and drying.

Put garnishes, vegetable borders and stuffings in small dishes. Rinse vegetables to free them of sauce or seasoning that might not be so tasty when warmed over.

Wrap leftover bread in waxed paper before putting it into the bread box. They can be put to many uses. Rolls, biscuits and muffins can be reheated five minutes

DON'T BULLY CONSTIPATION

If you suffer from common constipation, due to lack of bulk in the diet, harsh cathartics don't get at the cause of your trouble. You can avoid this kind of constipation by eating Kellogg's All-Bran. This tasty cereal not only contains the intestinal tonic vitamin B, but also provides the bulk you need. It absorbs moisture . . . softens like a sponge into a water-softened mass that encourages and aids natural elimination.

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