



Most corned beef is made from the plate portion of the carcass, shown on the chart. Though this cut has long fibers and considerable connective tissue, the corning process makes the meat tender and gives it a delicious flavor. A New England boiled dinner is shown here.

**How to Buy Your Meat**—In earlier days, before modern refrigeration and marketing methods made fresh meat available at all times, it was necessary to preserve meat by various methods of "curing." This was the primary reason for corning beef. Nowadays, that necessity has passed, but corned beef still retains its place among meat supplies through its own taste-appeal. There is an appetite-stirring flavor to corned beef which puts it in a class by itself.

Another reason for its continued popularity is its adaptability. It is a most accommodating meat, lending itself to a wide variety of foods with which it is cooked. That is why a "New England boiled dinner" is most tasty when corned beef is the meat cooked (not boiled) with the vegetables. New Englanders have always had a keen appreciation of real values! Corned beef and cabbage is a royal dish for commoner or aristocrat. And corned beef with potatoes makes a hash which is good enough to justify the perennial popularity of this dish.

Since the process of corning makes the meat tender, those cuts with long fibers and connective tissue, are chosen for corning beef. Most corned beef is made from the plate.

Canned corn beef is a popular item on the market. The wise housewife keeps a supply on her pantry shelf for emergency meals, a quick snack, sandwiches for an impromptu picnic, lunch or supper for unexpected guests.

There are many ways of serving corned beef. In cooking, it usually is placed in cold water first, and this water is allowed to reach the boiling point, then is drained off. The beef is then simmered (not boiled) for the necessary length of time.

**Corned Beef Dinner**  
 2 or 4 pound roll of corned beef  
 1 small head cabbage  
 4 turnips  
 4 parsnips  
 4 potatoes  
 Cover corned beef with cold water and allow to come to the boiling point. Drain, cover with hot water and cook slowly until done, about three hours. Long enough before serving so that they will be done, add the vegetables. Cabbage should be cut into quarters and added not longer than fifteen minutes before serving.

**Baked Corned Beef**  
 4 pounds corned beef  
 Whole cloves  
 1 cup brown sugar, maple syrup or strained honey  
 Put corned beef into a kettle with cold water to cover. Bring rapidly to the boiling point, skim. Immediately reduce the heat and let simmer slowly until the meat is tender. Remove from the water, place on a rack in an open roasting pan. Rub brown sugar over corned beef or pour over it maple syrup or strained honey. Stick with whole cloves in diagonal rows and place in a moderate oven (350° F.-375° F.) until the surface is nicely browned.

**Corned Beef Hash and Bananas**  
 1 chopped onion  
 Bacon drippings  
 2 cups finely chopped cooked potatoes  
 2 cups chopped cooked corned beef  
 2 eggs  
 1/2 cup milk  
 Salt and pepper  
 Brown onion in drippings, add potatoes. Mix well and combine with remaining ingredients. Pack into well buttered ring mold and bake at 375° F. for 45 minutes. Serve with baked bananas.

**Carrot Ring**  
 4 cups chopped cooked carrots  
 1/2 cup soft bread  
 1 teaspoon salt  
 1/2 teaspoon paprika  
 1/2 teaspoon minced onion  
 1 tablespoon chopped celery  
 1 tablespoon chopped parsley  
 1 cup milk  
 4 tablespoons butter, melted  
 3 eggs, beaten  
 Mix ingredients and pour into a buttered ring mold. Bake for 35 minutes in a pan of hot water in a moderate oven. Carefully unmold onto serving platter and fill center and surround with cooked buttered Brussels sprouts.

**Baked Beans and Sausages**  
 2 cans (12 or 16 oz.) pork and beans  
 1 lb. pure pork sausage  
 1/2 green pepper  
 1/2 onion  
 Mix chopped onion and pepper with beans and place in shallow baking dish. Arrange sausages which have been broiled very lightly over top of beans. Bake in a 325° oven for 30-35 minutes or until beans are hot and sausages browned. The pork sausage fat helps to season the beans serve with brown bread and Waldorf salad.

**Streamline Your Menus**

We've streamlined everything from silhouettes and through trains to kitchens this last couple of years. "Streamlined" signifies speed, efficiency, and beauty to the modern mind. Why not carry the idea through to your party plans for this holiday season? Make them as easy, quick, simple and effective, easy, quick, simple and effective.

**Combination Buffet Plate**  
 1 pound veal loaf  
 1 pkg. cream cheese  
 2 tablespoons horseradish  
 Cold sliced cooked ham  
 1 can whole pickled peaches  
 Celery curls

**Chili Mae**  
 2 cups elbow macaroni  
 2 cans chili con carne (without beans)  
 Cook macaroni in boiling salted water for 15 minutes or until tender. Drain and rinse quickly. Heat contents of 2 cans chili con carne and pour over macaroni, blending with 2 forks. Serve on a deep platter with rings of green pepper and wedges of dill pickle around the edge.

**Cranberry Tarts**  
 1 1/2 cups flour  
 1/2 teaspoon salt  
 1/2 cup lard  
 2 tablespoons cold water  
 1 1/2 cups cranberry sauce  
 2 tablespoons butter  
 1/2 teaspoon cinnamon  
 Mix flour and salt. Cut in lard. Mixing with knife, slowly add water. When stiff dough forms, break off one-third of it. Roll out the rest and fit into four shallow individual pans. Fill with sauce, mixed with butter and cinnamon. Roll out remaining dough and cut into thin strips. Arrange strips criss-cross fashion on top of the tart. Bake for 15 minutes in a moderate oven.

Use bits of leftover candied fruit, fruit peel, citron or nuts in sauces, frostings, cooking or cake batters or in baked or gelatine desserts.

**Try Meat and Vegetable Stew**

1/2 cup diced potatoes  
 1/2 cup cooked peas  
 2 tablespoons minced onions  
 1/2 cup diced cooked carrots  
 2 tablespoons minced parsley  
 1/2 teaspoon salt  
 1/2 cup diced cooked meat  
 3 cups water  
 2 tablespoons butter or gravy  
 Mix all ingredients, except butter. Cover and let simmer for 20 minutes. Add butter, serve in bowls.

**Shrimp Appetizer**  
 Shrimp appetizers usually are popular on the buffet table. Select firm uniform shrimps, clean and chill. Arrange them "hanging" on a small bowl in which is placed chili sauce, mayonnaise or any other relish. Serve wood picks for spearing the shrimps.

**PILLSBURY'S PANCAKE FLOUR**  
 PLAIN OR BUCKWHEAT

A WHIFF OF THESE PANCAKES MAKES FIREMAN MCGUIRE DASH FASTER TO BREAKFAST THAN OFF TO A FIRE!

**BUSICK**  
 FOUR SUPER MARKETS

FOUR CONVENIENTLY LOCATED COMPLETE FOOD MARKETS  
 Marion Street . . . Court Street . . . Liberty Street  
 Kingwood, West Salem

Going the limit for 1938—the prices at these markets speak for themselves. Investigations made by some of the larger operators in the food field tell us the average person is price wise only to the extent of about ten items. We won't discuss that, rather we will say it's not

necessary to be price wise at these markets. You can buy in all confidence, all prices are plainly marked. Specials listed in this ad for Friday, Saturday and Monday. Four Markets at your service.

**CROWN Pancake Flour**  
 No. 10 Sack **37c**

Triangle Milling Company  
 Freshly Milled Cream  
**Rolled Oats**  
 No. 10 Sack **33c**

Large size package, either quick or regular, the same size package that has been selling at 23c. This week you can buy this big pkg. **17c**

**VAL-PAC HAMS**  
 Cut from Young Porkers, freshly cured, just the right size for baking or slicing. They weigh from 8 lbs. to 10 lbs. As a special out of the ordinary, we're offering these fine Hams at . . .  
 Per Pound **22c** Half or Whole

**Swift's Sliced Bacon per lb. 29c**  
 Real Breakfast Bacon, rind removed

**Beef Steaks** Tender - Lean  
 Cut from Young Beef, tender, juicy. Protected by Government inspection. Per lb. . . . **15c**  
**Pig Liver lb. 10c**  
**Pork Chops** Don't confuse with chops cut from old, coarse-grain stock. These chops are bright colored, taste like real pork should, per lb. **22c**  
**Peanut Butter 2 lbs. 19c**

These Prices for Friday, Saturday and Monday at These Markets . . . Kingwood - - Marion St. - - Liberty St. - - Court St.

Fresh Eggs, Grade A Creamery Butter, Pure Milk, Finest Quality Spices and Flavorings . . . coupled with a desire to make a better cake . . . has, we are sure, enabled our cake maker to make a cake that is far superior to ordinary cakes. This week these markets are featuring two very popular cakes.  
 Lady Baltimore and Devil's Food, three sizes  
**25c-30c & 55c**

Grapefruit, Oranges and Apples at Their Best . . . Fancy Seedless Arizona Grapefruit. Juice them like oranges . . . a real tonic and alkaliizer. Right now you can buy them very economically by the dozen, case or half case. Dozen 23c, half case 99c, full case \$1.96. Oranges, too, are sweet, ripe and full of juice, not high priced either. The popular sizes are selling at, per doz., 2 doz. 25c, med. size; larger size at 2 doz. for 33c. Many other sizes, of course.

**POTATOES** Solid, Crisp Iceberg Lettuce, 3 heads . . . **14c**  
 No. 2 grade, 50-lb. sacks **29c**  
 Fancy White, Crisp Celery Hearts, 2 for . . . **15c**  
 Carrots, 6 lbs. . . . **10c**  
 Purple Top Turnips, 6 lbs. . . . **10c**

**Small White BEANS**  
 4 lbs. . . . **19c**  
**Red Chili BEANS**  
 4 lbs. . . . **19c**  
**RICE**  
 Fancy Blue Rose  
 4 lbs. . . . **19c**

**Golden Sweet CORN**  
 3 cans . . . **25c**  
**Tomatoes**  
 No. 2 1/2 size Cans  
 3 cans . . . **25c**  
 Cut Stringless  
**BEANS**  
 3 cans . . . **25c**  
**PEAS**  
 Tender, Sweet  
 3 cans . . . **25c**

**Old Golden COFFEE**  
 2 lbs. **45c**  
**Salad Dressing**  
 Quart . . . **23c**

**Argo Corn STARCH**  
 3 pkgs. . . . **23c**  
**Sandwich Spread**  
 Quart . . . **23c**

**Mellow Drip Syrup**  
 A Really Good Syrup at a Remarkably Low Price Popular Size Packages  
 12-oz. bottle . . . **15c** Half gallon . . . **49c**  
 24-oz. glass jug . . . **23c** Gallon . . . **83c**  
 Kitchen Queen Flour, 49-lb. sack **1.39**  
 Orbis Flour, 49-lb. sack . . . **1.21**

**RINSO RINSO LUX LUX FLAKES**  
**LIFEBUOY SPRY SHORTENING LUX TOILET SOAP**

Our Four Markets will be featuring these products . . . and may we add that not only are these Four Markets displaying these fine products, but are offering very popular special prices on all these items Friday, Saturday and Monday.

**Crispi-Fresh WESTERN MADE**  
**Allbers CORN FLAKES**  
 Valuable COUPON IN EVERY PACKAGE AT YOUR GROCER'S

**"Two Years Ago!"**  
 The Capital Journal told me I could save the amount of my subscription by taking advantage of the Food Values in the Capital Journal . . . but since then I have bought a refrigerator and now I'm buying a sewing machine."  
 Mrs. Salem