

Chop Suey Large Group Party Food

It looks as if there will be more rather than less entertaining at home this season for various reasons. For instance, when the boys are home on furlough, it is the party at home with all the old gang there that becomes really important. Good food with a party flavor, which can be easily prepared and will serve a large group, is called for on these occasions. A clever hostess finds on satisfactory dish and makes it her specialty.

Homemade chop suey is a fine main dish of this kind. It isn't hard to prepare and can be made in quantity to serve a large group or a small one. It is one of those dishes which can cheerfully wait, if you are a little indefinite about when you will serve "the cats." It keeps its flavor, and you need only be sure that it is piping hot when you serve it.

Chop suey is a hearty dish, and served on fluffy rice you won't need an elaborate menu to accompany it. Hot rolls are good, and individual pumpkin pies would be a fine dessert at this time of the year.

Chinese Chop Suey
 1 cup diced raw pork or veal
 3 tablespoons lard
 1/4 cup finely cut onions
 1/4 cups diced celery
 1/2 cup water or liquid from sprouts
 1/2 cup bean sprouts
 1 can bean sprouts
 1 teaspoon pepper
 2 tablespoons cornstarch
 1 teaspoon brown sauce
 2 tablespoons soy sauce

Cook meat in lard for approximately 30 minutes. Add onions, celery and liquid. Cover and cook slowly until vegetables are done. Drain bean sprouts and add to the meat mixture. Heat thoroughly. Combine cornstarch, pepper, brown sauce, soy sauce and two tablespoons water. Stir until smooth. Add to hot mixture, stirring constantly until thick. Serve piping hot over boiled rice.



Pantry Patter

Dinner for 4 or 5
 Washington Meat Loaf
 With Stuffing
 Green Beans
 Biscuits
 Grapefruit Salad (Vitamin C)
 Fruity Topped Squares
 (Contains Iron, Vitamin C)
 Cream
 Cofee

Washington Meat Loaf
 (Veal and pork) (dish)
 1 pound ground beef chuck (thrift cut)
 2 tablespoons minced onions
 1 tablespoon minced parsley
 1/2 cup chopped celery
 1/2 teaspoon salt
 1/2 teaspoon white pepper
 1/2 cup milk
 1 egg, beaten (or 2 yolks)

Mix meat with other ingredients and lightly pack half in a greased pan. Add stuffing and cover with remaining meat. Lightly spread top of meat with butter. Bake an hour in moderate oven. Bake twice with 1 tablespoon boiling water with a teaspoon of butter added.

Stuffing
 (Takes piece of potato in meat)
 2 cups cubed bread (enriched)
 1/2 cup chopped celery
 1/2 teaspoon minced onion
 1 hard-cooked egg, diced
 2 tablespoons cream
 1/2 teaspoon salt
 1/2 teaspoon paprika
 1/2 teaspoon poultry seasoning

Lightly mix ingredients with fork.

Fruity Topped Squares
 (Economy Dessert)
 2 cups flour
 4 tablespoons baking powder
 1/2 cup sugar
 1/2 cup butter
 1/2 cup raisins
 1/2 cup sliced peaches (fresh or canned)
 3 tablespoons honey
 1/2 teaspoon cinnamon
 2 tablespoons butter

Mix flour, baking powder, salt and sugar. Cut in the fat. Add egg and milk. Pour into shallow, greased pan. Cover with rest of ingredients, blended. Bake 20 minutes in moderate oven. Cut in squares and serve fresh with cream.



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 SEASONING

Uncle Sam Needs No Weak Sisters

Dr. Dorothy LaSalle is a worried woman.

The thing she's worried about is the way women are losing their chance to be physically fit for war work—work they must do to enable more men to leave civilian life for military duty.

What's happening in too many places, she says, is that school administrators, intently bent on making boys fit to fight, shove their sisters out of their own gymnasium.

Dr. LaSalle is traveling about the United States appearing in U. S. office of education institutes designed to encourage a hurry-up program of physical fitness for both sexes in high school. (Later there will be a college program, too.) In New York and Boston more than 1,000 educators turned out for the institutes, and Dr. LaSalle says they were eager to pep up the physical training program.

As an expert consultant to the office of education, Dr. LaSalle is on leave of absence for a year from the East Orange, N. J., schools, where she is physical education director.

She has studied American women and children extensively as an expert. She was a member of the White House conference for child health and protection called by President Hoover in 1929-31. She's been in administrative work in New York and Chicago and in Bennington, Vt. Her undergraduate and graduate study was at the University of Oregon and Columbia university.

Training for Girls
 Recently a man said to her, "What do these school girls need with physical training? They're going into a factory!"

And that is the reason! The very reason, says Dr. LaSalle, that they do need physical training just as many other women will need it. They must be able to do any little job over and over and over accurately and fast.

She explains the kind of endurance women are to need more and more will be the ability to stand on our feet for long hours of tedious and perhaps boringly routine work. And we require greater strength of feet and abdominal walls than most of us seem to have. For more lifting, women must be stronger in the arms and shoulders.

Dr. LaSalle not only found some high school girls unable to run an obstacle course but others even unwilling to try. She has discovered too many women in uniform unable to take a three-mile walk. For reasons like that she sees special need to protect production work by training high school and college girls for physical strength now.

The best time to train women physically is at high school age, because then they develop strength. That fits them for whatever jobs they must do later.

Dr. LaSalle pleads that mothers take as good care of themselves as of their children, points out that they, too, need exercise (walking will do), diet as balanced as their baby's and sufficient rest.

She advises mothers-to-be to take extra special care of themselves because their babies are being born in difficult days; short stays at hospitals and little or no help afterward at home. And her reminder for American women generally is that a big reason for physical strength is the fact that bodily fitness is so closely related to morale.

Victory Raisin Drops
 (2 Dozen)
 1/2 cup molasses
 1/2 cup fat (not butter)
 1/2 cup sugar (dark brown preferred)
 2-3 tablespoons salt
 1 teaspoon cinnamon
 1 teaspoon vanilla
 1/4 teaspoon mace
 1 egg, beaten
 2 1/2 cups flour
 1 teaspoon soda
 1/2 teaspoon baking powder
 1/2 cup seeded raisins
 1/2 cup chopped roasted peanuts

Heat molasses and fat until blended. Add rest of ingredients. Chill dough for several hours. Break off bits of the dough and flatten down with a fork dipped frequently in flour. Bake 10 minutes in moderate oven. If salted peanuts are used, reduce salt to 1/2 teaspoon.



Dr. Dorothy La Salle... Her hobby, health

Victory MENUS

Stretching The Meat

Dinner for 2 or 3
 Beef and Liver Loaf
 Buttered Kale or Spinach
 Whole Wheat Bread - Honey
 Apple Crunch Salad
 Peach Cake Ring - Cream - Tea

Beef and Liver Loaf
 1/2 lb. ground beef (economy cut)
 1/2 lb. chopped beef liver
 1 egg
 1/2 cup dried crumbs
 2 tablespoons chopped onions
 1/2 cup diced celery
 2 tablespoons butter, melted
 1 tablespoon chopped parsley
 1/2 cup milk
 1 tablespoon cream
 1/2 teaspoon salt
 1/2 teaspoon paprika
 1 1/2 cups boiled rice, seasoned

Cover beef 5 minutes with boiling water. Drain and chop. Mix beef with liver, egg, crumbs, seasonings, melted butter, milk and cream. Pour into a buttered loaf pan spread with the rice. Bake an hour in moderate oven. Unmold and serve with savory or tomato sauce.

Apple Crunch Salad
 1 cup diced apples
 1 cup chopped cabbage
 2 tbsps. chopped green peppers
 1/2 teaspoon paprika
 1/2 cup salted peanuts
 1/2 cup salad dressing
 Chill ingredients.

Peach Cake Ring
 (Using cooked dried or canned peaches).
 3 tablespoons shortening
 1/2 cup sugar
 1 cup peaches
 1/2 cup peach juice
 2 tablespoons lemon juice
 4 tablespoons butter
 1/2 cup sugar
 1 egg, beaten
 1/4 cup milk
 1/4 teaspoon almond extract
 1/4 teaspoon lemon extract
 1/4 teaspoon salt
 1/2 cup flour

Mix shortening and sugar in bottom of deep, round cake pan. Heat slowly until melted. Add peaches and fruit juices. Cream butter and sugar until soft. Add rest of ingredients and beat a minute. Pour over peaches and bake 30 minutes in moderate oven. Unmold, peach side up. Serve fresh with cream.

Watch For Victory Foods

A Victory Special is a food in seasonable abundance. Uncle Sam urges housewives to buy such food to prevent waste and to assure the most effective use of the wartime supply of food.

Dinner Serving 3 or 4
 Spaghetti Loaf - Green Beans
 Baked Squash (High in Vitamin A)
 Orange Swirls (Vitamin C)
 Shredded Cabbage Salad
 Fresh Gingerbread - Cocoa
 Spaghetti Loaf

2 cups cooked spaghetti
 1/2 cup bread crumbs
 1/2 cup diced celery
 1/2 cup diced onions
 1/2 cup chopped green pepper or pimientos
 1 teaspoon salt
 1/4 teaspoon paprika
 1/2 cup grated cheese
 2 eggs, beaten
 1/2 cup hot milk
 1/2 cup canned condensed tomato soup

Mix ingredients and pour into buttered loaf pan. Bake 50 minutes in moderate oven. Let stand 5 minutes in hot place and unmold. Cover and surround with creamed peas or green beans.

Orange Swirls
 3 tablespoons butter
 1/2 cup orange juice

SAVE MEAT WITH TASTY ALL-BRAN MEAT PATTIES

Here's a grand recipe for these times—made with Kellogg's ALL-BRAN. Makes meat go further. Gives these patties a tempting, crunchy texture—plus all the nutritional benefits of ALL-BRAN: valuable proteins, carbohydrates, vitamins and minerals. Try it!

Kellogg's All-Bran Meat Patties
 1 egg
 2 1/2 tablespoons salt
 1/4 teaspoon pepper
 1/2 cup catsup
 1/2 cup minced onion
 1 cup Kellogg's All-Bran
 1 pound ground beef

Beat egg, add salt, pepper, onion, catsup and All-Bran. Let soak until most of moisture is taken up. Add beef and mix thoroughly. Bake in hot oven (400° F.) about 20 minutes or broil about 15 minutes. Remove meat patties from pan. Add some milk and seasonings to dripping. Thicken slightly to make gravy. Yield: 5 servings, 2 patties each.



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* Enriched with Vitamin B1, Niacin and Iron to whole-grain richness, this type of food is recommended in Uncle Sam's wartime nutrition program to make America strong. Eat it often!

ENRICHED WITH VITAMIN B1, NIACIN AND IRON

1/2 cup honey
 1/2 teaspoon cinnamon
 2 teaspoons grated orange rind
 Cook ingredients two minutes then place in greased muffin pans and add the swirl biscuits.

Swirl Biscuits
 2 cups flour
 4 teaspoons baking powder
 1/2 teaspoon salt
 4 tablespoons shortening
 1/2 cup milk
 3 tablespoons soft butter or substitute
 1/4 teaspoon grated orange rind
 1/2 teaspoon cinnamon

Mix together flour, baking powder and salt. Cut in shortening and add milk slowly until soft dough forms. Knead a minute, then pat out until thin—spread with rest of ingredients. Roll up and cut off 8 pieces. Fit into the muffin pans. Bake 15 minutes in moderate oven (350). Let stand 5 minutes in warm place, then remove by loosening edges with a spatula. Serve warm with butter.

Citrus Fruits Victory Special
 Grapefruit, oranges and tangerines are decreed by Uncle Sam as Victory Food Specials January 7-16. These fruits are delicious in appetizers, salads and desserts. They can be served "as is," which takes little preparation and conserves all the valuable vitamins and minerals.

Dinner for 3 or 4
 Escalloped Oysters
 Baked Apple Sauce
 Enriched Bread - Butter - Celery
 Tangarines - Packaged Cookies
 Tea or Milk

Escalloped Oysters
 2 cups bread or cracker crumbs
 1/2 cup butter, melted
 1/2 teaspoon salt
 1/2 teaspoon paprika
 1 pint oysters
 3/4 cup milk
 2 tablespoons cream

Mix together crumbs, butter and seasonings. Sprinkle a thin layer on bottom buttered baking dish. Add a layer of oysters and half the milk and cream. Add more crumbs and rest of oysters, then remaining milk and cream. Cover with remaining crumbs. Bake 45 minutes in moderate oven.

Baked Apple Sauce
 3 cups sliced apples
 1/2 cup corn syrup
 1/2 cup sugar
 1/2 cup water
 1/2 teaspoon cinnamon
 1/4 teaspoon cloves
 1/2 teaspoon salt

Mix ingredients and pour into buttered baking dish. Cover and bake 30 minutes. Stir several times with fork. Uncover and bake 15 minutes.

Stick Candy Parfait
 1 1/2 cups evaporated milk
 1/2 cup strained honey
 2 beaten egg whites
 1/2 teaspoon salt
 1 cup crushed peppermint candy

Chill milk and beat until thick, add honey, whites and salt. Mix in candy and freeze until stiff. If desired add a little pink fruit coloring before freezing.



Know Your Oats in Extending Meat—If you know your oats about extending your voluntary meat supply you'll move the quick cooking kind you had for breakfast right on to the dinner table in the upside down meat loaf posing prettily for its picture. It's a thrifty and nutritious way to make meat go further. Here's how to do it without further ado:

Upside Down Meat Loaf
 1/2 cup quick oats
 1/2 teaspoon salt
 1/2 cup water
 1 pound ground beef
 1/2 cup butter or substitute
 2 cups sifted self-rising flour
 1 tablespoon minced onion
 2 tablespoons chopped parsley
 2 tablespoons chopped green pepper
 1/2 raw carrot, grated
 1 egg
 Milk or water

Combine quick oats, salt, water and ground beef; mix well. Form into balls; brown in butter or substitute margarine. Arrange in greased casserole. (Make gravy with drippings in pan to serve with finished casserole.) Combine flour, onion,

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rot. Break egg into measuring cup; fill to 1 cup mark with milk or water. Add to dry ingredients; mix lightly. Drop by tablespoons on meat balls. Cover tightly with waxed paper or cheese cloth. Place casserole in large pan partly filled with boiling water. Cover tightly; place over heat. Steam 30 minutes, or until dumplings are cooked. Do not remove cover during cooking. Turn dumplings and meat mixture out upside down on platter. Serve hot with gravy. Serves 6.

Lenox Potato Salad
 3 cups diced cooked potatoes
 1 teaspoon salt
 1/4 teaspoon paprika
 2-3 cup diced cucumbers
 1/2 teaspoon celery seed
 2 tablespoons minced parsley
 3 tablespoons minced onions
 1/2 cup chopped green peppers (optional)
 4 hard-cooked eggs, diced
 1 cup salad dressing

Cook potatoes with skins on to save minerals. Cool, chill and peel. Sprinkle with salt, add half the dressing and remaining ingredients. Chill until picnic time. For extra nourishment sprinkle 1/2 cup salted peanuts over the top of the salad when served.



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NEW, EASY, QUICK WAY TO PREPARE PICTSWEET PEAS
 CHIPPED BEEF AND PEAS
 4 tablespoons shortening
 4 tablespoons flour
 1/2 teaspoon white pepper
 2 cups milk
 2 1/2 oz. chipped beef, shredded
 1 can Pictsweet Peas

Melt shortening and blend with flour and pepper. Add milk gradually, stirring constantly and cooking until smooth and thickened. Add chipped beef and heat thoroughly. Meanwhile, heat peas in saucepan; drain, and add to chipped beef mixture.

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