

Victory MENUS

Fish Gives Meal Variety

Fish Loaf
Creamed Cabbage
Baked Sweet Potatoes
Whole Wheat Bread - Winter Salad
Baked Rice Fruit Pudding
Coffee
(Recipe serves 4)

Fish Loaf

1 cup cooked fish
1 cup soft bread cubes
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 cup milk
1 egg or 2 yolks
2 tablespoons butter, melted
1 teaspoon minced parsley
Mix ingredients and let stand 10 minutes. Pour into greased loaf pan and bake 35 minutes in moderate oven. Unmold carefully and surround with savory or brown sauce or any creamed vegetable.

Winter Salad

1 cup cubed apples
1 cup cubed pears
1/2 cup diced celery
1/2 cup diced carrots
1/2 cup seedless grapes
1/2 cup broken nuts
4 tablespoons salad dressing
Chill ingredients. Combine and serve on crisp lettuce.

Baked Rice Fruit Pudding

2 eggs or 4 yolks, beaten
1 cup boiled rice
2 cups milk
1/2 teaspoon salt
1/2 cup honey or corn syrup
1 teaspoon vanilla
1/2 teaspoon grated lemon rind
1/2 cup chopped candied fruit or raisins or dates
Mix ingredients and bake an hour in greased casserole, in pan of hot water, in slow oven (300). Cool and chill.

Meringue Topped

Pumpkin Pie
Lyonnais Green Beans
Creamed Potatoes - Enriched Bread
Beet and Cabbage Salad
Honey Pumpkin Pie, Meringue
Covered

Coffee or Tea (Adults)
Milk for Children
(Recipe serves 4)

Lyonnais Green Beans

1 link sausages, sliced
1/2 cup chopped onion
1/2 cup cooked green beans
1/2 cup vinegar
1/2 cup oil
1/2 cup salt
1/2 cup pepper
Cook sausage until well browned in frying pan. Add rest of ingredients and simmer 10 minutes.

Honey Pumpkin Pie

1 1/2 cups cooked, mashed pumpkin
2 tablespoons flour
1/2 teaspoon cinnamon
1/2 teaspoon cloves
1/2 teaspoon nutmeg
1/2 teaspoon salt
2 egg yolks
1/2 cup honey
1/2 cup sugar
1/2 cups milk
1/2 cup shortening, melted
1/2 teaspoon vanilla
1/2 cup uncooked pie crust
Mix pumpkin with flour, spices, salt, yolks, sugar, honey and milk. Mix thoroughly and add shortening and vanilla. Pour into crust and bake 10 minutes in moderately hot oven (400)—low heat to moderately slow (325)—bake 35 minutes. Carefully cover with meringue and bake 10 minutes in slow oven.

Oysters for Dinner

Oysters a la King
Salad - Whole Wheat Bread
Apple Sauce
Steamed Carrot Pudding
Plum or Orange Sauce - Coffee
(Recipe serves 4)

Oysters A La King

3 tablespoons margarine or butter
1/2 cup flour
1/2 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon celery salt
2 cups milk
1 beaten egg or 2 yolks
1 cup small oysters
4 pieces hot buttered toast
Melt margarine and add flour and seasonings. Mix thoroughly and add milk. Cook slowly in a double boiler, stirring constantly until thick. Add oysters and simmer 5 minutes, add egg and when mixed serve at once, poured over toast.

Steamed Carrot Pudding

1/2 cup chopped suet
1 cup chopped raw carrots
1 cup flour
1 cup chopped raisins
1/2 cup chopped prunes, figs or apricots (dried)
1/2 teaspoon salt
1/2 teaspoon soda
1/2 cup molasses
1/2 cup lemon juice
1/2 cup finely grated lemon rind
1/2 cup vanilla
Steam in covered mold for 2 1/2 hours. Serve hot with fruit or vanilla sauce.

Leftovers for Chowder

Victory Chowder
Crisp Crackers or Buttered Toast
Buttered Spinach
Enriched Bread
Fruit Salad - French Dressing
Cheese Cake - Coffee or Tea
(Recipe serves 4)

Victory Chowder

Leftover steak or chop bones or chicken
1 cup diced celery and leaves
1/2 cup sliced onions
1/2 cup soaked dried peas
1 beef bouillon cube
3 cups water
1 cup uncooked rice
2 tablespoons margarine or butter
1 cup cubed cooked potatoes
1/2 teaspoon salt
Simmer covered for 1 1/2 hours bones, celery, onions, peas, bouillon cube and water. Add rice and simmer 20 minutes. Strain and add rest of ingredients. Simmer 10 minutes.

Cheese Cake

2 1/2 cups rolled zwieback
1 cup sugar
1/2 teaspoon cinnamon
1/2 teaspoon salt
2 tablespoons lemon juice
1/2 teaspoon grated lemon rind
1 cup fine cheese or white cream cheese
2 eggs beaten
1/2 cup margarine, butter, melted
1 cup top milk
Mix 1/2 cup sugar and 1/2 teaspoon cinnamon with crumbs.

Sprinkle half on bottom and sides of greased shallow pan or regular spring mold. Put cottage cheese through sieve. Blend cheese and rest of ingredients and pour into the mold. Cover with remaining crumbs and bake 1 1/4 hours in moderately slow oven (325).

New Stuffing for Fowl

Roast Chicken
Spanish Rice Stuffing
Buttered Broccoli
Hot Rolls - Cranberry Jelly
Tossed Green Salad
French Dressing - Apple Cobbler
Coffee
(Recipe serves 4)

Spanish Rice Meat or Fowl Stuffing

1/2 cup sliced bacon
1/2 cup minced onions
1/2 cup diced celery
1/2 teaspoon powdered cloves
1/2 cup crushed bay leaf
2 cups, chopped green pepper
2 teaspoons sugar
2 cups boiled rice
1 cup tomatoes
Heat bacon in frying pan, add onions and celery and simmer 5 minutes. Stir with fork. Add seasoning and rice and cook until rice has browned. Add tomatoes and boil gently until stuffing thickens. Cool and use for filling a five pound roaster.

Operations Performed

Silverton—Two cases of major surgery at Silverton hospital are F. Glenn McDonald of Keenwood, and Dickie Naegeli who submitted to an emergency appendectomy Tuesday forenoon. Dickie is the son of Mr. and Mrs. Norman Naegeli, a nephew of Miss Luzetta Day and grandson of Bert Day. Both Mr. McDonald and the Naegeli boy are said to be improving normally.

PICT SWEET
Is My Choice
FOR QUALITY
and FLAVOR!



One taste and you'll be a booster, too! The rich "garden-fresh" flavor of big, tender PictSweet Peas adds new zest to your meals. They're so sweet—so juicy—so nutritious.



Try all these delicious kinds at

PictSweet Golden Sweet Corn!

Smooth Cream Style—luscious Whole Kernel—and succulent Vacuum Packed. All with fresh-off-the-cob flavor!

PICT SWEET
AMERICA'S PREMIUM
PEAS and CORN

YOU DO SAVE MONEY AT IGA STORES!

THESE PRICES PROVE THAT STATEMENT TO BE CORRECT

PRICES EFFECTIVE FRIDAY THRU MONDAY

Serve Meat Sandwiches for School Lunches

1 BROWN POINT **Morrell's Potted Meat** 2 cans 13c

Pure Vegetable Shortening

5 BROWN POINTS **FLUFFO** 1-lb. carton 20c

Crescent Mustard

Qt. jar 15c

Syrup Is More Plentiful Now

Blue Label KARO No. 1 1/2 jug 15c

5 GREEN POINTS **All Good Hot Sauce** 8-oz. can 6c

HERE'S HEALTH

No Points Needed **Vegetable Cocktail** No. 1 can 13c

Save Ration Points! Buy Oleomargarine! Only 6 Brown Points

Snowflake OLEO

Is Top Quality and Priced at Only 23c lb.



ICA Fresh Egg Noodles Lb. 23c

IGA Corn Starch 2 1-lb. pkgs. 15c

MRS. STEWART'S **BLUING** Large bottle 14c

Tasty Pak BEANS

2 POINTS PER POUND

Small White **BEANS** 2 lbs. 20c

Small Red **BEANS** 2 lbs. 20c

Exceptionally good for home-made chili!



Pearl White Rice 2 lbs. 23c

When You Buy IGA Flour You Get Top Quality at Money-Saving Prices

IGA FLOUR

It's fully guaranteed to give entire satisfaction

50-lb. sack \$2.19



Kellogg's **CORN Flakes**

Always good 6-oz. pkg. 5c

A & H SODA

2 1-lb. pkgs. 17c

NOW! No Ration Points NEEDED

for these delicious

STRING BEANS

Be thrifty! Take advantage of this low price and lay in a supply!

MARION GREEN BEANS 2 No. 303 cans 25c

MUCHMORE GREEN BEANS No. 2 can 14c

ELSINORE FANCY GREEN BEANS No. 2 can 16c

Delicious Whole Grain

IGA Corn

13 Green Points 2 No. 2 cans 33c



Point Value Now Lower on

TOMATOES

15 Green Points

STAREGON WITH PUREE

No. 2 1/2 can 14c

Buy Bonds Often!

BUY AT THESE LOW PRICES

POST

BRAN FLAKES 2 large pkgs. 25c

GRAPENUT FLAKES

2 large pkgs. 25c

IGA PANCAKE

FLOUR

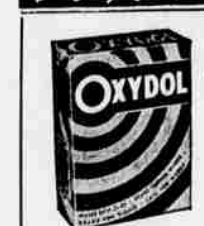
Large pkg. 20c



Clorox Quality Is the Highest

1/2 gal. CLOROX 23c

Use Clorox for a Safe Disinfectant



OXYDOL

White Washes without Bleaching

Large pkg. 23c



Ivory SOAP

Medium bar 6c

Large bar 10c



FOR CONFIDENCE IN VICTORY BUY WAR BONDS

★ BE CONFIDENT OF DAINTINESS

CAMAY 2 bars 13c

Serve Golden Sliced **Dole's Pineapple**

Dole's field-ripened pineapple is the finest quality, yet it is no higher in price than unknown brands!

No. 2 1/2 can 27c 36 Green Points

IGA SWEET

12 Green Points **Peas** 2 cans 27c

IGA SLICED

Beets 2 No. 2 cans 29c

Tasty Maid CRACKERS

at a new low price. Buy these dainty, crisp, salted wafers now

2-lb. box 25c

LIBBY'S SPICED TOMATO SLICES

You can enjoy the flavor of Libby's fine foods... a new item that has made itself popular in hundreds of homes!

Big 2 1/2 Jar 27c

*** Home-Owned

FOOD IGA STORE

Home-Operated ***

CONVENIENTLY LOCATED IN SALEM

LOOK FOR THE IGA SIGN!