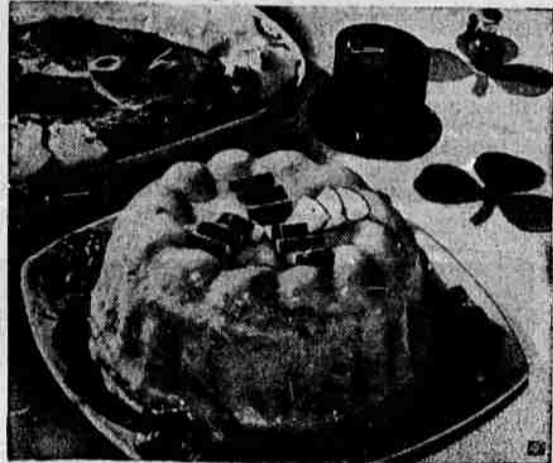
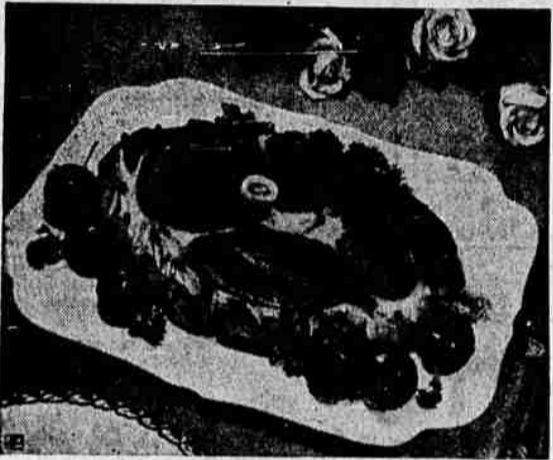


St. Patrick's Day Tuesday; Special Recipes Noted For Occasion

**This Colorful Salad
Especially for Menu
On Big Day for Irish**



St. Patrick's Souffle Salad . . . Party touch.



Broiled Ham Slice . . . Quick and festive.

Here's a pretty pale green molded salad to serve for a St. Patrick's Day lunch or supper. It's made by a tricky "fast-frost" method that enables you to have it ready in 1 to 1½ hours!

With the salad, bring on a slice of broiled ham; one slice if there are four to serve, two slices for eight. An uncooked ham slice ¾ inch thick will need 20 minutes on each side placed 2 inches from the source of heat. If you're using a fully cooked ham slice have it an inch thick, and broil it only about 4 minutes on each side placed 2 inches from the source of the heat. Slash the edges of fat ham at 2-inch intervals to prevent curling and insert a whole clove at each slash.

St. Patrick's Souffle Salad

Ingredients: 1 package lime flavored gelatin, 1 cup very hot water, ½ cup cold water, ½ cup real mayonnaise, 2 tablespoons lemon juice, ½ tea-

spoon finely grated onion (juice and pulp), ¼ teaspoon salt, 1 cup mashed avocado (1 avocado), 1 cup finely diced peeled apple, ½ cup finely diced peeled celery, ½ cup finely diced celery.

Method: Dissolve gelatin in very hot water. Add cold water, mayonnaise, lemon juice, onion and salt. Beat with rotary beater until blended. Pour into refrigerator freezing tray. Quick-chill in freezing unit (without changing control) 15 to 20 minutes, or until firm about 1 inch from edge but soft in center. Turn mixture into bowl and whip with rotary beater until bubbly. Fold in avocado, apple and celery. Pour into 1-quart mold. Chill until firm in refrigerator (not freezing unit) 30 to 60 minutes. Unmold; if desired garnish with slices of unpeeled apple; dipped in lemon juice to prevent browning, and salad greens. Makes 6 servings.

St. Patrick's Day Menu Suggested

Doesn't take any more time or trouble than an ordinary meal to plan a St. Patrick's day menu. You know the secret, of course. Just make everything as green as the hills of Killarney! Tint the grapefruit juice with green coloring; nestle individual meat loaves in a liberally green-sprinkled rice-cream. Even the coffee cups "go green" with delightful little shamrock mats, an idea for you to copy with emerald crepe paper.

Here's no feat for the eye alone, either. This recipe produces a succulent meat loaf, given a suitably Irish lift with a touch of horseradish, a dash of tabasco, a luxury mushroom sauce. The salad is treated to Roquefort dressing, and the coffee is . . . well . . . the coffee is its welcome, fragrant, steaming self. Add a pale green tablecloth, a deep green paper frill for the green and white-spring flowers — can't you almost hear the pipes?

Here's to the eatin' o' the green! Erin Go Bragh!

St. Patrick's Day Dinner

Minted Grapefruit Juice
Individual Meat Loaves
—Mushroom Sauce
Rice with Green Peas
Tossed Green Salad — Roquefort Dressing
Pistachio Ice Cream — Sham-

NALLEY'S WESTERN STYLE CHILI

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Ocean Perch Piquant

Cut 2 pounds perch fillets into serving pieces; add 1 teaspoon salt and monosodium glutamate. Combine 1 tablespoon prepared mustard and ½ teaspoon curry powder and spread evenly over lean side of fish. Place in lightly greased pan and bake covered in a 400 degree oven for 15 to 20 minutes depending on thickness of fillets.

Marketing Tips for Best Buys

The food and grocery industry is in full accord with the government's recent removal of price controls on meats and certain other foods and with the administration's conclusion as to the uselessness of general price controls at this time, according to Paul S. Willis, president of Grocery Manufacturers of America, Inc.

It is refreshing to this food writer to note also that with the price of food falling, Washington is not rushing forth to buy up surplus stocks and force up the price. It is also interesting to observe that meat growers and packers, who have long cried out against controls are now calling for help as prices go down.

For some time it has been apparent to women shopping in food markets that many hundreds of grocery items are being sold below ceiling prices and below last year's prices.

The consumer and the food industry seem agreed that full freedom of competition is the best way of assuring good values for consumers.

Beef, Pork, Lamb Lower

Cattle on feed on January 1 was 16 per cent larger than last year and the largest on record. Beef supplies now top pork which is almost unprecedented. Lower prices are reflected on practically all beef cuts with especially attractive prices on pot roasts, short ribs, ground beef, boiling beef and stew meat. Many good pork buys are to be found; the thrifter cuts being pork shoulder roasts, pork shoulder steaks and pork chops. Good buys in our good western lamb are available in all cuts including legs of lamb and rolled lamb shoulder.

Vegetables and Fruits

Markets are filled with an abundance of colorful good things; cabbage, cauliflower, celery, lettuce, onions, potatoes, rhubarb, parsnips, topped carrots, with good supplies of artichokes, spinach, sweet potatoes, tomatoes, bunched vegetables.

Fruit buys include loose apples, white grapefruit, small oranges; with reasonable prices marked wrapped apples, avocados and bananas. Good marketing!

Breakfast Special

Appetites will quicken when this morning meal special is served. Plan a Sunday breakfast around fruit, cereal, milk, bread and butter, then add the "something special" — softly scrambled eggs topped with a sprinkling of crisp corn soya shreds.

Irish or Not, Everyone Goes For Corned Beef

There's many a corned beef and cabbage lover besides Jiggs and Maggie, though we'll admit they've made the most money at it. Tasty corned beef dinners with steaming, colorful vegetables are not limited to the comic strips, to the Irish nor to the New England states. Let's fix one right now. Nothing to it.

Buy a corned beef brisket around four pounds (wonderful sliced cold). Wash thoroughly and cover with cold water. Bring slowly to a boil and cook for 5 minutes. Skim, add a tablespoon of mixed spices if you have them; otherwise a bay leaf or two, 6 or 8 cloves, a chopped up clove of garlic. Cook, barely simmering, for 3 to 4 hours or until very tender; allow 45 to 50 minutes per pound. Add additional hot water as needed.

Remove cooked corned beef to warm place; add any favored root vegetable (potatoes, turnips, rutabagas, onions, carrots); cook until tender, adding cabbage sections during last ten minutes of cooking.

Serve with plenty of fresh, potent horseradish and maybe some cornbread and the meal is complete, ready for a simple dessert.

Corned Beef Hash

Corned beef makes such good second day eating. Many look forward to it and are mightily disappointed if none shows up.

Use equal parts of chopped cooked corned beef and chopped cooked potatoes. Do not chop too fine or hash will be too compact. Moisten the mixture with cream, tomato juice or diluted catsup. Add finely chopped onion if you like. Toss gently in frying pan over low heat until crisply browned.

Fried Chicken and Inevitable Gravy

Frying size chickens are among month's best buys, and whoever heard of fried chicken without gravy? Here we use canned peas to give the gravy a new spring-like flavor; use evaporated milk to make the chicken coating crustier, gravy creamier. Pour over a 3½ pound cut-up frying chicken, one tall can evaporated milk, undiluted. Dip chicken pieces in a mixture of flour, salt and pepper. Fry in fat, ½ inch deep. When brown and tender, remove to warm platter.

Chicken Garden Gravy

Drain liquid from a can of peas. Combine with milk left over from chicken dipping. Add enough water to make 2½ cups of liquid. Drain off all but 3 tablespoons of fat in the skillet. Blend in 4 tablespoons flour, 1 teaspoon salt, ½ teaspoon pepper. Add the milk liquid and cook, stirring constantly, until mixture thickens and comes to a boil. Add drained peas, 1 teaspoon minced chives and 1 teaspoon chopped parsley. Heat to serving temperature. Serve with chicken.

Corn-Rice Custard Dish Always Good

This dreamy custard of rice and corn is as high as can be in flavor, so supreme that the family will stampede to the table like a herd of elephants when they hear this extra special good rice and corn oven dish is coming their way.

Like the elephant, they will never forget the goodness of this "stir-together-quick, pop-into-the-oven" meal treat. Gay bits of red pimiento add cherry flavor and sparkling looks to a rice and corn custard which will regularly fill the vegetable spot on lunch or dinner menus.

Rice-Corn Custard

Ingredients:
2 cups cooked rice
1½ cups cream style corn
2 cups milk
2 eggs, beaten
2 teaspoons salt
½ teaspoon pepper
2 tablespoons chopped whole

Method: Combine the rice, corn, milk, eggs, salt, pepper and pimientos. Pour into a greased 2-quart casserole. Place in a pan of warm water and bake in a 350 F. oven for 1 hour or until a knife blade comes out clean when run into the center of the custard. Serve immediately.

This recipe makes 8 servings.

Olives in Macaroni

Dot colorful wedges of olive through a casserole of macaroni, using 1 can of the macaroni with cheese sauce (15¼-ounce size). One-fourth cup of chopped olives, either ripe or stuffed, go well with the macaroni. Heat the casserole about 15 minutes in a hot oven. Nice menu to serve with this green beans in a hot vinegar sauce, crisp cornmeal muffins, and lettuce salad.

Pistachio Ice-Cream St. Patrick's Dessert

Rich, pleasantly flavored pistachio ice-cream is an elegant but easy-to-make St. Patrick's Day dessert.

No need to stir this ice cream while it's freezing. Just follow the simple directions on the freezing mix package, fold in chopped pistachio nuts, flavoring and coloring, and your dessert is ready for the refrigerator.

Here's the complete recipe:

Pistachio Ice Cream
2 cups light cream
1 package vanilla freezing mix
¼ cup chopped pistachio nuts
1 teaspoon almond flavoring
Few drops green food coloring

Whip light cream in a deep bowl until a deep layer of foam forms. Takes 1 to 2 minutes. Add contents of package of freezing mix. Whip 1 more minute to dissolve. Fold in chopped nuts, flavoring and food coloring. Pour into freezing tray. Freeze until firm but not too hard.

Asparagus-Cheese Soup

A green-gold soup, right in a March mood, is an asparagus-cheese combination. Blend 1 can condensed cream of asparagus soup with 1½ cups milk. Stir in 1 cup shredded American cheese and a dash of pepper. Heat till cheese completely melts. Grand for a St. Patrick's luncheon with a shamrock of watercress atop each bowl of soup. Egg salad sandwiches on toast are good to eat with soup.

Here's some handy kitchen arithmetic:

There are two cups of granulated sugar in a pound; four cups of sifted confectioners' sugar in a pound.

PICT-SWEET for You!

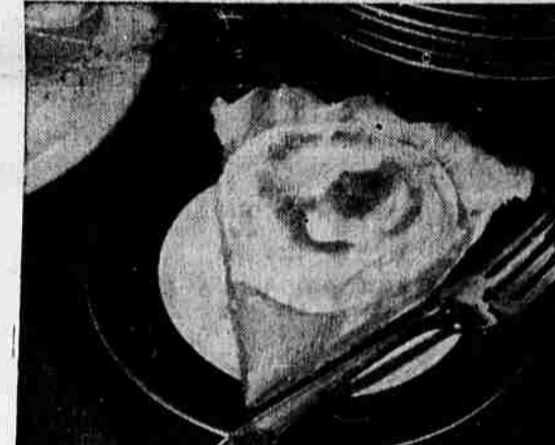
Canned PEAS

"Never a baking failure for Oregon homemakers!"

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For if you don't agree it out-performs every other all-purpose flour you've ever used, send grocer's sales slip showing purchase of Drifted Snow to Sperry Flour, San Francisco, 6, California and get double your money back. Remember! Only Sperry gives you failure-proof recipes!

Martha Meade
Director of Sperry Home Service



Quickest lemon pie you ever made! Nice lemon flavor all the way through, even in the meringue. And just firm enough to quiver at the approach of a fork. Martha Meade's pastry is delicious; Drifted Snow Flour guarantees it!

DESCHUTES EASY LEMON MERINGUE PIE

All measurements are level. Sift flour before measuring. In a small bowl, blend with rotary beater until smooth

½ cup sugar
¾ cup cornstarch
¼ teaspoon salt
2 egg yolks, unbeaten
¼ cup strained lemon juice
1 teaspoon grated lemon rind

In a medium-size saucepan bring to a boil—
1½ cups water
¾ cup sugar
¾ tablespoons butter

Slowly stir egg yolk mixture into the boiling liquid. Bring again to a boil and cook 2 or 3 minutes longer, stirring constantly until mixture is thickened and smooth. Remove from heat and measure out ¼ cup filling to be used for meringue. Pour remaining filling into—
a baked 9-inch pie shell

Let stand until filling is cool. Just before serving spoon Lemon Meringue in mounds around edge of pie. Place under broiler until meringue is a golden brown, about 1 minute. Watch carefully so it does not burn. It is best to serve this pie within an hour as this type of meringue may "water" slightly upon long standing. 6 servings.

Lemon Meringue
Beat to a moderately stiff meringue—
2 egg whites
¼ cup sugar
few grains of salt

Carefully fold in the
¼ cup cooled lemon filling

Spoon meringue around edge of cooled pie.

Pastry
Stir together in a mixing bowl—
1½ cups sifted Sperry Drifted Snow "Home-Perfected" Enriched Flour
1 teaspoon salt

Measure in same cup and add all at once—
¾ cup (¼ cup plus 2 tablespoons) Weason Oil
3 tablespoons cold milk

Stir with fork until pastry clings together. Press into a ball, flatten slightly and place between 2 sheets of waxed paper (12 inch squares). Roll out gently until pastry circle reaches edges of paper. Peel off top paper, then pick up pastry and bottom paper by one edge (they will cling together). Place, paper-side up, over a 9-inch pie pan. Then loosen pastry at edges and carefully peel off paper. Ease pastry snugly into place. Build up a fluted edge and prick bottom and side thoroughly with table fork. Bake on lower rack in a preheated very hot oven, 475°, for 8-10 minutes, or until golden brown.



CORVALLIS ASPARAGUS-CHICKEN CASSEROLE

A hearty supper dish you'll serve often because folks love it! Martha Meade's easy recipe calls for Drifted Snow Flour. Success depends upon it!

All measures are level. Sift flour before measuring

Measure into a large saucepan—
2 cups cooked asparagus stalks (or other vegetable)
¼ cup minced onion
¼ cup butter or margarine

Cook until onion is soft but not browned. Blend in—
¼ cup sifted Sperry Drifted Snow "Home-Perfected" Enriched Flour
1½ teaspoons salt

Stir in gradually—
3 cups rich milk

Continue cooking over moderate heat, stirring frequently, until mixture is thickened, about 10 minutes. Remove from heat and add—
2 cups diced cooked chicken or turkey
2 cups cooked asparagus stalks (or other vegetable)
¼ cup grated American cheese (optional)

Turn mixture into a baking dish or pan, 8x8x2 or 9x9x2 inches. Place in a preheated hot oven, 425°, to keep hot while making Pastry Topping. Then arrange pastry strips, lattice fashion, over top of hot filling. Bake in same oven, 425°, for 25 minutes or until pastry is golden brown. 6 servings.

Pastry Topping
Stir together in a mixing bowl—
1½ cups sifted Sperry Drifted Snow "Home-Perfected" Enriched Flour
1 teaspoon salt

Measure in same cup and add all at once—
¾ cup (¼ cup plus 2 tablespoons) Weason Oil
3 tablespoons cold milk

Stir with fork until pastry clings together. Press into an oblong shape and place between 2 sheets of waxed paper (9-inch squares). Roll out gently until pastry reaches edges of paper. Peel off top paper and cut pastry into strips about ½ inch wide. Twist each strip several times to make a spiral shape and arrange over top of hot filling in baking dish.

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