

### Lamb Plentiful, Western Cooks Know Many Ways To Prepare Popular Meats

By ZOLA VINCENT  
(Foods Writer)

Western cooks are rejoicing in the bountiful supply of western lamb. Lamb growers tell that we will be performing a valuable service to readers by telling them (you) about the excellent quality lamb offered in local retail markets.

This is the time of year when the bulk of the winter-fed lambs reach the market. Supplies are unusually heavy and that means noticeable lower prices. Lamb is tender; practically every cut may be roasted, broiled or pan-broiled.

Most popular cuts are leg of lamb, cushion shoulder, rolled shoulder, shoulder chops, frenched rib chops, loin chops, sirloin roast, crown roast, rolled breast.

**Curried Lamb Chops**  
Wipe 6 shoulder lamb chops with a damp cloth. Combine 1

**'Try ROYAL'S New Kind of Pudding You Don't Have to Cook!**

**PRE-COOKED**  
JUST MIX WITH MILK!



**Royal Instant Pudding**  
Homogenized

For Richer Flavor Creamier Texture Easier Digestion!

cup fine bread crumbs, 2 teaspoons curry, ¼ teaspoon salt, ¼ teaspoon pepper. Beat 2 eggs. Dredge chops with crumb mixture, then dip in beaten eggs and again in crumbs. Brown in hot fat in a heavy skillet. Add ½ cup bouillon and ½ cup chopped

spiced peaches. Cover and cook slowly for 40 minutes. Remove chops and add 2 tablespoons flour to the drippings. Stir until smooth. Add 1 cup pickled peach juice (or juice and water to fill cup) and cook until smooth. Serve gravy over rice mounds made of perfectly plain salted and cooked rice. Serve with pickled peaches.

**Lamb Roasting Pointers**  
Leg of lamb will roast more quickly if the paper-like covering, the "fell", is not removed. The fell should be removed from chops, however. It is not necessary to dredge a lamb roast with flour. Do not add water. Do not cover.

A lamb roast should be placed on rack with the skin side down and the fat side up. Then it is not necessary to baste, for the fat runs over and through the meat. Searing is not necessary because it does not keep in the meat juices. A low oven temperature, 300 degrees is right for roasting lamb. Cushion shoulder of lamb is made by removing bones from a square cut shoulder and filling cavity with a favorite stuffing. A cushion shoulder or a rolled shoulder are ideal for the small family.

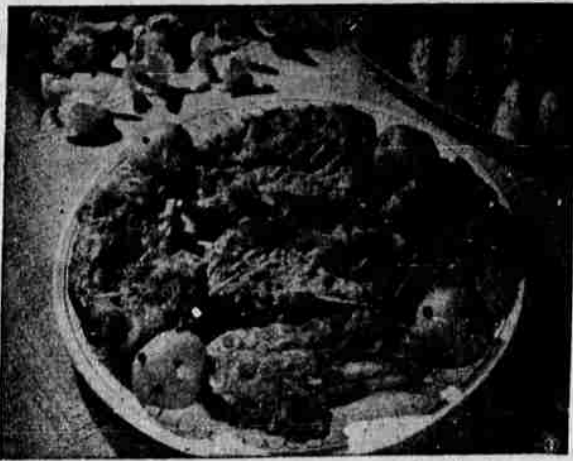
Loin, rib or shoulder chops and steaks cut from the leg are suitable for broiling.

Ground lamb, made into patties and wrapped with bacon are delicious when broiled.

Lamb loaf baked in a ring mold is a new fashion with an old favorite.

Lamb and fruit are a perfect team. Broiled pineapple slices, baked bananas or pears or peaches or stuffed prunes are appetizing in combination with lamb.

Lamb Short Cake. Dice cold, cooked left-over lamb and combine with a rich cream sauce. Add 1 chopped hard-cooked egg. Serve on hot baking powder



Lamb Season On—These Curried Lamb Chops make mighty good eating. Serve with pickled peaches and spicy gravy over rice mounds as shown in picture. Eleven ways to fix lamb in the columns today.

### Apple Sauce Nut Bread

This is the sort of thing you fix up for a tea time or luncheon party and then find the family begging for crumbs. So why not just make some for the family in the first place? It's made with plentiful, bargain-priced canned apple sauce and a few other readily available ingredients.

**Apple Sauce Nut Bread**  
1 large orange  
½ cup seedless raisins  
1 cup canned apple sauce  
2 cups sifted all-purpose flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
1 cup sugar  
½ teaspoon salt  
½ cup chopped nut meats, walnuts or pecans  
1 egg  
2 tablespoons melted butter or margarine

Squeeze juice from orange. Using medium blade, put rind through food chopper with raisins. Add orange juice, rind and raisins to apple sauce. Sift together flour, baking powder, baking soda, sugar and salt. Add fruit mixture and nutmeats. Mix thoroughly. Beat egg, add with melted butter or margarine, stirring until thoroughly blended. Pour into greased loaf pan 8½ x 4½ x 2½ inches. Bake in moderate oven, 350 degrees, 50 to 60 minutes. Remove from pan; cool on wire rack.

Slice thin or thick; eat "as is", spread with butter or heap with cream cheese, peanut butter or jelly.

Serve in lettuce cups. Serves 4 to 6.

### The Sauce Can Make The Dish

Butter can be dressed up or varied to suit the occasion. Here are a few ideas to start you off.

**Honey Butter**  
Warm 1 cup liquid honey in double boiler; add ¼ cup butter, ¼ teaspoon cinnamon and dash of nutmeg. Serve warm on waffles, wheat cakes, rolls, etc.

**Mustard Butter**  
Heat 4 tablespoons butter until golden brown. Stir in 1 teaspoon prepared mustard and 1 teaspoon lemon juice. Serve with broiled fish.

**Parsley Butter**  
Blend 1 tablespoon of soft butter with ¼ teaspoon salt, ¼ teaspoon paprika, ½ tablespoon lemon juice and 2 tablespoons minced parsley. Spread or dot over broiled or fried fish.

**Horseradish Butter**  
Heat ¼ cup butter to a golden brown. Add 1 tablespoon horseradish and blend. Excellent for seafood.

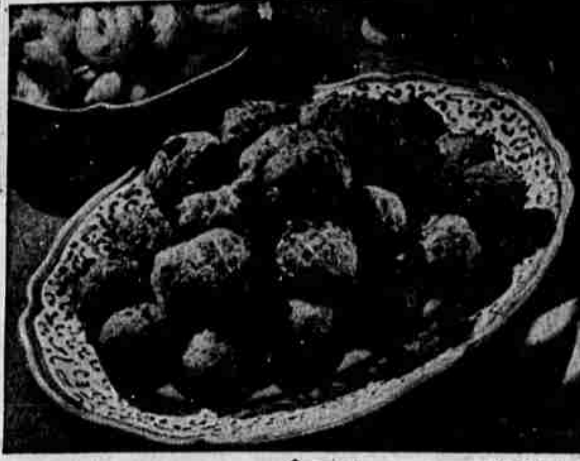
**Garlic Butter**  
Heat ¼ cup butter to a golden brown. Add 1 garlic bud-peeled and cut in two. Garlic may be removed just before serving.

**Cream Cheese Butter**  
To ¼ cup butter, creamed, add 1 oz. cream cheese. Season. Color with tomato paste. Add 2 tablespoons finely chopped nuts. Use as canape spread or for stuffing celery stalks, endive blades, green peppers, etc.

**Blue Cheese, Roquefort, or Parmesan Butter**  
To ¼ cup butter, creamed, add 1 to 3 tablespoons Blue, Roquefort, or Parmesan Cheese, rubbed through a strainer. Season.

**Lemon Parsley Butter Roll**  
½ cup (1 stick) butter  
2 tablespoons minced parsley  
1 tablespoon grated lemon rind  
2 tablespoons minced chives  
Dash of cayenne, if desired  
2 tablespoons lemon juice  
Let butter stand in bowl until softened. Work with fork or spoon until creamy. Add all ingredients (the lemon juice a little at a time), stirring until well

blended. Turn out on wax paper and shape into a roll about 1½ inches in diameter. It's a topping that gives distinction to broiled meats and chicken as well as to fish and lifts vegetables, such as carrots, broccoli and cauliflower quite out of the ordinary. Softened, it's a delightful addition for spreading the bread before adding the filling when making sandwiches.



### Hush Puppies Of Corn Meal Tasty Dish

There is an exceptional taste treat in store for you any time the table fare calls for a flavorful bread to go along with a meal. Whether it's a party for friends or just an every day dinner for the family, you'll find Hush Puppies the corn meal food to delight hard-to-please appetites.

Whatever the occasion, prepare Hush Puppies and you'll make meal-time so nice to come home to.

**Hush Puppies**  
2 cups white corn meal\*  
2 teaspoons baking powder  
1 teaspoon salt  
¾ cup finely chopped onions  
2 cups sweet milk  
Combine dry ingredients and sift together. Add onion and milk and blend well. Preheat deep fat to 365 degrees F., dip tablespoon into hot fat and then into mixture, shaping each spoonful

blended. Turn out on wax paper and shape into a roll about 1½ inches in diameter.

It's a topping that gives distinction to broiled meats and chicken as well as to fish and lifts vegetables, such as carrots, broccoli and cauliflower quite out of the ordinary. Softened, it's a delightful addition for spreading the bread before adding the filling when making sandwiches.

### Frankfurters in Rarebit Good

This recipe is another way to serve the popular frankfurters.

**Tomato-Frankfurter Rarebit** (makes 6 servings)  
8 frankfurters  
6 tablespoons margarine or butter  
¼ cup flour  
1 cup milk  
1½ cups (1 No. 2 can) tomatoes  
¼ cup shredded cheese  
½ teaspoon salt  
½ teaspoon pepper  
6 frankfurter rolls  
Margarine or butter for spreading

Slice frankfurters ¼ inch thick. Melt margarine or butter in saucepan. Add flour, stirring smooth. Add milk gradually, stirring until thickened. Add tomatoes, stirring, then cheese. Stir until sauce is thickened and cheese is melted. Add salt and pepper. Fold in frankfurter slices. Heat thoroughly, then keep hot over gentle heat while toasting rolls. Split frankfurter rolls and spread with margarine or butter. Toast under broiler until golden brown. Pour Frankfurter Rarebit over rolls and serve at once. Crisp radishes and celery and extra rolls are good with this.

## LOCKER BEEF

Eastern Oregon white face Hereford beef bought direct from the ranch and hauled in our own trucks. Buy and save at Packing House Wholesale Prices. Cutting and wrapping, smoking, curing. Free deep freeze service. Custom killing. NOTHING DOWN—6 MONTHS TO PAY

<b>LOCKER BEEF</b>	<b>33¢</b>
Front Quarter .....	LB.
<b>STEER BEEF</b> Cut and Wrapped	<b>52½¢</b>
U. S. Graded Good .....	LB.
<b>LOCKER BEEF</b>	<b>36¢</b>
Half or Whole .....	LB.

U. S. FEDERALLY GRADED  
**SALEM MEAT CO.**  
1325 S. 25th Phone 3-4858

## NUCOA is the one to buy - Use coupon below and save 10¢

# Now! NUCOA IS ALL NUTRITION

...the first yellow margarine with food value in every single ingredient!



*Exciting climax of the greatest nutritional research in margarine history!*  
Everything in today's Nucoa is good for you! No benzoate preservative, no synthetic flavor! Even Nucoa's sunny color comes from Nature, from golden carotene, rich in vitamin A.  
We're so sure you'll agree that Nucoa is not only most nutritious, but sweeter, fresher tasting, too, that, for a short time only, we're making a special "Try-it-Today" offer.  
Use coupon below. Get 10¢ off on a pound of Nucoa margarine! Once you try it, you'll discover how wonderfully different Nucoa is!



Special Try-it-Today Offer

## 10¢ OFF

ON A POUND OF NUCOA

Put this coupon in your purse right now!

**NUCOA First in Quality!**  
All Nutrition! All Natural Flavor! Always Thrifty!

This Coupon WORTH 10¢ ON A POUND OF NUCOA

TO THE GROCER: This coupon will be redeemed by your Best Foods Salesman for 10¢ plus 2¢ for handling. Good only in the U. S. A. This coupon and offer void in any state, territory or municipality where prohibited, taxed, or otherwise restricted. Cash value 1/10 of a cent. Offer expires December 31, 1953.

Made by the makers of Best Foods'® Real Mayonnaise

YOUR GROCER WILL REDEEM THIS COUPON

# HEY!! LOOK AT THESE FOOD SAVINGS..

We Reserve The Right to Limit

FRANCO AMERICAN	<b>Spaghetti</b> 2 Cans 25¢	<b>Tuna</b> 4 Cans 89¢	
HEINZ	<b>TOMATO SOUP</b> CAN 10c	WILLIAMS <b>Potato Chips</b> Reg. 25c Pkg. 19¢	LARGE 5 Pkgs. <b>Surf</b> 99¢
FISHERS	<b>CAKE MIX</b> PKG. 29c	LIBBY'S <b>Roast Beef</b> 12 Oz. Can 59¢	VELVEETA <b>Cheese</b> 89¢
	<b>3 CAKES 25¢</b>	NALLEY'S <b>Tang</b> Quart 49¢	SPRY <b>SHORTENING</b> 3 Lb. Can 89¢
	<b>SPECIAL OFFER</b> Wait Disney's original Peter Pan ADVENTURE MAP	CENTENNIAL <b>Pancake Mix</b> 5 Lbs. 49¢	WILSON'S <b>MARGARINE</b> lb. 23¢
	QUALITY PRODUCE	DURA <b>PLASTIC STARCH</b> qt. 67¢	TENDER MEATS
FRESH	<b>TOMATOES</b> Tube 25¢		<b>RIB STEAK</b> lb. 49c
	<b>GRAPEFRUIT</b> 8 Lb. Bag 49¢		<b>BEEF ROAST</b> lb. 39c
	<b>CALAVOS</b> 3 for 29¢		Cascade Ready to Eat <b>PICNICS</b> lb. 49c
	<b>New Potatoes</b> 10 lbs. 69¢		Pan-Ready <b>FRYERS</b> Each \$1.19
			<b>Short Ribs or Brisket</b> lb. 19c
<b>WEST SALEM STORE NO. 2 ONLY</b>			
<b>\$AVING CENTER</b>			