

Basic Recipe for 1000 Dishes, They Say of This



Creamed Salmon . . . with parsley rice.

(AP News Features)

Want a basic formula for a main dish that you can vary a thousand ways? Sounds impossible, but it's true. The chief ingredients for the dish are 1 1/2 cups precooked rice (prepared according to package directions) plus a can of condensed soup and 1/2 cup of milk plus 1 cup of fish or hard-cooked eggs (for Lent) or meat or poultry. You can also add cheese, celery, onion, green pepper, parsley, mushrooms, pimento, olives, horseradish, chili sauce, peas, corn, Chinese vegetables or what have you. Then all you do is mix the rice and the other ingredients and turn into a casserole and reheat in the oven or under the broiler.

Here are a few suggestions as to combinations: Rice and cream of tomato soup with shrimp or crab and green pepper; rice and cream of chicken soup with Chinese vegetables and a dash of soy sauce; rice with vegetable soup and cooked hamburger. You can go on and on. Convinced?

To show you how the formula works in detail here is a Lenten dish — Creamed Salmon with Parsley Rice.

CREAMED SALMON WITH PARSLEY RICE

Ingredients: 1 1/2 cups pack-

aged precooked rice, 1 1/2 cups water, 1/2 teaspoon salt, 2 tablespoons chopped parsley, 2 tablespoons cream of asparagus soup, 1/2 cup milk, one 7-ounce can salmon (drained and flaked), 2 tablespoons finely chopped cucumber or sweet pickle or dill pickle, dash of pepper. Method: Mix rice, water, and salt in saucepan just until all rice is moistened. Bring quickly to a boil over high heat, uncovered, fluffing rice once or twice with a fork. Do not stir. Cover and remove from heat. Let stand 10 minutes. Add the parsley and butter, mixing lightly with a fork. Meanwhile mix soup and milk in a saucepan. Heat, stirring occasionally. Add salmon, cucumber or pickle and pepper. Mix and heat thoroughly. Makes 4 to 5 servings.

Serve over the rice: Arrange parsley rice in serving dish and top with the creamed salmon. Serve mixed with the rice: Add parsley rice to the creamed salmon. Mix lightly and serve at once.

Casserole: Add parsley rice to the creamed salmon. Mix lightly and turn into 1-quart casserole. Sprinkle with buttered crumbs. Broil 2 to 3 minutes or until lightly browned.

Suggestions Given On Asparagus Buying

Sweet and tender . . . a gift from the gods! Buy 2 pounds asparagus for 4 servings. Stalk should be green and tender for almost entire length. Break off stalk as far down as it snaps easily. Wash thoroughly, removing loose scales. Takes 10 to 20 minutes for cooking, covered with 1 inch boiling salted water.

Cook and drain asparagus; arrange on buttered toast points made by slicing toast from corner to corner. Serve at once with melted butter, lemon butter, a smooth cream sauce with or without grated cheese, or with heated mayonnaise.

Pineapple and Rhubarb Dessert

Fresh rosy rhubarb and tart pieces of pineapple share honors in this delightful dessert feature. Either fresh or canned pineapple may be used. The fruit mixture, sweetened with brown sugar and faintly flavored with nutmeg, goes into a casserole, then intriguing little scone swirls are arranged on top. This dish is nicest served warm . . . with a pitcher of cream or a bowl of whipped cream alongside. Leftovers may be put back into the oven for a few minutes just before serving again.

Pineapple Rhubarb Cobbler
3 tablespoons butter or margarine
3 tablespoons flour
1/2 cup brown sugar
1/2 teaspoon nutmeg
Dash of salt
1 cup water
1 1/2 cups rhubarb (cut in 1-inch pieces)
1 1/2 cups pineapple chunks

Melt butter or margarine in saucepan. Stir in flour, sugar, nutmeg and salt. Add water and cook until thickened, stirring constantly. Add rhubarb and pineapple. Remove from heat. Pour into ungreased 2-quart casserole. Top with Scone Swirls.

Sift together 1 1/2 cups sifted flour, 2 teaspoons baking powder, 1/2 teaspoon salt and 1/4 cup sugar. Cut or rub in 1/2 cup shortening until mixture is crumbly. Add 1/4 to 1/2 cup milk to make a soft dough. Turn out on lightly floured board or pastry cloth and knead gently 30 seconds. Roll out into long narrow strip, 5x12 inches and 1/2 inch thick. Cut into 6 equal strips of dough about 3/4 inch wide. Coil loosely leaving about a 2-inch end. Arrange on top of pineapple-rhubarb mixture with the ends meeting at the center. Bake in moderately hot oven (400 degrees) 35 minutes. Serve warm with cream. Makes 6 servings.

Glazed Fruit Pie Perfect For Spring

We submit our "Glazed Fruit Pie" as a perfect spring-time dessert. It's really extra easy to put together too. Fill a baked pastry shell with a layer of chopped cooked prunes and sliced banana and then cover the fruit with the beautiful golden orange glaze. Be sure you give the glaze a chance to set before you cut the pie. If you're not counting calories, a puff of whipped cream on top will be a delightful extra.

Glazed Fruit Pie
1 1/2 cups cooked prunes
1 baked 9-inch pastry shell
2 bananas
1/2 cup granulated sugar
2 tablespoons cornstarch
1/4 teaspoon salt
1/2 cup cooking liquid from prunes
1/2 cup orange juice
1 teaspoon grated orange rind
1 tablespoon lemon juice
1 tablespoon butter or margarine

Pit and chop prunes, and place in baked pastry shell. Slice bananas over prunes. Blend sugar, cornstarch and salt thoroughly, and mix with part of prune liquid. Combine remaining prune liquid and orange juice, and heat. Stir in cornstarch mixture and cook until clear and thickened. Remove from heat and stir in orange rind, lemon juice and butter. Pour over the prunes and bananas. Cool thoroughly before cutting.
Makes 1 (9-inch) pie.

Bacon Muffins Breakfast Treat

A different muffin recipe is always sought. Here's a dandy:

Bacon Muffins
2 cups sifted flour
2 1/2 teaspoons double action baking powder
2 tablespoons sugar
1/2 teaspoon salt
1/2 cup crushed, crisp bacon
1 egg, well beaten
1 cup milk
4 tablespoons melted butter, shortening or bacon drippings

Sift flour once, measure, add baking powder, sugar, and salt, and sift again. Add bacon to flour mixture. Combine egg and milk; add to flour mixture. Add shortening. To mix, draw spoon from side of bowl toward center (15 times), turning bowl gradually. Chop spoon through batter (10 times). Then stir only enough to dampen flour (5 strokes). Turn into greased muffin pans, filling each 2/3 full. Bake in hot oven (425 degrees F.) 20 minutes, or until done. Makes 12 muffins.

Broiled Meat Loaf for Change

Meat loaf usually comes to the table in a somewhat traditional shape. Here's one that's broiled, imaginatively seasoned and served about as thick as the hamburger we slip into buns.

The result is a hamburger loaf you can serve with justifiable pride to guests, especially when it's accompanied with grilled tomato slices and salty French fries.

Layered Hamburger Loaf
(Makes 6 servings)
1 1/2 pounds hamburger
1 1/2 teaspoons salt
1/2 teaspoon pepper
1/2 pound sliced cheddar cheese
2 tablespoons chopped onions
2 tablespoons catchup
1/2 teaspoon oregano
Salt

Season hamburger with salt and pepper. Divide into two portions, flattening each rectangular piece about 1/2 inch thick. Place cheese slices on one, portion and cover with onions, catchup, oregano and a sprinkling of salt and pepper. Top with second portion of hamburger and press edges of beef together with tines of fork. With two wide spatulas, lift onto broiler pan and broil about 5 minutes on each side. After turning, place bacon strips diagonally across loaf and broil on second side. If desired, garnish serving platter with grilled tomato slices and sprigs of fresh parsley.

Easy Lenten luncheon dish: Add sliced hard-cooked eggs and cooled drained green peas to a cream sauce and garnish with strips of pimiento. Serve over crisp Chinese noodles. If you buy the canned Chinese noodles, be sure to oven-heat them, then cool them again, before serving.

Fried Cream

Torrijas (Nata)
3 egg yolks
1 cup whipping cream
1 whole egg, beaten
Butter
Powdered sugar
Cinnamon

Beat egg yolks lightly and whip into cream. Spread not more than 1/2 inch thick in a greased pan. Place over a very low flame and cook slowly. Cool and cut in small pieces. Take up with a spatula, brush lightly with beaten egg and fry in butter. Sprinkle with powdered sugar and cinnamon. Serve hot.

Seasoned Pork Balls on Noodles

To welcome the coming of a new season, here's a perky tasting main dish—tiny nutmeg seasoned pork balls served on raisin noodles.

Pork Balls on Fruited Noodles
1 pound ground pork
1/2 cup soft bread crumbs
1/4 cup minced onion
1 egg
1/2 teaspoon nutmeg
Salt, pepper, flour, fat
3 cup bouillon or water
1 teaspoon onion salt
1 teaspoon Worcestershire sauce
1/4 cup raisins
4 ounce package noodles

Combine pork, bread crumbs, onion, slightly beaten egg, nutmeg, 1 teaspoon salt, and 1/2 teaspoon pepper. Shape into 16 firm balls, roll in flour and brown in 2 tablespoons melted fat. Remove balls from skillet, blend well. Stir in bouillon or water and add onion salt, Worcestershire sauce and a dash of pepper. Cook, stirring constantly, until thickened. Add balls, cover and simmer over low heat for 30 minutes. Mean-

Salad Dish For Easter

You might as well start planning your Easter dinner menu now. If you're going to have the traditional ham, then why not serve it with the equally traditional raisin sauce. Small whole new potatoes, cooked in their jackets and then peeled and buttered, fresh green peas with silvered roasted almonds go well with the ham. A crisp shredded carrot salad with bits of bright green pepper tossed with our very special "Nectar Fruit Salad Dressing" (see recipe below) will take care of the salad course nicely, but do have a relish dish of crisp celery sticks, carrot curls and shiny ripe olives. For desert our choice is a mile high lemon meringue pie.

Nectar Fruit Salad Dressing

1/2 cup granulated sugar
2 tablespoons flour

while, soak raisins in warm water. Cook noodles in boiling salted water until tender. Mix drained raisins with drained noodles and serve topped with meat balls and gravy. 4 servings.

1/4 teaspoon salt
1/4 teaspoon dry mustard
1/2 cup milk
2 eggs
2 tablespoons butter or margarine
5 tablespoons lemon juice
1 cup apricot whole fruit nectar

Combine sugar, flour, salt and mustard with 1/4 cup milk. Beat until smooth. Blend in remaining milk and cook and stir over low heat until mixture thickens. Beat eggs thoroughly, and slowly add hot mixture, beating continuously. Cook over hot water until thick, beating frequently. Remove from heat and stir in butter, lemon juice and nectar. Chill.

Rummage Sale
Spring Valley—A rummage sale is to be held by Spring Valley Junior Farmer's Union above the Star Exchange, Salem, Saturday, March 21 at 10 a.m. Kenneth Notebook is in charge.



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A Good Brakfast Means Beginning of Good Day

If there's a good breakfast, then the day's a good one, too. Below is a week's breakfast menus:

- Monday**
Curled Orange*
Oven-popped Rice Cereal
Crumb Coffeecake Butter
Milk Coffee
- Tuesday**
Grape Juice
Malt-flavored Farina
Fried Egg
Cracked Wheat Toast
Butter Honey
Milk Coffee
- Wednesday**
Halved Pineapple Rings on Whole Wheat Flakes Milk
Assorted Sweet Rolls Butter
Coffee
- Thursday**
Chilled Applesauce
Prune-Orange Topping on Wheat and Barley Kernels**
Toast Butter Jelly
Milk Coffee
- Friday**
Canned Loganberries
Rot Whole Wheat Cereal
Coddled Egg
Frosted Cinnamon Bread
Butter Milk Coffee
- Saturday**
Tomato Juice
Whole Bran with Raisins
Popover Butter
Milk Coffee

Sunday
Grapefruit Half with Cherry Center

Oatmeal Milk
Bacon Curls
Drop Biscuits Butter
Peach Marmalade Coffee

*Curled Orange. Cut skin of a clean, seedless orange into lengthwise sections beginning at blossom end and cutting nearly to stem end. Loosen the skin and roll point of each section toward inside. Remove remaining tough white portion from pulp. Serve cold.

**Prune-Orange Topping on Wheat and Barley Kernels. For a new and different cereal topping, combine 1/4 cup prune juice and 1/2 cup sugar. Cook the mixture about 3 to 5 minutes, then add 1/2 tablespoon lemon juice, 1/4 cup cooked diced prunes, and 1/2 cup finely diced orange; cook slowly until thickened. Serve atop a bowl of crisp wheat and barley kernels.

Remember that frozen vegetables taste best when they are cooked without thawing before hand. Try adding a pinch of sugar along with the water in which you are going to cook frozen green peas.

Meat and Olives Good Combination

Meat and ripe olives in combination make praiseworthy dishes. Try a few of these suggestions for family meals, then surprise guests with the tasty dishes you've created.

Spaghetti Sauce
Use half buttermilk and half tomato juice in preparing a ground beef sauce for spaghetti. Add chopped ripe olives after browning meat and onions.

Swiss Steak
Cook round steak or flank steak in a tomato, green pepper, celery and onion sauce. Just before serving, add sliced ripe olives.

Olive Meat Loaf
Add chopped ripe olives to a standard meat loaf mixture.

Pork Steak Stacks Tastv Dinner Dish

Pork shoulder steaks are one of the tastiest and most economical of pork buys. For a main dish which is as pretty as it is good tasting, braise pork steaks topped with vegetables and rice.

Pork Steak Stacks
4 pork shoulder steaks
Salt, pepper, flour
1 cup cooked rice
4 slices tomato (1/4 inch thick)
4 slices onion (1/4 inch thick)
4 teaspoons chopped green pepper
Marjoram, thyme (optional)
1 can sliced mushrooms (optional)

Trim a little fat from the edge of the pork steaks and fry out in a skillet. Remove the pieces. Sprinkle steaks with salt and pepper; flour and brown in the hot fat. Remove steaks to a roasting pan. On each steak place 1/4 cup cooked rice, 1 slice tomato, 1 slice onion, and 1 teaspoon green pepper. Sprinkle with salt, pepper, marjoram and thyme. Top with well drained mushrooms and add water to cover bottom of pan. Cover and bake at 350 F. for 1 hour. Add more water as needed; baste steaks several times during cooking. Serve with some of the drippings spooned over meat and vegetables, 4 servings.

Detit Fours

Petit fours are easy and inexpensive to make at home with cake mix. Bake the batter in a 9x13-inch pan and cut into diamond-shaped pieces. Spread the tops and sides with this apricot glaze before frosting. Cover 1/2 pound dried apricots with water and boil 15 minutes. Drain and force apricots through a sieve. Measure, add an equal amount of sugar and boil slowly 5 minutes.

Want to cut a three-egg recipe in half? This is how to measure that half an egg: Beat the whole egg slightly — enough to blend yolk and white — and measure it, then use half the measured amount. Throw the half an egg leftover into a pan of scrambled eggs.

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