

With Beef More Plentiful, Meat Recipes Now in Food News

Spanish Pot-Roast a
Good Entree for Dinner;
Menu Can Be Simple One



Abundance of high quality beef in the market makes this a wise as well as a welcomed serving today. The tender pot-roast is given an "occasion" look. It's served on a bed of white rice and topped with a zesty tomato-onion sauce. To complete your main course you need only to add buttered green beans, assorted relishes and, perhaps, hot rolls.

Menu
Spanish Pot-Roast
on Bed of Rice
Buttered Green Beans
Assorted Relishes
Hot Rolls
Butter or Margarine
Chilled Fruit
Brownies
Beverage

Remove onion and brown the meat on both sides. Add onion, tomatoes and seasonings. Cover closely and simmer until tender, allowing 3 to 4 hours for cooking. Thicken liquid for gravy. 6 to 8 servings.

Crab Tops
In Seafood

Fresh-caught, fresh-cooked Dungeness crab is available in most markets at reasonable prices (for crab, that is); perhaps we should say more reasonable than in recent months. For a gourmet's delight, serve with fresh asparagus and fresh strawberries, baked rhubarb or maybe rhubarb pie.

Stuffed Dungeness Crab
Make 1 cup cream sauce; add 1/4 teaspoon salt, dash of cayenne, 1 tablespoon sherry wine, 2 tablespoons finely minced celery, 12 capers and 2 cups cooked crabmeat. Place in crab shells or casseroles; dust with fine crumbs; dot with butter. Place in shallow pan; bake in moderate oven, 375 degrees for 15 minutes or until brown. Makes 6 servings.

April's
Markets Show
Abundance

April markets offer plenty of variety as indicated in our headline which only hints at the possibilities in menu planning. Other featured specialties include tender young chickens for broiling or frying, turkeys, eggs, potatoes, spring cabbage, and those are but a good start. Watch this newspaper's food advertisements. Take a good look at special displays when you go to the store.

Beef Buys
Beef continues abundant with many cuts wearing extremely attractive price tags. Pot roasts are made from blade, round bone and boneless chuck (from the shoulder), rump and heel of round. Economy steaks are round and blade bone chuck steaks, round and flank steaks which should be braised and that means browned, then slowly cooked, adding a little liquid from time to time. For more rib-sticking goodness, choose stew meat which is really bargain priced.

Cheese Plentiful
Good old American cheddar, mild or sharp, makes a fine, satisfying, thrifty main dish. Cookery specialists remind us that we must go easy on the heat when cooking with cheese. To speed melting and blending, cut cheese in small pieces. For cheese sauce, 1 cup of finely grated cheese to 1 cup hot white sauce is right.

Frozen fish fillets continue plentiful in good variety for pan frying and baking. Steak and baking favorites are plentiful. Shad season is here; a luxury but worth it.

Oranges and grapefruit. The huge orange crop accounts for the abundance of oranges at reasonable prices. Plenty of fresh grapefruit because less is being canned.

Fats and Oils. Plenty of margarine, vegetable shortening, lard and salad oils.

Canned Tomato Juice. Stock up on this staple while prices are really reasonable.

Dates and Figs. California dates and domestic dried figs are high on U.S.D.A.'s list of April abundants. Both fine for eating out-of-hand and for dessert making.

Vegetable Buys
White cabbage, carrots, cauliflower, celery, asparagus, let-



Chocolate Brownie Pie
New and Delicious One

Tempting, new, easy, too! That's the exciting new kind of pie offered by Betty Crocker—Chocolate Brownie pie. If you like chocolate brownies, you'll love Chocolate Brownie pie.

And Chocolate Brownie pie is easy to make. There is no separate cooking of filling and pastry. The filling, made with either unsweetened chocolate or cocoa, is poured into the unbaked pastry shell and baked with it.

Chocolate Brownie Pie
Preheat oven to 375 degrees (quick moderate).

Make Stir-n-Roll pastry for nine-inch, one-crust pie. (Recipe below).

2 sq. unsweetened chocolate
2 sq. unsweetened chocolate (2 oz.)
2 tbs. butter

Beat thoroughly with rotary beater:
3 large eggs
1/2 cup sugar
the chocolate mixture
1/4 cup dark corn syrup

Mix in 3/4 cup pecan halves. Pour into pastry-lined pan. Bake 40 to 50 minutes in quick moderate oven (375 degrees) just until set. Serve slightly warm or cold garnished with ice cream or whipped cream. Serves 8 to 10.

*To use cocoa, omit chocolate and sift 1/2 cup cocoa with sugar. Then add 1/4 cup melted butter to the egg and sugar mixture.

...but old and new potatoes, rutabagas, Hubbard squash, dry onions, rhubarb, spinach are good buys. Items in light supply are beans, cucumbers, corn, eggplant, peppers. Good marketing!

Spring New
Potato Time

Enjoy new potatoes frequently for their season is comparatively short. We think you will find them especially tasty when prepared like this:

Savory New Potatoes
1 1/2 pounds small new potatoes
1/4 cup mayonnaise
1/2 cup milk
1/4 teaspoon salt
1/4 teaspoon pepper
3 tablespoons pimiento, diced

Scrub potatoes and cook in boiling water until tender. Remove skins or not as you wish and cut in quarters or dice. In top of double boiler combine mayonnaise, milk, salt and pepper. Cook over hot water until sauce is thickened. Add diced warm potatoes and pimiento and heat thoroughly. Six servings.

Stir-n-Roll Pastry

Mix together
1 1/2 cups sifted flour
**1 tsp. salt
Pour into one measuring cup (but don't stir together)
1/2 cup salad oil
3 tbs. cold whole milk
Then pour all at once into flour.

Stir until mixed. Press with hands into smooth ball. Flatten slightly. Place between 2 sheets of waxed paper (12-in. square). Roll out gently until circle reaches edges of paper. (Waxed paper will not slip while rolling pastry if table top under paper is slightly damp.) Peel off top paper. If dough tears, mend without moistening by pressing edges together... or by pressing a scrap of pastry lightly over tear. Lift paper and pastry by top corners; they will cling together. Place paper-side-up in 9-in. pie pan. Carefully peel off paper. Gently ease and fit pastry into pan. Build up fluted edge.

**If you use self-rising flour, omit salt in pastry and bake in slow moderate oven (325 degrees).

Ham Shortcake

Take a tip from dessert time for this dish. Bake corn bread in a round layer cake pan. The same as for dessert shortcake, slice the corn bread lengthwise. Place creamed ham or creamed luncheon meat between the layers and on top.

Easy-Quick Pizza

Cut English muffins in half. Mix 1/4 cup olive oil, 1/2 teaspoon each of basil and oregano. Spread generously on top of open muffin, to with slice of Mozzarella cheese, a tomato slice, 3 anchovy strips (optional). Pour some of the seasoned oil on top. Put under broiler for a few minutes until brown. Good for a late evening snack, fine for supper, too. Salt and pepper if anchovy is not used.

Cake Mix Provides
Some Fancy Desserts

Try this fancy dessert with a half package of cake mix and a No. 2 1/2 can of cling peach halves. Combine 3 tablespoons each melted butter and warm water with 1/2 cup brown sugar and spread evenly in bottom of well-greased 8-inch ring mold. Sprinkle with 1/2 cup coconut. Cover with cake batter made according to directions. Bake 25 minutes in a moderate oven. Turn out cake and fill center with drained peach halves before serving.

With Leftover Ham

Combine the last bits of your baked ham with cooked large dry lima for a hearty meal-in-one salad. Chill the beans before tossing them with a mustard-mayonnaise. A little dill pickle, sliced green onion and your favorite seasonings give extra flavor.

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Spanish Pot-Roast
3 to 4-pound arm or blade pot-roast
1 large onion, sliced
3 tablespoons lard or drippings
2 cups tomatoes
2 teaspoons salt
1/4 teaspoon pepper
Brown onion in lard or drippings

Ham-Banana
Roll With
Cheese Sauce

Everyone likes ham, and though cold boiled ham seems expensive in the delicatessen department, it proves modest in price when you fix it like this. A very good luncheon, supper or dinner main dish which is deliciously different. Use all-yellow or slightly green tipped bananas instead of the usual "flecked with brown" ones.

Ham-Bananas Rolls
4 thin slices boiled ham
Prepared mustard
4 firm bananas
1 1/2 tablespoons butter or margarine, melted

Cheese Sauce recipe below. Spread each slice of ham lightly with mustard. Peel bananas. Wrap a slice of prepared ham around each banana. Brush tip of bananas with butter or margarine. Place ham and banana roll in greased shallow baking dish and pour Cheese Sauce over them. Bake in moderate oven, 350 degrees, 30 minutes or until bananas are tender, easily pierced with a fork. Serve hot with the cheese sauce from the baking dish. Four servings.

Cheese Sauce Melt 1 1/2 tablespoons butter or margarine in saucepan; add 1 1/2 tablespoons flour and stir until smooth. Stir in 1 1/2 cups milk slowly. Add 1 cup Grated American, Pimento or other flavored cheese, salt, pepper and a dash of Worcestershire, stirring constantly until smooth and thickened.

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IMPORTANT:

For best results when hand mixing, be sure to use one of these



Have ingredients at room temperature

In large mixing bowl, break up...

1/2 cup SNOWDRIFT

Important:

Use only Snowdrift, it's pre-whipped for you.

Add...

2 eggs
1/2 cup milk
2 1/4 cups sifted cake flour
2 1/2 teaspoons double-action baking powder
1 1/2 cups sugar
1 teaspoon salt

Sift all together over above...

Blend ingredients, beat 1 1/2 minutes, scraping sides of bowl frequently. (Count 225 strokes for hand beating. With electric mixer use low speed; scrape sides during beating, the beaters afterwards.)

Add... 1/2 cup milk with 1 teaspoon vanilla. Blend, then beat to smooth out batter, about 75 strokes (1/2 minute, electric beater). Turn into 2 greased 8-inch layer pans, lined with paper. Swirl fork through batter. Bake in moderate oven (375° F) 25 to 30 minutes.

CHOCOLATE ALMOND KING: Blend 5 tablespoons Snowdrift with 1/2 cup sifted cocoa. Add 3 cups sifted confectioners' sugar and 1/4 teaspoon salt—alternately with 1/2 cup milk. When smooth, add 1 teaspoon almond flavoring. Frost cake. Decorate with blanched almonds.

Snowdrift shortening is pre-whipped 2000 times!



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