

Edited by Marian Lowry Fischer

Salem, Oregon, Thursday, April 23, 1953

Published Thursday Each Week

Food Section Offers Ideas For Daily And Special Menus

Here's a Quick Meal  
With Chinese Accent



Ginger Pears . . . Oriental flavor.

(AP News Features)

Are you a pushover for a menu that is quick and easy to prepare? Then here's a Chinese-inspired suggestion that you may want to try. For a first course serve canned soup—chicken with rice or noodles, or choose chicken-egg drop style. Make the main course this easy chop suey put together at the last minute. The dessert uses widely available canned pears and you prepare it the night before you serve it because it benefits from the

**COME IN**  
...enter "FREE  
Trip to Paris"  
Contest

AND GET YOUR  
FREE BOTTLE OF

*Midnight*

PERFUME BY TUSSY

JUST FOR LETTING  
US SHOW YOU THE

**NEW 1953**

*Dulane*  
**Fryryte**  
AUTOMATIC ELECTRIC DEEP FRYER  
\$29.95



Special

**14 DAY FREE  
HOME TRIAL**

**GEORGE L.  
ALLEN**  
HARDWARE

Chicken  
Livers with  
Spaghetti

Chicken liver fanciers rejoice in the fact that chicken livers are now readily available both fresh and frozen; moderate in price too, when you consider what they do to a main dish like this. Ladle this chicken liver sauce over individual plates of hot spaghetti and we promise satisfied diners. Some people sprinkle Italian cheese over every spaghetti sauce. Go right ahead, if you wish.

**Spaghetti With Chicken Livers**  
1 package spaghetti  
1/4 cup chopped onion  
1/4 cup butter or margarine  
1 small clove garlic, chopped  
1/2 pound chicken livers, cut up  
2 tablespoons flour  
1/2 teaspoon salt  
1 1/4 cups beef broth or consommé

Cook spaghetti according to package directions. Drain and rinse. While spaghetti is cooking, melt butter in skillet. Add onion and garlic and brown lightly. Add chicken livers and brown well. Stir in flour and salt. Add beef broth or consommé and cook until thickened, stirring constantly. Arrange spaghetti on hot platter or plates and top with Chicken Liver Sauce. Makes 4 servings.

**Method:** Heat oil in skillet; add onion, green pepper and celery and saute about 5 minutes. Drain chop suey vegetables and add with chicken; heat. Add soy sauce; mix gently. Serve over hot cooked rice. Makes 4 to 6 servings.

**INGREDIENTS:** One No. 2 1/2 can pear halves, 2 small pieces candied ginger (about 2 table-

Tomato Aspic Can Circle  
Many Good Things; Tops  
For Those Salad Dishes

By ZOLA VINCENT  
(Food Writer)

Ways of a woman with a package of unflavored gelatine are beyond numbering. When it comes to salads chances are that tomato aspic leads all the rest in frequency of appearance. So easy to do, it encircles any other vegetable, fish, shellfish, poultry or cottage cheese salad to make a handsome main course or it is self-sufficient in any form as a salad course.

As for canned tomato juice, grocery shelves are well stocked with it. Quality generally is high and prices very reasonable. Now is a fine time to stock up. Advantages in buying the 46-ounce can are obvious if family numbers more than four. Hot, chilled, as cooking ingredient or in an aspic, tomato juice flavor and goodness are incomparable.

**Easy Tomato Aspic**  
Softener one envelope unflavored gelatine in 1 cup cold tomato juice. Add 1 1/4 cups hot tomato juice and stir until gelatine is dissolved. Stir in 1 tablespoon lemon juice, 1 teaspoon grated onion, and 1/4 teaspoon salt. Pour into 4 individual ring molds or in 1 pint mold. Chill until firm. Unmold on salad greens and fill centers with shrimp salad, cottage cheese, egg salad, tuna salad, chicken salad, mixed greens salad, cole slaw or any other un-sweet mixture.

While you're about it, pet-

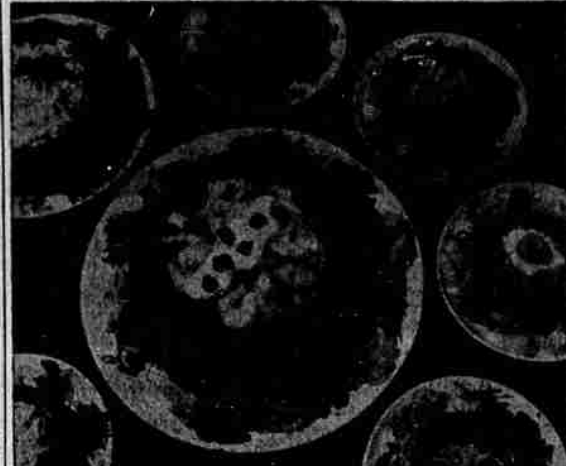
ter just double this recipe, make a quart, and have some "plain" for another day. You'll be glad tomorrow you did this today.

**Tomato Savory Aspic**  
Like it spicier? More zesty? Soften 1 envelope unflavored gelatine in 1/2 cup cold water. Heat 1 1/4 cups tomato juice with 2 bouillon cubes until clear. Remove from heat. Add gelatine and stir until thoroughly dissolved. Add 1 tablespoon grated onion and juice, 2 drops kitchen bouquet, 1 tablespoon Worcestershire sauce, dash of pepper. Pour into any desired mold or into a flat pan; chill until firm. Fine for accompanying cold meats.

Cabbage  
Good Now

Plentiful cabbage heads the best buys in the vegetable bins. Shred it, toss it lightly with the rest of these ingredients and be sure that every shred will be enjoyed.

**Golden Slaw**  
4 hard-cooked eggs, finely chopped  
1/4 teaspoon sugar  
1/4 teaspoon salt  
2 teaspoons prepared mustard  
2 teaspoons cider vinegar  
1/4 cup any salad dressing  
2 cups shredded cabbage  
1/2 cup chopped sweet pickles  
Combine all ingredients, tossing lightly. Chill. Serve on beds of lettuce garnished with chopped parsley. Four servings.



Ideas Unlimited—Easy-to-make tomato aspic in ring molds circles a host of salad ideas. Plentiful, bargain-priced tomato juice and unflavored gelatine, touch of seasoning and salad rings are ready for chilling and good eating.

Salmon Balls  
Tasty Treat

Like a magician who can produce a rabbit out of a hat, you can bring magic to the dinner table from that can of salmon now on your pantry shelf. No "abracadabra" to be sure, but done simply by turning the salmon into golden crusted French fried salmon balls. A special ingredient in this recipe is rolled oats. They give a nut-like flavor to the fish and help to make French fried salmon balls inexpensive to serve. The oats are mixed with the other ingredients and thoroughly blended. Then the salmon mixture is rolled into bite size balls, breaded with a pancake mix and popped into hot, deep fat. After two or three minutes, they turn a nut brown and are ready to serve.

**Golden Salmon Balls**  
(Makes 4 servings.)

**Salmon Balls**  
1 small can salmon (about 7 1/2-ounce size)  
1/2 cup quick rolled oats, uncooked  
1 egg, beaten  
2 tablespoons chopped celery  
2 tablespoons chopped onion  
2 teaspoons Worcestershire sauce  
1 teaspoon salt  
1/2 teaspoon pepper  
1/2 cup pancake mix

**Breading**  
Remove bones from salmon. Flake undrained salmon with a fork, then combine with remaining ingredients for salmon balls. Form into 16 small balls; roll each in pancake ready-mix.  
Fry in hot, deep fat (375 degrees F.) for 2 to 3 minutes until balls are golden brown. Serve hot with tartar sauce or mushroom sauce.

Hamburger Scramble

1/2 pound ground beef  
2 tablespoons lard or drippings  
4 eggs  
1/2 cup chopped pimiento  
1/4 cup chopped onion  
1 teaspoon salt  
1/4 teaspoon pepper  
Brown meat in lard or drippings in frying-pan. Beat eggs, add pimiento, onions and seasonings. Add egg mixture to meat. Stir occasionally until eggs are firm. 4 servings.

Puts On Blue Bonnet  
To Get Most  
For The Money!



**MRS. MIE TORNE**  
You, too, will love Blue Bonnet Margarine's delicate, sunny-sweet flavor! BLUE BONNET makes bread, toast, hot rolls, and vegetables taste better than ever!  
You'll appreciate BLUE BONNET's nutrition. Unlike most other margarines, BLUE BONNET contains both Vitamin A and D—as much year-round Vitamin A and D as you get in the high-priced spread for bread!  
Yes, BLUE BONNET Margarine costs less than half as much as the high-priced spread. So put on BLUE BONNET and be sure of "all 3"—Flavor, Nutrition, Econom-e-s!

**SAVE 25¢ on**

**New SIMONIZ NON-SCUFF FLOOR WAX**



—it's fortified with hard-lustre Simolite!

Full 25¢ cash refund! That's our generous offer so you can discover this new, really non-scuff floor wax! Made for busy kitchens, Simoniz Self-Polishing Floor Wax is fortified with Simolite to give a crystal-hard shine. One easy no-rub waxing lasts you up to five weeks! A cinch to re-wax, too, when necessary.

Introductory Offer — Save 25¢!

- Buy Simoniz Floor Wax, any size. Pay full price temporarily.
- Mail the paper cap-liner inside the cap to: Simoniz, Dept. 25, Chicago 16, Illinois. Simoniz Company will mail you your 25¢ cash refund. One offer to a family. Expires July 31, 1953.



Hurry! Limited Offer

Thrifty  
Buys in  
Markets

Homemakers may thrifflily star pot-roses, Swiss steaks and savory beef dishes in their menus. Cuts of chuck, rump, round and short ribs suitable for braising are wearing the lowest prices in the memory of most of us. These cuts are fully as nutritious, can be just as delicious as the more expensive cuts.

**Secret of braising beef** is to first brown meat in a small amount of fat, then cook in covered pan with or without added liquid. For best flavor, keep liquid at a minimum, season as preferred, keep heat low either on top of range or in the oven.

**Tomato Juice**  
Now is the time to stock up on good quality, low priced tomato juice. If more than two in family, the larger sized cans are most economical. Serve it often chilled, teaming hot with a slice of lemon (maybe a clove in center of lemon slice), as an ingredient or use in the so-easy-to-make aspic featured in our columns today.

**Cheese Plenty**  
Cheddar cheese, mild or sharp, is in unusually heavy supply, reasonably priced for frequent use in sandwiches, sauce for cooked vegetables or macaroni dishes; good in salads, fine as a dessert course with fruit. Make a cheesecake or buy a bakery apple pie and melt sliced cheese on top just before taking to the table.

**Poultry Fish**  
Plenty of broiling and frying chickens at reasonable prices whether whole, halved, cut up or purchased by the favorite piece. Plenty of reasonably priced to bargain priced fish, both fresh and frozen. For family gatherings and big events, turkey is worthy of consideration, certain to satisfy.

**Vegetable Buys**  
Cabbage continues to be a genuine bargain. Cook it for seven minutes or, make cole slaw; combine shredded cabbage with any salad greens. Other plentiful include carrots, cauliflower, celery, lettuce, several squash varieties, old-crop, medium size onions, potatoes, rhubarb, spinach, bunched vegetables.

**Fruit Buys**  
Local, loose apples, white grapefruit, small oranges are best buys. Avocados are reasonable. Pears, strawberries, grapes, pineapples are available at variable prices according to quality and declining (pears and grapes) or advancing season (strawberries and pineapple). First of the melons have appeared in some markets.

**We Will Give You 50¢**  
just to introduce you to  
**SWEETHEART SOAP and BLU-WHITE FLAKES**  
The Soap that AGREES with Your Skin That Blue and Wash at the Same Time

**ACCEPT OUR OFFER!  
IT'S BETTER THAN FREE!**

- Today, just buy two cakes of SweetHeart Soap and two boxes of Blu-White Flakes.
- Send the two SweetHeart Soap wrappers and the two Blu-White box tops— together with your name and address— to P. O. Box 1700, New York City 46. Do it before midnight, May 15, 1953.
- We will send you your 50¢ by return mail... actually more than you paid for the two cakes of SweetHeart and the two boxes of Blu-White Flakes. You discover these two great products... and make a profit in the bargain!

**OFFER LIMITED—  
(ONE TO A FAMILY)  
CLOSES MIDNIGHT, MAY 15, 1953**

**YOU ACTUALLY MAKE A PROFIT!**

There's never been an offer like it! We actually pay you to discover pure, mild SweetHeart Soap... and amazing new instant-dissolving Blu-White Flakes!

That's how certain we are that once you try these two great products, you'll always use them. So while there's time, accept our offer. It's the chance of a lifetime!

**SWEETHEART SOAP**  
9 OUT OF 10 LEADING COVER GIRLS USE SWEETHEART SOAP  
So try the pure, mild beauty soap that agrees with their delicate, beautiful complexions. Start SweetHeart Beauty Care today! One week after you change to thorough care—with SweetHeart Soap—see how your skin looks far softer... smoother... younger! Hurry! Discover SweetHeart while this offer lasts!

**BLU-WHITE FLAKES**  
NEW, THIN FLAKES DISSOLVE INSTANTLY  
Blu-White acts two ways: It blue... evenly. And it washes, works with your regular soap or detergent to make white things dazzling... washable colors sparkling. And Blu-White is as gentle to your hands as a beauty soap. Get Blu-White today in this spectacular offer. You'll never be without it!

**OFFER LIMITED! ACT AT ONCE!**