

Pineapple Bake-ins Win Prize

Pineapple Bake-Ins won a place for 14-year-old Judith Stockwell, Los Angeles, in the recent prize-winning Pillsbury contest. These are buttermilk cornmeal muffins flecked with pineapple. Bacon bits garnish the tops and bacon drippings are used for shortening.

Pineapple Bake-Ins
Bake at 425 degrees F. for 20 to 25 minutes.
Makes 1 dozen muffins.
3 strips bacon
1 cup sifted enriched flour*
1 teaspoon double-acting baking powder
1/2 teaspoon soda
1 teaspoon salt
1 cup cornmeal
2 tablespoons brown sugar
2 eggs, beaten
1 1/2 cups buttermilk or sour milk**
1/2 cup crushed pineapple, well drained
1/4 cup reserved bacon drippings

Fry bacon until crisp and reserve drippings. Crumble bacon. Sift together flour, making powder, soda and salt. Add cornmeal and brown sugar.

Combine eggs, buttermilk or sour milk, pineapple and 1/4 cup of the reserved bacon drippings. Add all at once to dry ingredients, mixing only until all flour is dampened.

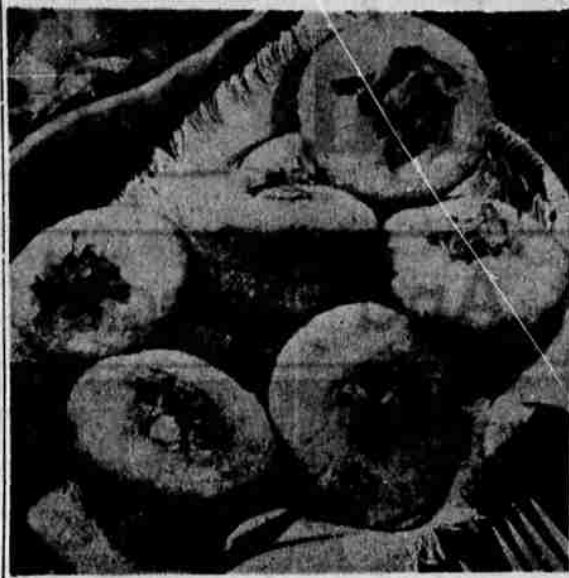
Fill well-greased muffin cups 3/4 full. Top each muffin with crumbled bacon. Bake in hot oven (450 degrees F.) 20 to 25 minutes.

*If you use enriched self-rising flour (sold in parts of the south), omit baking powder and salt.

**To sour sweet milk, add 1 1/2 tablespoons vinegar or lemon juice to 1 1/2 cups sweet milk. Let stand 5 minutes.

Walnut Touch

It's interesting to watch food trends and see how the uses of foods are broadened. We used to think of walnuts in terms of cakes, cookies and possibly pies. With the American love for salads, we now also think of walnuts in chicken, fruit, tuna, lobster and other shell fish salads. There's no question about it, the crunchy texture and richness of walnuts make salads taste very superior.



Homemade Soup Always Favorite

While we are all enjoying delicious steaks and roast beef at the lowest prices in years, let's not forget the less fancy cuts that make such fine dishes. There's nothing more comforting than a fine, hearty pot of homemade soup, and where there are children in the family, soup is likely to be the favorite lunch dish.

Home-made Beef Vegetable Soup is simple to make and it's a real budget dish at today's prices. If you'll cut up the beef after the soup is made to serve with it, you will find this soup can make a fine supper. Send it to table with crisp rolls and a green salad. Lemon Chiffon Pie makes the perfect dessert for a soup supper.

Beef Vegetable Soup
2 lbs. beef shank with bone
2 qts. cold water
1 tablespoon salt
1/2 cup sliced onion
2 tablespoons minced parsley
1/2 cup diced celery with leaves
1 cup sliced carrots
1 1/2 cups diced potatoes

Have bone cracked at market. Wipe meat with damp cloth. In soup kettle combine meat, water, salt and pepper. Cover; bring to boiling point; skim. Re-cover and simmer very slowly 4 hours. Remove meat and bone; cut meat into cubes. Add to kettle with remaining ingredients; cover and simmer 30 minutes. Yield: 6 to 8 servings.

Note: If tomatoes are liked in Beef Vegetable Soup, 1 No. 2 can tomatoes may be added, decreasing the water by 2 1/2 cups. Other vegetables for Beef Vegetable Soup are baby

lima beans; shredded cabbage; diced turnip; green beans; peas and corn. Appropriate seasonings include bay leaves, thyme, whole cloves and marjoram.

Pointers on Steps To Broil Steaks

Two simple steps can make the difference between a perfect broiled steak and one that is overcooked and charred. These are checking the distance of the meat from the heat, and the length of cooking time.

Steaks for broiling should be at least 1 inch thick. When you start to broil the steak, closely check the distance between the top of the meat and the heat. A 1-inch steak should be 2 inches from the heat, thicker steaks accordingly farther.

Time the cooking period. If you have a 1-inch club or rib steak, let it cook a total of 15 minutes for rare done, 20 minutes for medium. A porterhouse or sirloin will take 20 minutes for rare done, 25 for medium.

Let the steak cook on the top side for half the recommended time, then season, turn and brown on the second side. Insert the fork into the fat, not the lean, for turning the meat. Browning before seasoning is recommended since salt tends to retard meat broiling.

Chocolate Cake Filling

Here is a different, rich and oh-so-good filling for your next Devil's Food Cake. Add finely chopped raisins and walnuts to a half pint of sour cream. Spread between layers. We think you'll find this just right without any additional frosting.

Dress-up Breakfasts Every Day

Why wait 'til the week-end or holiday to make breakfast special? Simple touches can take your meal out of the plain class, making it an outstanding event, says home economist Reba Staggs.

For instance, with the coming of spring have a few fresh flowers from your garden in the center of your table or breakfast bar. Or use a planter of green foliage. Use colorful place mats, the plastic or paper types, if you want to cut down on laundering. To save time for the extra touches, set your breakfast table the evening before.

For a change in your breakfast menu, start with a mixture of chilled fruit juices. Vary this with fresh fruit in season, or a compote of fresh fruits or dried fruits. Surprise the family some morning with preserved figs topped with a dash of sour cream.

Bacon and eggs make any breakfast. For a change combine these two foods in a different way. For instance, outline custard cups with bacon strips, then break an egg in each bacon-lined cup. These take only 8 to 10 minutes, cooking in a moderate oven.

Canadian-style bacon, thinly sliced and panbroiled, provides another ideal breakfast meat. Sausage-links, country-style or patties—lend interest to breakfast. And don't forget the ready helper, chipped beef.

Cubed left over meat—ham, pork, beef or lamb—may be combined with scrambled eggs for still another treat. Remember, however, to cube the meat in advance, then closely wrap with waxed paper or aluminum foil and store in the refrigerator. This makes it ready to use promptly in the early morning rush. And don't overlook the power of a touch of parsley. A bit of green can set off your plate or platter with such little effort.

Broiler Sandwiches

Broiler sandwiches are a favorite for sun worshippers. They may be made in a jiffy and rushed out to the patio where the sun is shining in all its glory. Halved hamburger buns covered with ripe olives sliced from the pits and topped with a slice of Swiss cheese, popped under the broiler and broiled until the cheese becomes bubbly, never get monotonous. No ripe olive and cheese combination does.

This Good for Buffet Supper

Perfect to serve for a buffet supper is this "Olive 'n' Frankfurter Bake" for it's easy to prepare and the ingredients are always popular. Sliced frank and chopped ripe olives make up the "meaty" base of this dish, while cheese, pimiento and rice add their all-round goodness. Another attractive feature is that you can prepare it ahead of time, then just before overtime sprinkle the top with bread crumbs and melted butter, and in 20 minutes it is ready for the table.

Olive 'n' Frankfurter Bake
2 tablespoons butter or margarine
2 tablespoons flour
1 teaspoon salt
1/4 teaspoon dry mustard
1/2 cup milk
1 cup grated American cheese
4 sliced frankfurters
1 (4 1/2-ounce) can chopped ripe olives
2 tablespoons diced pimiento
2 cups cooked rice
1/2 cup fine dry bread crumbs
2 tablespoons melted butter or margarine

Melt butter and blend in flour, salt and mustard. Stir in milk, and cook and stir until mixture boils and is thickened. Remove from heat and stir in cheese. Add frankfurters, olives, pimiento and rice, and mix lightly. Turn into shallow baking dish, and sprinkle with crumbs mixed with melted butter. Bake in moderate oven (350 F.) 20 to 25 minutes, until thoroughly heated.

Makes 4 or 5 servings.

Extending Salad

There wasn't enough tuna salad left over from yesterday's lunch and a friend dropped 'in unexpectedly at noon time. Have you ever known it to fail? Fortunately there were some diced roasted almonds on the "emergency" shelf. These were quickly added to the salad to extend it. Extend it the almonds did and incidentally made the salad taste better than ever.

Using Avocados

Until summer fruits become abundant in supply and reasonably priced, keep in mind the many preparations which can be made with avocados which have a very extended season. By itself or in combination with other fruits and vegetables, too, the avocado is a wonderfully tasty salad ingredient. A tart French dressing always makes it taste its best.

A Cherry Roly-Poly For Dessert

Fancy desserts can set off an "every day" meal. A delightful combination designed for just this purpose is a Cherry Roly-Poly. The fruit in rich sauce is rolled up in sweetened biscuit dough the same as a jelly roll, then cut into individual servings and baked.

Cherry Roly-Poly
2 cups sifted enriched flour
1 tablespoon baking powder
1/2 teaspoon salt
1/2 cup sugar
4 to 6 tablespoons lard
1/4 to 1/2 cup milk
1 No. 2 can or 1 pint pitted sour cherries
1/2 cup sugar
1 cup liquid
2 tablespoons cornstarch

Sift flour again with baking powder, salt and sugar. Cut in lard until mixture has fine, even crumb. Add enough milk to make a soft dough. Turn onto lightly-floured surface and knead gently for 30 seconds. Roll into rectangle 1/4 inch thick. Drain cherries and save juice. Place cherries on biscuit dough. Roll as for jelly-roll and cut into 1-inch slices. Place cut surface down on greased 9-inch square baking dish. Mix sugar and cornstarch. Add enough water to cherry juice to make 1 cup liquid and mix with sugar and cornstarch. Cook until thick and clear. Bake until thick and clear. Bake rolls in a hot oven (425 degrees F.) for 15 minutes. Pour juices over rolls and bake 10 minutes longer.

Fruited Lamb Patties Good

Lamb patties are always liked. Try this variation of them:
Fruited Lamb Patties
1 pound ground lamb
2 slices bacon
4 cooked prunes, pitted
1/4 cup crushed corn flakes
1 egg
1 teaspoon salt
1/2 cup milk

Chop bacon, cook until crisp and fill center of prunes. Combine lamb, corn flakes, egg, salt and milk; mix well. Divide mixture into fourths, and shape

each patty around a stuffed prune. Place patties on broiler rack. Insert broiler pan allowing 2 inches between heat and surface of meat. Broil patties on one side until they are brown, 8 to 10 minutes. Turn and brown on second side. Four Servings.

Bacon Atop

Here are open-face sandwich treats for your family. Top slices of Boston brown bread with baked beans, sprinkle with grated cheddar cheese and arrange bacon strips over the top. Broil until the bacon is crisp and the cheese is bubbly.

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