

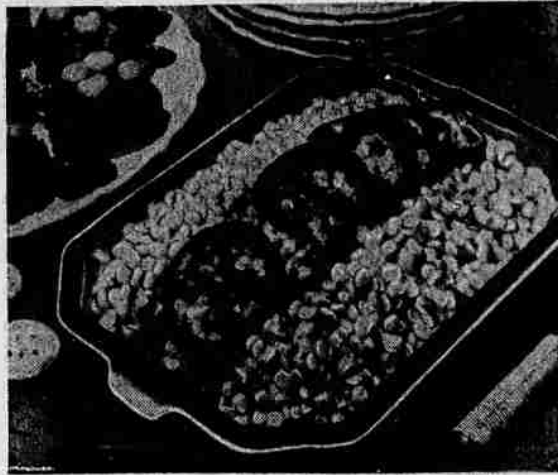
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Child Health Day Featured in Menu Suggestions, Food Ideas

Corny as Springtime But Mighty Good Eating



Peppy Corn . . . To perk up a spring meal.

Canned corn is plentiful this spring—so give this popular vegetable the gleam treatment for family meals. Here are three ways to dress it up; any one of them will taste delicious with hamburgers, baked potatoes and a salad on a night when you want a quick supper. Note, too, that you can use either whole kernel or cream style corn in these recipes.

can yellow or white whole kernel corn, 2 tablespoons butter or margarine, ¼ teaspoon nutmeg.

Method: Drain corn; boil liquid rapidly until reduced to ¼ cup. Add corn, butter and nutmeg; heat to serving temperature. Makes 3 to 4 servings.

Note: If yellow or white cream style corn is used, mix all ingredients; heat.

Peppery Corn

Ingredients: 2 tablespoons butter or margarine, 1 medium green pepper (sliced in rings), one 1-pound can yellow or white whole kernel corn, ¼ cup catsup or chili sauce, ½ teaspoon tabasco sauce.

Method: Melt butter; add pepper rings and cook until partly tender. Drain corn; add liquid to pepper and boil rapidly until reduced to ¼ cup. Add corn, catsup or chili sauce and tabasco; heat to serving temperature. Makes 3 to 4 servings.

Note: If yellow or white cream style corn is used, cook onion in 2 tablespoons of the bacon drippings until tender but not brown. Add crumbled bacon and remaining ingredients; heat.

Nutmeg Buttered Corn

Ingredients: One 1-pound can yellow or white whole kernel corn, 2 tablespoons butter or margarine, ¼ teaspoon nutmeg.

Method: Fry bacon until crisp; crumble and reserve. Pour off drippings. Drain corn; add liquid with onion to skillet. Boil rapidly until liquid is reduced to ¼ cup. Add corn, butter, chili powder and reserve bacon; heat to serving temperature. Makes 3 to 4 servings.

Note: If yellow or white cream style corn is used, cook onion in 2 tablespoons of the bacon drippings until tender but not brown. Add crumbled bacon and remaining ingredients; heat.

Many Variations For Banana Shakes

Child Health Day further reminds us that banana milk shakes are delicious and significantly nourishing since they contain milk and the well-rounded supply of vitamins, essential minerals and quick food energy found in bananas.

electric mixer until smooth and creamy. Add chilled milk; mix well. Serve immediately. Makes 1 large or 2 medium sized drinks.

Banana Chocolate Milk Shake. Add 1 tablespoon chocolate syrup before mixing "shake."

Banana Orange Milk Shake. Use ½ cup orange juice for half the milk. Add ¼ teaspoon sugar before mixing milk shake.

Banana Spiced Milk Shake. Sprinkle ground nutmeg or cinnamon on top of milk shake just before serving.

Foods for Children Featured

National Child Health Day and National Baby Week are being celebrated throughout the country. It seems appropriate that we pause a moment to pay tribute to those manufacturers and processors of baby foods who have packaged, canned and glassed so many fine products of mother's convenience and baby's pleasure and nourishment.

Grocery stores have handsome displays of baby foods worthy of your special attention; ideas and suggestions galore. Citrus fruits and all dairy products are also important items when it comes to feeding the youngest generation.

Beef continues in heavy supply with prices reasonably low on fancy cuts and positively low on the cuts for pot roasting, stewing and grinding into hamburger. Lean cuts are highest in protein while cuts with considerable fat are highest in food energy.

Raisins. Raisin production was heavier than usual last year because fewer grapes were crushed for wine purposes, results is a fine supply for eating out of hand and for using in salads and many bakery products.

Onions—Supplies are exceptionally heavy, the current crop being the third largest on record. Casserole layers of plentiful potatoes and onions with a bit of milk and seasonings; maybe top with grated cheese.

Dairy Products—May is one of the peak production months for dairy products. Cheddar cheese, cottage cheese and non-fat dry milk are bargains in good nutrition.

Other Plentifuls
Turkeys are substantially lower for the large sizes and it is newsworthy that young fryer turkeys are about due to arrive in retail markets.

Fish supplies, especially frozen halibut and fillets of haddock and cod are readily available at reasonable to bargain prices.

Citrus Fruits — Valencia oranges will soon be coming in and the crop is tremendous. Both fresh and processed grapefruit will remain good buys throughout May.

Tomato Juice, canned tomatoes, edible fats and oils, dried beans and peas, peanut butter and many seasonal vegetables are on the list of really good buys.

For Gingerbread

New trick for gingerbread! Blend ½ cup of sour cream sauce and freeze in your refrigerator. Cut into squares and serve atop gingerbread hot from the oven. My! it's good!

Berry Time Soon; Try This Dessert . . .

Strawberry season soon is here. Tuck this recipe away for a special dessert.

Ice Cream Pie

16 marshmallows
2 tablespoons strawberry juice
Few drops pink food coloring
2 egg whites, stiffly beaten
¼ cup sugar.
¼ teaspoon salt
¼ quart vanilla ice cream (firm)

1 cup fresh strawberries, sliced
8-inch paked pastry shell
Melt marshmallows and strawberry juice over low

Tossed Salad

Tossed salads are becoming very popular on western menus because they personify casual living which is so typically western. Then, too, there's an economy about tossed salads which allows the hostess to use left overs with discretion. At a neighborhood supper the other evening, the tossed salad had the usual variety of greens, julienne strips of bologna and cooked lima bean which had been marinated in rich French dressing were added.

heat, folding until mixture is smooth. Add coloring and cool. Beat sugar gradually into stiffly beaten egg whites until they hold a peak. Add salt. Then gently whip in the cooled marshmallow mixture. Fill pastry shell with very firm ice cream. Cover with layer of strawberries. Top with the meringue, swirled gaily. Rush to broiler and brown quickly. Tuck unstemmed strawberries in swirls, and serve immediately, 5 to 6 servings.

When you are ironing, remember that an iron heats more quickly than it cools. So first iron the clothing and other pieces that need low temperatures; iron cottons and linens that need high temperatures later.

Banana Pancakes For Sunday Breakfast

An efficient shortcut to Banana Pancakes is to make them with a prepared commercial pancake mix.

Banana Pancake Short-Cut

Follow the package directions for mixing. Heat the griddle slowly over low heat while mixing batter. For every 2 cups of dry mix used, lightly fold into the batter one cup (1 or 2 bananas) of finely diced, fully ripe bananas, be sure skins are flecked with brown. Bake on hot griddle, allowing ¼ cup batter for each pancake. When bubbles form on surface of pancake and edges are firm, turn and bake until browned. Serve hot with butter or margarine and syrup, honey or preserves.

Salads for All

One of our neighbors serves a salad tray when she's entertaining. It contains an assortment of salads and everyone may choose his favorite. It's a novel idea and colorful. The last party we attended had individual servings of cold slaw with ripe olives, avocado rings and fresh asparagus, fruit cocktail and cottage cheese. With that variety no one was disappointed.

If you wrap ground meat in moisture-vaporproof material, you can store it safely in the freezer compartment of your refrigerator for about two weeks. Luncheon meats, liver, kidneys and fish may also be stored this way for about this length of time.

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Your coupon worth 10¢ on the regular price of 2 large-size or 1 giant-size new Fab. Get Fab for whiter, brighter washes!

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