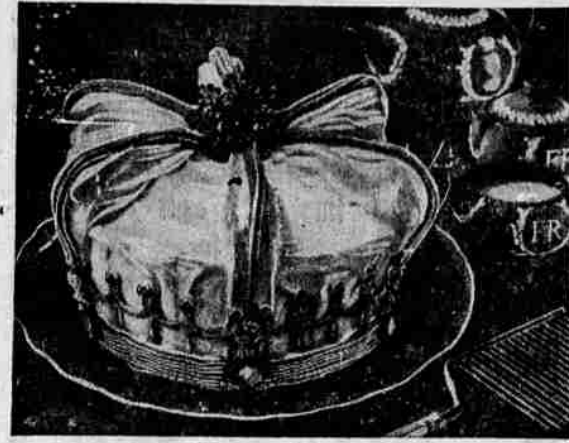


Varied Suggestions Given for Mother's Day Menus and Recipes

This Coronation Cake
Very Special for Lady
Of House, Come Sunday



Coronation Crown Cake . . . To honor Mother.

Early May Finds Marts Bountiful

Plentiful foods on May market are cause for rejoicing. Fields of plenty dot our landscape and fill our vegetable bins to overflowing. The green of asparagus vies with the red of luscious strawberries. From ocean, lakes, streams and frozen food warehouses come fine variety in fish at reasonable cost. Dairy products are approaching their seasonal peak of production and perfection. There's an abundance of meat of good quality; beef, pork and lamb. There's poultry, even turkey, for frying and broiling. No wonder the western woman is famous for her cooking! Menu planning is easy! Living is good! But we'd better stop being lyrical and get down to cases.

Dry Onions

The importance of onions in our cooking cannot be overestimated. Growers grow around two billion pounds a year and average per capita consumption is above 21 pounds. May is a peak production month in our area; all varieties are bargain-priced.

Dairy Products

Milk, butter, cheese, buttermilk and nonfat dry milk will continue plentiful. We'll not go into the butter situation but cottage cheese and cheddar cheese are excellent values in good nutrition at reasonable cost and nonfat dry milk is a genuine bargain at any time.

Beef for Home Freezers

If you've a home freezer or locker, now seems a good time to stock up on beef which is priced at the lowest mark within memory of many. Beef can be stored, say the experts at 0 (zero) degrees for six months, to a year, except for ground beef which should not be stored for more than 45 days. USDA experts recommend the selection of sound, high-quality meat for storage; pot roasts, steaks, stew meat and ground beef, packaged in quantities the purchaser will cook at one time.

Other Good Buys

Margarine, lard shortening and salad oils. Raisins, large turkeys, cod fillets and other frozen fish to be noted in local stores. Cannot resist mentioning fresh Chinook salmon for the making of a luxury meal at a budget price.

Vegetable Buys

Cabbage, cauliflower, carrots, celery, lettuce, onions, potatoes, bunched vegetables, rhubarb, squash lead with many other good values to be found. Fruit buys are local apples, grapefruit, small oranges. Good marketing!

FOR BREAKFAST

Honey muffins paired with fresh fruit atop cereal and served with honey milk make an interesting basic breakfast.

Hearty Salad With Meats and Olives

Husky wedges of ripe olives, cubes of bologna and hard-cooked eggs make a "Man-Sized Salad." A bit of celery is added for crunch and a vinegary mayonnaise for zip. It's a good take-along for an early summer picnic.

Man-Sized Salad

¾ cup ripe olives
2 hard-cooked eggs
1 cup sliced celery
1 cup diced bologna or other luncheon meat
½ cup mayonnaise
1 teaspoon prepared mustard
2 teaspoons vinegar
¼ teaspoon grated onion

Cut olives from pits into large pieces. Dice eggs. Combine olives, eggs, celery and bologna. Blend mayonnaise with mustard, vinegar and

Regal Meat Pie Always A Favorite

A regal meat pie can be made with left-over roast beef, and a tested recipe for the pie is included with this article. Simpler to make, and a delicious main dish, is Hot Roast Beef Sandwiches. Just heat the left-over meat sliced in gravy and serve on bread slices or toast.

Do you like chef's salad? This delicious mixture of salad greens with julienne strips of meat is delicious made with cold left-over roast beef. Just select the salad greens to your preference, mix with a good French dressing, and top with thin strips of roast beef. Casseroles as varied as your cooking inventiveness can be made with cubes of left-over roast beef and such delicious ingredients as canned peas,

onion. Pour over salad mixture and blend lightly. Makes 4 generous servings.

mushrooms, green pepper, tomatoes, onion, potatoes, macaroni and noodles.

Roast Beef Pie

4 tablespoons meat drippings or fat
4 tablespoons flour

Pear Treat

Wash, core and halve fresh pears. Arrange cut side up in a greased baking dish. Fill cavities with honey. Add a dash of cinnamon and wedged orange slices to each pear. Bake in a moderate oven (350 degrees F.) until tender. This may be done the night before. Apples may be used the same way.

CRISPY WAFFLES

Sprinkle waffle batter with crispy cereal flakes just before baking, serve with honey butter.

1 4-ounce can sliced mushrooms
Water
1 teaspoon salt
½ teaspoon pepper
3 cups diced cooked roast beef

1 cup cooked or canned peas

Heat drippings in heavy skillet; stir in flour; continue cooking until browned, stirring constantly. Drain mushrooms and add water to liquid to make 2 cups. Add liquid and cook, stirring constantly, until mixture thickens and boils. Mix in remaining ingredients and heat, stirring occasionally. Turn into 2-quart casserole and top with ring of cooked noodles or mashed potatoes. Biscuit topping may be used; decrease flour to 3 tablespoons. Bake in hot oven (425 F.) 15 to 20 minutes until thoroughly heated and potatoes or biscuits are browned.

Yield: 6 servings.

For Sunday Brunch

When Sunday brunch is a special occasion we like to serve chilled fresh grapefruit segments, garnished with fresh mint or a fresh strawberry, waffles with chopped walnuts in the batter, raisin and dried apricot conserve and worlds of steaming hot coffee. Our guests always seem to like to be invited for a return engagement.

Honey Egg Nog

One for the children to "grow on" is Golden Egg Nog poured over ready-to-eat or to-be-cooked cereal. Simply beat two eggs well, gradually add 3 tablespoons honey, and two cups milk. Blend thoroughly. Put in pitcher, sprinkle with a few grains nutmeg and serve immediately. Enough for 4 to 6 cereal bowls.

Who's the Queen at your house?

Mother, of course! So give her a royal present on Mother's Day and honor her with a Coronation Crown Cake.

To make the cake, use a package of angel food mix and you'll be able to prepare the base in no time. Decorate it with two kinds of frostings—Seven Minute and Confectioners, sugar, silver dragées and small square hard candies. If you plan to give Mother a piece of costume jewelry for Mother's Day, use it for the center garnish!

If some of Mother's friends are coming for tea or coffee, you'll want to serve savory tidbits before you bring on the Coronation Cake. Easiest choice in this department are various kinds of spread served with crackers and melba toast. Here are suggestions:

1. Deviled ham and hard-cooked eggs moistened with mayonnaise. Put the eggs through a ricer, if you have one, so they'll be very fine. A tiny bit of finely grated onion gives this spread zip.

2. Blue cheese mixed with an equal quantity of cream cheese, a little mayonnaise, and Worcestershire sauce. If you want the spread to be very smooth—and it tastes best this way—force the blue cheese through a fine sieve before mixing it with cream cheese.

3. Finely chopped chicken mixed with crisply cooked crumbled bacon and a little mayonnaise. Make life easy

for yourself and use canned chicken.

4. Soft cheddar cheese mixed with chopped walnuts or pecans and diced pimiento.

5. Creamy-style cottage cheese mixed with chopped raisins and flavored with lemon rind. Rinse the raisins in boiling water to plump them before you chop them.

Coronation Crown Cake

Ingredients: 1 package angel food mix, 1 recipe Seven Minute Frosting, 1 recipe Confectioners' Sugar Frosting.

Method: Prepare angel food mix as directed on package, baking in 9-inch to 10-inch tube pan. Cool upside down in pan 1 to 2 hours. Spread half of the Seven Minute Frosting evenly over cake. Pile the remaining frosting with a spoon into six spokes, radiating from the centerhole. Make spokes about ½ inch high near center hole and about 1 inch high at outer edge of cake. Tint Confectioners' Sugar Frosting a deep gold color. Use in decorating tube to outline the crown and spokes and draw a garland around sides of cake. Decorate with silver dragées and bright colored candies.

Seven-Minute Frosting
Combine in the top of double boiler: 2 unbeaten egg whites, 1½ cups sugar, dash of salt, ¼ cup water, and 2 teaspoons light corn syrup; mix well. Place over rapidly boiling water and beat (with egg beater or at high speed of electric beater) 7 minutes, or until frosting will stand in stiff peaks. Remove from water add 1 teaspoon vanilla; beat until thick enough to spread.

Confectioners' Sugar Frosting

Measure 2 cups sifted confectioners' sugar. Cream ¼ cup butter; add part of sugar gradually, beating well. Then add remaining sugar alternately with about 3 tablespoons milk, beating until smooth. Stir in 1 teaspoon vanilla and dash of salt.

Spanish Beans Good, Different

One taste of this bean dish and we think you'll agree that here's an admirable blend of seasonings. In case you're wondering, the coffee isn't apparent in the finished dish, but it does add extra richness of flavor.

Spanish Beans

6 slices bacon, cut fine
1 large onion, minced
4 (No. 303) cans red kidney beans
1 cup syrup from canned fruit (pear, peach, apricot, pineapple, or a mixture of any of these)
½ cup strong coffee beverage
¼ cup red wine vinegar
1 bay leaf, crumbled
¼ teaspoon thyme
Pinch of rosemary
1 teaspoon dry mustard
Salt and pepper to taste
½ cup sherry
½ teaspoon monosodium glutamate

Combine bacon and onion in a Dutch oven or other heavy kettle; cook gently, stirring frequently, until most of the fat is out of the bacon. Drain beans, reserving liquid for possible use later. Add beans to bacon and onion; add all remaining ingredients except sherry and bean liquid. Bring to a boil, then cover and simmer gently 1½ hours. Stir occasionally, using a fork to avoid mashing the beans. Add sherry just before serving. If mixture seems a little too dry, a little of the bean liquid may be added. Serves 6. Good with hot or cold baked ham (or wieners) or a platter of assorted luncheon meats, tomato aspic ring filled with cole slaw, and brown bread.

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