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Pickle Dishes, Strawberry Desserts Top Week's Food News

Please Pass the Pickles;  
Special Week Honors 'Em



Swiss Cheese Grill . . . With ham and pickle.

(AP Newsfeature)

You may find some good bargains in pickles during the ten-day period (May 14 to 23) called National Pickle Week. So here are two new dishes using pickle relish. The Ham, Pickle and Swiss Cheese Grill makes a delicious lunch when served with cole slaw and mugs of milk. The salmon steaks, with their special sauce, are nice for family or company.

**Ham, Pickle and Swiss Cheese Grill**

Ingredients: 1/2 pound cooked ham (coarsely ground), 1 teaspoon prepared mustard, 1/4 cup mayonnaise, 1/4 cup sweet pickle relish, 3 slices processed Swiss cheese, 8 slices bread (lightly toasted).

Method: Mix together well the ham, mustard, mayonnaise and pickle relish. Cut cheese in thin strips (about 1/4 inch wide). Spread ham mixture on toast. Arrange cheese strips over ham. Broil, watching carefully, until ham mixture is hot and cheese is lightly browned. Cut slices diagonally and serve at once. Makes 4 servings.

**Salmon With Pickle-Horseradish Sauce**

Ingredients: 4 three-quarter-inch thick salmon steaks (about 2 pounds), 1/4 cup butter or margarine (melted), 1 1/2 tablespoons lemon juice, 1/2 cup cream, 1/2 cup drained prepared horseradish, 1/4 cup sweet pickle relish, 1/4 teaspoon salt, 1/4 teaspoon pepper.

Method: Place salmon steaks on broiler pan. Mix melted

butter and lemon juice and brush over salmon. Broil 3 inches from source of heat for 3 to 4 minutes on each side, or until fish flakes easily with a fork. Brush with lemon butter during broiling time. Meanwhile whip cream and fold in horseradish, pickle relish, salt and pepper. Serve sauce with salmon steaks. Makes 4 servings.

**Grilled Salmon Steak**

Many agree that there is no fish compare with Chinook salmon which is a delicious as it colorful. Reasonable priced, a pound will make two or three servings. Salt and pepper one pound of salmon steaks. Grease griddle lightly and heat. Place steaks on griddle and press flat. Cook until browned, about 3 minutes. Turn carefully and cook until done. Total cooking time, ten minutes. Melt and brown butter. Remove fish from griddle. Sprinkle with lemon juice and chopped parsley. Pour hot browned butter over fish when ready to serve. Baked potato and generous green salad a fruit dessert and your family has a mighty good meal.

"Accentuate the flavor," that is what honey does when used in cooking raisins or dried figs, prunes or pears to be used on cereal. For example: honey-raisins on oatmeal. Um-m!

Pointers  
On Buying  
Produce

Intelligent and efficient buying of fruits and vegetables is aided considerably by a knowledge of market supply and demand. This column does its best to supply readers with information that is pertinent and helpful in the selection, care and preparation of foodstuffs. Today along with listing of the better buys, we give you a few general shopping tips.

Make your own selection of perishables for greater satisfaction and economy.

Consider those fruits and vegetables which are in season in the nearest production area. Locally grown fruits and vegetables usually are comparatively low in price.

Do not handle fruit and vegetables unnecessarily either in the store or at home.

Remember that the largest is not always the best. Compare weight and quality and choose size best suited to your purpose and size of family.

Nothing is a bargain unless you plan to fit it into menus at an early time while product is in its prime.

Watch scales and do your own cost computing. Cashiers always seem to me to be mathematical geniuses but even they make occasional mistakes and are quick to correct any error you might note.

**Vegetables and Fruit Buys**

Cabbage, cauliflower topped carrots, bunched vegetables, onions, old potatoes, new potatoes, several squash varieties, spinach are best buys. Reasonable prices mark everything else except corn, bean, eggplant, peas, peppers, sweet potatoes, artichokes which are scarce, therefore high. Small grapefruit, loose, local apples are best buys with strawberries worthy of close watching for peak and freezing, canning and jamming time. Talk strawberries over with your fruit man if you've not already done so. Melons and pineapples are luxury items.

**Other Good Buys**

Beef supplies are plentiful and likely to stay that way. Lamb is reasonable; pork trend is upward. Plenty of large turkeys. Lots of fryers and broilers. Exceptionally heavy supplies of fish especially frozen halibut and fillets. Good buys in canned fruit and tomato juices and in most fats and cooking, salad oils.

**DELICIOUS GRAPEFRUIT**

Four two tablespoons of honey on half grapefruit and place on cold broiler rack set about four inches below burner. Broil at 375 degrees F. 15 minutes or until slightly brown. Garnish each serving with a maraschino cherry. Serve at once.

**Cheese Mix Appetizer**

The use of beer is well known in cooking, particularly in Welsh rarebits but have you ever used it mixed cold with cheese? Beer gives this spread a zesty sharp flavor that really is something. Open one can or bottle (12 ounces) beer and let stand while preparing the following: Mix 1 1/2 pounds grated cheddar cheese, 1/4 pound blue cheese, 1/2 teaspoon salt and 1 teaspoon dry mustard. Blend in 2, tablespoons soft butter, 1 teaspoon Worcestershire sauce, 1/4 teaspoon tabasco (optional) and 2 teaspoons grated onion. When well blended, add beer 1/2 cup at a time, mixing until immediately or store in covered container in refrigerator or freezer.

Honey'n hot bran muffins, honey on fresh fruit—both of these add zip to the breakfast meal.

Deviled  
Round Steak  
Different

Good news for homemakers! Beef is plentiful. In fact, cuts of beef are among the best buys in many markets today, points out meat expert Reba Staggs. Here's a tempting way of preparing that popular beef cut, round steak. It's browned first, then slowly braised with a variety of seasonings.

**Deviled Round Steak**

1 1/2 pounds beef round steak  
Flour for dredging  
3 tablespoons lard  
3 tablespoons diced onion  
3 tablespoons flour  
1 teaspoon prepared mustard  
1 cup canned tomatoes  
1 cup water  
1 tablespoon vinegar  
1 tablespoon sugar  
1/2 teaspoon salt  
1/4 teaspoon paprika

Cut steak into individual servings. Dredge with flour and brown on both sides in lard. Mix the 3 tablespoons flour

**Chocolate Frosting  
Recipe That's Easy**

In answer to a request for a chocolate frosting recipe, here's this one:

**Chocolate Frosting**

3 sq. (3 oz.) unsweetened chocolate  
2 tablespoons butter, margarine or vegetable shortening  
2 cups sifted confectioners sugar  
6 tablespoons milk  
1 1/2 teaspoons vanilla extract  
Dash of salt

1. Melt the chocolate and butter together over hot water.

2. Gradually add confectioners sugar and milk. Beat well.

3. Add vanilla. Let stand a few minutes—stir well and spread on cake. Decorate with blanched almonds.

and mustard and combine with remaining ingredients. Cover and cook slowly on top of range or in a slow oven (300 degrees F.) for 1 1/2 hours or until tender. 4 to 6 servings.

Chocolate  
And Potato  
Torte Good

Torte is always a popular dessert and here is a delicious one:

**Chocolate Potato Torte**

Bake 60-70 minutes. Temperature 350 degrees F.  
1/2 cup shortening  
1 1/2 cups sugar  
5 eggs, separated  
1 cup sweet chocolate, graded (unsweetened chocolate may be substituted for 1/2 cup)

1 cup cold rice potatoes (pack lightly)  
2 cups sifted all-purpose flour  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1 teaspoon baking soda  
1/2 teaspoon cloves  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/2 teaspoon allspice  
1/2 cup blanched almonds, chopped

1 cup sour milk or buttermilk

1. Cream shortening. Gradually add sugar, then egg yolks, one at a time.

2. Add chocolate and potatoes.

3. Sift dry ingredients, add almonds, and add alternately with milk to the creamed mixture.

4. Beat egg whites until stiff, but not dry, and fold into the batter. Pour into a greased torte pan with flat bottom. Bake.

Enjoy Wilted Lettuce

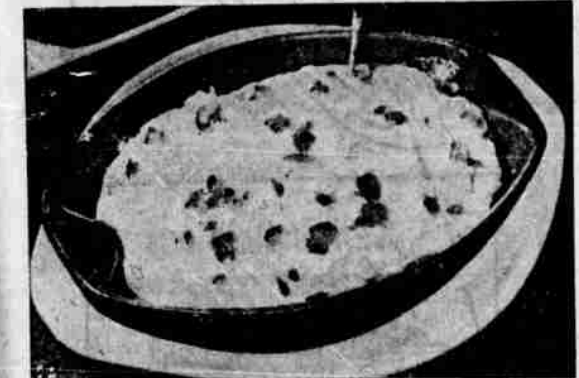
Let us enjoy wilted lettuce while lettuce is plentiful and low priced. Six servings Cut or break 2 bunches leaf lettuce into a bowl. Slice 4 green onions into it. Cut bacon into small pieces and fry until crisp. Add 1/4 cup mild vinegar, 2 tablespoons water and 1 tablespoon brown or white sugar. Heat to boiling. Pour over lettuce and onions, sprinkle with salt and pepper and toss lightly until wilted. Serve at once.

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4. Beat egg whites until stiff, but not dry, and fold into the batter. Pour into a greased torte pan with flat bottom. Bake.



Pickle-Horseradish Sauce . . . With salmon steaks.

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