

### Planning Breakfast Menus Ahead Aid in Busy Time

For busy seasons, it is handy to have breakfast menus planned ahead. Here is a suggested set for a week.

- MONDAY**  
Grape Juice  
Shredded Wheat Milk  
Crumb Coffeecake Butter  
Cocoa Coffee
- TUESDAY**  
Dried Fruit Compote  
Tossed Cereal Bowl\* Milk  
Crullers Butter  
Coffee
- WEDNESDAY**  
Thin Orange Slices  
Oatmeal Milk  
Sweet Biscuit Pinwheels\*\*  
Butter Coffee
- THURSDAY**

- Pineapple Slices  
Whole Bran Raisins Milk  
Creamed Eggs on Toast Points  
Buttered Toast  
Coffee
- FRIDAY**  
Cooked Prunes with Orange  
Garnish  
Puffed Rice Brown Sugar  
Milk Scrambled Eggs  
Pumpkinroll Toast Butter  
Coffee
- SATURDAY**  
Chilled Grapefruit Juice  
Farina Milk  
Peanut Roll Butter  
Cocoa Coffee
- SUNDAY**  
Honey-baked Apple  
Oatmeal with Prune Orange  
Topping  
Grilled Breakfast Sausage  
Graham Muffins Butter  
Milk Coffee

### Fried Chicken—It Can't Be Excelled

For 3 frying chickens, cut in serving pieces, mix 1 cup enriched flour, 1 tablespoon salt, 2 tablespoons paprika, 1/4 teaspoon poultry seasoning, 1/4 teaspoon pepper in a paper or other convenient bag. Shake chicken a few pieces at a time until coated evenly with flour mixture. Place pieces on rack for a few minutes before frying so coating will stick.

Heat 1/2 inch melted fat or salad oil in a heavy skillet. Cook chicken in hot fat until golden brown; 12 to 15 minutes. Turn pieces occasionally so they will brown evenly. Place chicken pieces one layer deep in a shallow baking pan. Combine 1/4 cup melted butter or tallow from chicken with 1/4 cup broth or milk. Drizzle butter mixture over chicken. Bake in moderate oven, 350 degrees, until chicken is tender; 25 to 30 minutes. Make gravy, of course.

\*Tossed Cereal Bowl. Toss together, salad style, two, three, or even four kinds of ready-to-eat cereal in a large bowl. Serve with cooked dried fruit atop.

\*\*Sweet Biscuit Pinwheels. Spread rolled biscuit dough with melted butter or margarine and then with brown sugar. Roll like a jelly roll; cut in 1-inch slices. Place in a greased pan and bake at 425 degrees F. for 17 to 18 minutes. Oatmeal with Prune Orange Topping. Combine 1/4 cup of prune juice and 1/4 cup of sugar; cook about 3 to 5 minutes. Add 1/4 tablespoon of lemon juice, 1/4 cup of cooked, diced prunes, and 1/4 cup of finely diced oranges. Cook slowly until thickened. Serve atop oatmeal, other hot cereals, ready-to-eat breakfast cereals, and as a spread for toast.



### Curried Shrimp in Spinach Ring Filling and Appetizing Main Dish

The home economist for the American Dry Milk Institute sent this good ring suggestion for fillin' fare:

**Spinach Ring**  
1/4 cup butter or margarine  
1/4 cup flour  
1/4 cup nonfat dry milk solids  
1 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon Accent  
1 cup water

1/4 cup coarsely grated sharp cheese  
3 well-beaten egg yolks  
1 cup drained, chopped, cooked spinach  
3 stiffly beaten egg whites  
Melt butter in top of double boiler; remove from heat. Add flour, nonfat dry milk, salt, pepper and Accent. Mix well. Slowly add water, stirring constantly while mixture cooks. Add cheese and stir until melted. Add small portion of sauce to yolks. Return to double boiler and cook 1 minute. Fold in spinach and egg whites. Pour into greased 8-inch ring mold. Bake in pan of hot water in moderate oven (350 degrees F.) 45 minutes. Remove from oven; allow to stand few minutes before turning out on platter. Fill center with Curried Shrimp. Garnish with slices of lemon and paprika. Makes 6 servings.

### Swiss Chard Used in Many Ways Now

Swiss chard is a member of the beet family and is sometimes called "the leafy beet." However, it is used more as a green than as a root vegetable. Its large curly leaves and fleshy succulent stalks have an agreeable and distinctive flavor that will make a most welcome addition to any menu.

Nutritionally, Swiss chard is a good source of the important vitamins and is rich in mineral content. There are many appetizing ways of presenting Swiss chard to the family. The leafy portion is usually cooked as you do spinach while the tender stems can be served as you would asparagus.

The small crisp leaves may be used raw in salads. They are somewhat similar in taste to romaine lettuce. Cream of chard soup is a favorite in many households. It is made in the same manner as cream of spinach soup by adding the cooked and sieved greens to a thin cream sauce with a suggestion of sage, lemon or onion flavoring.

- Curried Shrimp**  
6 tablespoons butter or margarine  
1/4 teaspoon curry powder  
1/4 cup coarsely chopped, blanched almonds  
3 tablespoons flour  
1/4 cup nonfat dry milk solids  
1 1/2 cups water  
1/2 teaspoon Worcestershire sauce  
1/2 clove garlic, crushed  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/2 teaspoon Accent  
1 tablespoon lemon juice  
1 pound cooked shrimp, deveined
- Melt 2 tablespoons of the butter in small saucepan. Add curry powder and almonds; cook gently until almonds are golden brown. Set aside. Melt remaining butter in top of double boiler; add flour and cook gently. Remove from heat. Add nonfat dry milk; mix well. Add water slowly, stirring constantly. Cook until smooth and thick. Add remaining ingredients; cook long enough to heat shrimp thoroughly.

### Time-Dime Saver

Here's a recipe easy on time and dime, baked tomatoes with onion rings. Slice a large onion and separate into rings. Cook in butter or margarine until tender and add a No. 2 can tomatoes. Simmer a few minutes to blend flavors and season to taste. Serve in sauce dishes.

### Tea Sandwiches

A delicious topping for open-faced tea sandwiches is this combination: Soften one 3-ounce package of cream cheese with pineapple juice and blend in 2 to 3 teaspoons of chopped mint.

### Tasty Menu

One of our popular hostesses, known for her good food and interesting menus, served this the other day: Turkey Newburg with sliced ripe olives, prune filled rolls, salted almonds, sherried canned cling peaches and petit fours.

### Cheese Soup, Interesting Condiments Always a Hit . . .

Bismillah! Translated from Arabic means "Come and Eat." In many American homes "Soup's On" means the same thing. You will not have to beg family or guests to come and eat if the soup is a hearty cheese soup made with natural

American cheddar and served with a variety of interesting condiments. There will be no necessity to grate the cheese if you use the 3-ounce roll of natural American cheddar. Just slice it thinly, add it to the hot soup mixture and stir until the cheese is completely melted.

### Ham-Peach Salad

Ham and peaches are used in this tasty salad. **Ham and Peach Salad**  
Ingredients: 10 canned cling peach halves, one (3-ounce) package cream cheese, one (3-ounce) can deviled ham, salad greens, tart French dressing. **Method:** Drain peaches thoroughly. Blend cheese with ham and heap into half the peaches. Top with remaining peach halves, pressing together. Serve on greens with French dressing. Makes 5 servings.

Pass a tray of condiments and let each guest or member of the family sprinkle a spoonful of each condiment over the creamy yellow soup. It's fun to see the blending of the colorful additions and to taste the intermingling of flavors. Green pepper, red pimento, yellow egg yolk, golden brown toasted almond slivers, bits of crispy bacon and popcorn, add eye appeal, flavor and conversational value. **Cheese Soup** (Makes 6 to 8 servings)

- 2 tablespoons butter or margarine
  - 2 tablespoons chopped onion
  - 2 tablespoons flour
  - 2 bouillon cubes
  - 1 1/4 quarts (6 cups) homogenized milk
  - 4 3-oz. packages cheddar cheese, sliced
- Melt butter or margarine in saucepan. Add onion and cook browned. Stir in flour; blend well. Add bouillon cubes. Gradually add milk, stirring constantly until smooth. Add cheese. Cook over hot (not boiling) water, stirring occa-

sionally, until cheese melts. Serve at once. If desired, sprinkle top with chopped crisp bacon. Accompany Cheese soup with condiments: Sprinkle a spoonful of each of the following condiments on each serving, or pass a condiment tray and let your guests help themselves:

1. Popcorn
2. Chopped green pepper
3. Finely chopped pimento
4. Sieved egg
5. Toasted silvered almonds
6. Minced onion

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**DELICIOUS**

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## DECORATION DAY SPECIALS!

<b>FISHER'S BISKIT MIX</b> Best for Shortcake (Limit 3) <b>3 pkgs. \$1.00</b>	
<b>COFFEE</b> H. & H. Special <b>73c</b>	<b>2 lbs. \$1.45</b>
<b>RAISINS</b> 4-lb. pkg. <b>49¢</b>	<b>Kipperd Snacks</b> See Tel. can <b>5¢</b>
<b>PEACHES</b> Del Monte Natives No. 2 1/2 can <b>27¢</b>	<b>SUGAR</b> Sprinklets <b>5 lbs. 49¢</b>
<b>Pancake Flour</b> Fishers—Save 10c 2-lb. pkg. <b>29¢</b>	<b>MUSHROOMS</b> Chopped, can <b>5¢</b>
<b>Canned Peas</b> Hunt's—15-oz. can Reg. 10c, Limit 12 <b>2 for 25¢</b>	<b>NAVY BEANS</b> Small White (Save 10c) 2-lb. pkg. <b>29¢</b>
<b>Canned Corn</b> Hunt's—Cream Reg. 10c, Limit 12 <b>2 for 25¢</b>	<b>Potted Meat</b> 1/2 PRICE 3/4 oz. <b>5¢</b>
<b>Ripe Olives</b> Large No. 1 can, each <b>17¢</b>	<b>— MEATS —</b>
<b>SQUIRT</b> BOTH SIZE BOTTLES BUY ONE AT REGULAR PRICE —GET ONE FREE	<b>Cascade Picnic Hams</b> <b>45c</b>
	<b>Skinless Wieners</b> Cascade <b>49c</b>

**PRODUCE**

<b>CUKES</b> Each <b>8c</b>	
<b>SPUDS</b> 50 lbs. <b>99c</b>	
<b>CARROTS</b> Fresh Bunch <b>3 for 25c</b>	
<b>RADISHES</b> Solid, crisp, bun. <b>5c</b>	

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