

Edited by Marian Lowry Fischer

Salem, Oregon, Thursday, August 6, 1953

Published Thursday Each Week

Fresh Fruit and Vegetables Abound; Informal Meals Popular



Plenty of Fruit Now In Markets

Now is the hour to have variety plus in your fruit and vegetable eating. With many kinds at their peak, many just arriving and some on their way out, the prices may not always be the lowest but quality and variety are certainly "tops."

The Fruit Department

This year's early Gravenstein crop has produced top quality fruit, according to the growers, and prices are reasonable. Keep some cold and crisp in your refrigerator for eating fresh. Tender and juicy, this variety of apple holds its shape and texture superbly under cooking processes. Apricots, berries with an accent on blackberries, cherries, peaches, pears, plums, melons (particularly cantaloupe and watermelon), grapefruit, small oranges, and grapes are all available at fair to moderate prices. Bananas are frequently to be found at much lower than their usual price due to the abundance of other fruits and to their extreme perishability in the summer heat.

The Vegetable Department

Good buys here include cucumbers, artichokes, corn, cauliflower, cabbage, celery, Bell peppers, lettuce, onions, and white potatoes. Bunch vegetables are also in the good buy class. When shopping for fresh beets and turnips, look for those that are smooth and blemish-free. When rough or ridged they may be tough and woody. Make sure the leaves are relatively clean and crisp so you can make use of them in making soup stock or eating as "greens." Medium length celery that is brittle and of good color makes the best buy in this vegetable. Corn is at its best right now, and sweet, juicy corn-on-the-cob just can't be beat as a hot vegetable for summer meals. Good quality tomatoes are plentiful. Choose those that are firm, well-formed and not over-ripe. Remember to wash and dry them before storing in the refrigerator.

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Variety of Canned Meats Is Useful

Next time you go shopping remember to "pop an assortment of canned meats into your market basket. It will provide you with the basis of many interesting and easy to prepare summer meals.

You can make appetizing main dishes in minutes with canned meats. For example, serve corned beef hash this easy way: Chill hash in the can, slice and brown on both sides in a little hot butter or margarine. Also brown well drained canned pineapple slices. Serve hash topped with pineapple.

Another tasty main dish is creamed dried beef on toasted English muffins. For added flavor and food value, melt some processed American cheese in the white sauce used to "cream" the beef. Another way of varying this good dish is to add fried mushrooms or leftover cooked vegetables (such as peas or corn) to the sauce; season with a little Worcestershire sauce, dry mustard or curry powder. An attractive touch is to top each serving with sliced hard cooked eggs.

Quick Mixes Aid

When you're taking your cooking easy during the warm summer months quick mixes will be one of your greatest aids. Chopped walnuts and seedless raisins stirred into the batter of cookie mix cookies will give them extra good flavor and also help keep them fresh. These cookies are wonderful to have on hand at snacktime to serve with tall glasses of cool lemonade.

Sandwich Trick

Did you ever try spreading the sections of bake-and-eat packaged butterflake rolls with a sandwich filling before baking? They're perfectly delicious and ideal to serve with a combination vegetable or fruit salad. Mix equal parts of ready chopped ripe olives with grated cheese and enough may-

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Meat Department Buys

Beef continues to be the "the buy." Again we remind you to check this paper's advertising for the very best buys. Turkey supplies remain ample and prices reasonable. Rabbits are a good buy particularly in view of their small bones and correspondingly large amount of meat per pound. Good marketing!

Sugar-Nut Cake New, Delicious

Hot out of the oven is this news about a truly remarkable cake that has ALL the virtues of a good-eating dessert... easy to make, wonderful to look upon and simply marvelous to eat! The sugar mixture sprinkled in the bottom of the pan before the cake baking comes out afterwards as a buttery caramel-like topping. It's important to cut the cake before it cools and while the topping is still soft.

Sugar-Nut Cake

- 1 cup sugar
- 1 cup brown sugar, firmly packed
- 2 cups sifted all-purpose flour
- 1/2 cup butter or margarine
- 1/2 cup broken walnut meats
- 1 egg
- 1/2 teaspoon nutmeg
- 1/2 teaspoon allspice
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1 cup sour cream

First make this Crumble Mix:

- Measure into a mixing bowl sugar, brown sugar, flour and butter or margarine; mix together, using a fork or pastry blender until mixture is crumbly.

Sprinkle nutmeats over bottom of ungreased 9-inch square pan. Take out 2 cups of the Crumble Mix and spread evenly over nutmeats.

Then make the batter:

Beat eggs; add spices, salt, baking soda and sour cream, beating until smooth. Stir into the remainder of the Crumble Mix to make a batter; pour into pan.

Bake in a moderate oven (350F.) about 55 minutes. Remove from oven; cool 5 minutes, then cut into 12 bars, using a very sharp knife. Layer will be hard, but will cut on pressure.

To serve, invert pan on tray or plate, lift off.

onaise for blending. Spread the mixture between the sections of the rolls and bake as directed.

Huckleberry Pancakes

Fancy cultivated blueberries or native huckleberries; both make marvelous eating. How about tucking some into the breakfast pancakes or make a luncheon or supper specialty of them? One and one-fourth cups berries would be about right for a batter recipe using 1 1/2 cups of flour, or even simpler, use a pancake mix. Save largest, most luscious berries to sprinkle on top.

Ham 'n Corn Fritters Are Good

Heavenly as corn on the cob is, perhaps you're ready for a change. Plan this to follow the next ham meal using leftover ham. Or you can finely dice canned luncheon ham. For that matter, you can substitute canned corn niblets or frozen cut corn.

Ham 'n Corn Fritters

- 1/2 to 1 cup cubed ham
- 1 cup flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 beaten eggs
- 1/2 cup milk
- 1 tablespoon melted fat
- 1 1/2 cups corn, cut from cob
- 2 tablespoons chopped pimiento
- 2 tablespoons chopped green pepper
- 1 teaspoon grated onion

Sift dry ingredients into mixing bowl. Combine liquids and stir into dry ingredients. Stir in remaining ingredients, including the ham. Drop from tablespoon into deep hot fat. Fry 3 to 5 minutes. Serve immediately.

Fresh Pear Salads

Chilled ripe pears add a cool and refreshing touch to a luncheon or supper plate. Just wash, halve and core the chilled pears at serving time and top with a spoonful of crushed pineapple or cottage cheese or balls of seasoned Philadelphia cream cheese. Serve with or without a salad dressing of the French type.

Blueberry Scones Delicious

Piping hot scones with a cup of tea always give a festive touch to tea time — to breakfast time too for that matter. But for a really special treat make them Blueberry Scones. Here's a recipe that just can't fail, so make them often while those big, juicy blueberries are at their very best.

Blueberry Scones

- (Makes about 18 scones)
- 2 cups sifted all-purpose flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1/2 cup shortening
- 1/2 cup milk
- 2 eggs, beaten
- 1 1/2 cups blueberries, washed and well drained
- 1/4 cup light cream (approx.)

Sift together flour, baking powder, salt and sugar. Cut in shortening until mixture resembles coarse corn meal. Combine milk and eggs. Add to dry ingredients and mix lightly. Add blueberries. Roll out on a lightly floured board to 1/2-inch thickness. Cut into 4 by 4 squares. Cut each square into 2 triangles. Place on a lightly-greased baking sheet. Brush each with cream. Bake at 450 F. for 12-15 minutes.

Note: If frozen blueberries are used, thaw and drain. Proceed as with fresh berries. If canned blueberries are used, drain and proceed as with fresh berries.

Flavor Appreciated In Icebox Cookie

You'll like the flavor in these cookies:

Lacy Cooky-Crisps

- 1/2 cup seedless raisins
- 1/2 cup shortening
- 1/2 cup water
- 1/2 cup sifted flour
- 1/2 teaspoon soda
- 1/2 teaspoon salt
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1/2 cup chopped nuts
- 1 1/2 cup uncooked rolled oats
- 1 cup brown or dark brown sugar
- 1 teaspoon vanilla

Heat raisins, shortening and water together gently just until shortening is melted. Cool. Sift flour, soda and salt together into bowl; add rest of dry ingredients, then raisin mixture and vanilla; mix well. Chill. Drop walnut-size pieces of the dough on greased baking sheet, leaving about 2 inches space between for spreading. Bake at 350 degrees (moderate) 10 to 12 minutes. The cookies will be very soft; let them stand 1/2 to 1 min. after removing from oven, until they are firm enough to remove to rack with pancake turner. They are crisp when cold. Makes 3 to 4 dozen.

Peaches, Pears, Prunes Of Northwest Top Fruits

Summertime is the season for picnics, patio parties, barbecues and as much outdoor living as possible while old man sun is high in the heavens. Cooling salads are in great demand all summer long, using fresh fruit with fine flavor, eye appeal and simple preparation.

Peaches are gems of the northwest with their golden flesh and ruby red center. Bursting with juice, they are delicious in fresh or frozen salads, freshly sliced with cream or ice cream, with shortcake or eating out-of-hand.

Fruit Salad

- 2 ripe freestone peaches
- 3 Italian prunes
- 1 Bartlett pear
- 1 3-ounce package cream cheese
- 1/4 cup chopped nuts
- Lettuce
- Mayonnaise or salad dressing

Line two salad plates with crisp lettuce. Peel, halve and pit peaches. Place two halves, cut side up, in the center of each plate. Wash, halve and pit fresh prunes and place 3

halves cut side down at the base of the peach halves. Wash and slice pear into eights. Arrange 4 pear slices on each plate at the top of the peaches. Form cream cheese into 4 balls and roll in chopped nuts. Garnish each plate with two cheese balls. Serve with mayonnaise or salad dressing. Will serve two.

Fresh Peach Compote

- 3 freestone peaches
- 1 cup water
- 1/2 cup honey
- 3 tablespoons lemon juice
- 3 tablespoons orange juice
- 1/4 teaspoon powdered ginger
- 1/2 cup blueberries

Peel peaches. Cut in half and remove stone. Add honey and fruit juice to water. Place over high heat and bring to a boil. Lower heat and add peach halves. Cook gently for 3 minutes, basting peaches with syrup. Remove peaches to dish. Add ginger and blueberries to syrup. Remove from heat; pour over peaches and chill. Just before serving garnish with fresh mint. Serves 6.

Baked Crusted Bananas Good

Steak dinners are all the fashion, and with good reason, as any woman knows who does her own marketing. Steak is selling at lowest prices in years. In fact, in many localities steak is priced the same as hamburger just a year ago.

What is your favorite food to serve with steak? French fried potatoes? Green salad? A big baked potato? Those are all just fine. But now comes a delicious new accompaniment for a steak. It is Golden Crust Bananas, a way of serving bananas cooked that is simply delicious.

Golden Crust Bananas are mellow halves of banana, baked with a delicious crisp crust of crushed corn flakes, bread or cracker crumbs. This is the type of food that shows real imagination and will do a hostess credit. Golden Crust Bananas can be made ready for baking the morning of a dinner and held until time for baking them. The baking only takes about 10 to 12 minutes.

Golden Crust Bananas go well with almost any combination of foods... meat, fish or poultry. Serve them as a vegetable, and you will find their different delicious flavor very much in demand. For cooking, choose a less ripe banana that will stay firm when cooked. A slightly green-tipped or all-yellow peel means the less ripe banana... the ideal one for cooking.

Golden Crust Bananas

- 1 egg, slightly beaten, or

- 1/4 cup undiluted evaporated milk
- 1 1/2 teaspoons salt
- 4 firm bananas*
- 1/2 cup finely crushed corn flakes, bread or cracker crumbs
- 3 tablespoons butter or margarine, melted

*Use slightly green-tipped or all-yellow bananas. Mix together egg or undiluted evaporated milk and salt. Peel bananas and cut into halves crosswise. Dip banana halves into egg or milk, then drain 2 to 3 minutes. Roll in crumbs. Place banana halves into greased baking dish. Sprinkle bananas with melted butter or margarine. Bake in a very hot oven (450 degrees F.) about 10 to 12 minutes, or until bananas are tender... easily pierced with fork. Brown under broiler 2 to 3 minutes, just before serving. Makes 4 servings.

Important: If desired, bananas will brown in the oven if baked at 450 degrees F. 4 minutes, then baked at 500 degrees F. for remaining 8 minutes.

Tomato Salad Delight

Peel and cut 6 large tomatoes into thin slices. Sprinkle each slice with a little basil and thyme. Place in layers and let chill in refrigerator for an hour. Serve on any available greens with spicy French dressing and garnish of paprika.

Squaw Corn Good

About ready to start cutting corn off the cob now that the family has caught up on eating new season corn-on-the-cob? Or maybe you've some left over. Brown 1 cup cubed cooked ham lightly in dripping. Mix together 2 beaten eggs, 2 1/2 cups cut corn, 2 tablespoons cream or top milk and salt and pepper to taste. Pour over ham. Cook over very low heat, stirring constantly until eggs are set. Serve with mixed vegetable salad and a fresh fruit or berry pie.

Ways to Cook Bass Also Listed

Most anglers' wives in this part of the country know how to cook the occasional fish their husbands bring home, but in this state recipes are rarely published for preparing striped bass, a fish not available in the market because the state law reserves it for sport fishing.

Now a fisherman has published a book titled Striped Bass Fishing in California and Oregon. It has an entire chapter on ways to prepare striped bass. Author is Leon Adams of San Francisco. He not only tells how to cook "the striper" but also tells where they're biting today, how to rig tackle to make monsters strike, to troll, cast, fish with bait... cook what you catch. Fun to read, too, with exciting fishing yarns and Oh! Yes, he tells also about the love life of "stripers."

Ways to fix?

Fillet the Striped Bass

On one thing, most agree. The best way to prepare striped meat is in fillets. Don't try to get the skin off the fillet. Instead, simply lay the fish wet with skin down and slice the fillet off the skin. Leon Adams says it's easy and he should know.

- 2 pounds of fillets
- 1 large onion, sliced
- 1 cup sauteer or any white table wine
- 3 tablespoons butter
- 2 sliced tomatoes
- 1/2 green pepper, sliced
- 2 teaspoons Worcestershire sauce

Sprinkle fish fillets with salt and pepper and cover with the sliced onion. Pour wine over all and let soak overnight. Melt butter in large shallow baking pan. Remove fish and onion from wine and place in baking pan, cover with tomatoes and green pepper and sprinkle with salt. Bake until fish is tender, about 35 minutes in moderate oven, 375 degrees. (Don't overcook.) Baste frequently with wine in which the fish was soaked, mixed with Worcestershire sauce. Makes four large or six moderate servings. Especially tasty when served cold.

Stuffed Vegetables

- 3 each tomatoes, green peppers, and large cabbage leaves
- 1 egg
- 2 cups (1/2 pound) ground cooked meat
- 1/4 cup minced onions
- 1/2 clove finely minced garlic
- 1/4 cup chopped pimiento
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon melted butter or margarine
- 1 1/2 cups oven-popped rice cereal
- 1 1/4 cups condensed tomato soup
- 1/2 cup water

Remove centers from tomatoes; remove tops and seeds from peppers; dip cabbage leaves in boiling water to soften. Beat egg slightly and mix well with remaining ingredients in order listed, except tomato soup and water. Fill tomatoes and green peppers with meat mixture. Put tablespoonful of stuffing in center of each cabbage leaf; roll and tie, or fasten with small skewers. Place stuffed tomatoes, peppers and cabbage leaves alternately in kettle or casserole, add tomato soup diluted with water. Cover and simmer about 30 minutes.

Yield: 9 servings.

Put Color in Vegetable Plate

A vegetable plate can be dull or delightful. Depends on the cook. If she has an artistic touch she will choose vegetables with an eye to color and a thought to texture. Tomatoes, green peppers and cabbage are a trio that can look as pretty as a wonderful color photograph!

Transform those vegetables into a triple treat. Stuff them with a delectable mixture made of ground ham, or other meat, seasonings and crisp rice cereal.

Stuffed Vegetables

- 3 each tomatoes, green peppers, and large cabbage leaves
- 1 egg
- 2 cups (1/2 pound) ground cooked meat
- 1/4 cup minced onions
- 1/2 clove finely minced garlic
- 1/4 cup chopped pimiento
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon melted butter or margarine
- 1 1/2 cups oven-popped rice cereal
- 1 1/4 cups condensed tomato soup
- 1/2 cup water

Remove centers from tomatoes; remove tops and seeds from peppers; dip cabbage leaves in boiling water to soften. Beat egg slightly and mix well with remaining ingredients in order listed, except tomato soup and water. Fill tomatoes and green peppers with meat mixture. Put tablespoonful of stuffing in center of each cabbage leaf; roll and tie, or fasten with small skew