

Edited by Marion Lowry Fischer

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# Early Fall's Markets Filled With Produce, Bargains Too



## Spanish Lima Beans Special

With a few cooked dry limas on hand these "Spanish Lima Beans" are no trouble at all to put together. Combine them with a can of chopped ripe olives, some tomatoes, cheese and a few savory seasonings. Bake half an hour in a moderate oven.

1 small clove garlic  
1 cup chopped onion  
1 cup chopped green sweet pepper  
1/4 cup cooking oil  
1 teaspoon salt  
1 tablespoon chili powder  
1 cup canned tomatoes  
1 1/2 cups cooked dry lima beans\*  
1 (4 1/2-ounce) can chopped ripe olives  
1 cup grated American cheese

Cook minced garlic, onion and green pepper in oil until lightly browned. Stir in salt, chili powder, tomatoes, beans, olives and 1/2 cup cheese. Pour into baking dish and sprinkle top with remaining cheese. Bake in moderately hot oven (375 degrees F.) about 30 minutes. \*3/4 cup uncooked.

## If You Fix That Spinach This Way, All Will Go for It

Smiles, not groans, greet this spinach dish when youngsters at our house taste it. We serve it often. If you have a triple-bladed, spring-action chopper you can shred the spinach in no time. The sauce is a can of condensed soup. Use the one your kids like best. Topped with crisp bacon—always welcomed by small fry—this dish makes a hearty and nutritious main course for a school-day lunch.

**Creamed Chopped Spinach**

Ingredients: 2 pounds fresh spinach, one 10 1/2-ounce can cream of mushroom or chicken soup (undiluted), salt and pepper (to taste), 3 slices bacon (crisply cooked). Method: Remove stem ends and any tough veins from spinach. Wash in warm water several times, change water each time, lifting spinach out of water each time so sand and grit sink to bottom. Place in heavy saucepan over low heat with just the water clinging to the leaves; cover. Turn with fork as bottom leaves wilt; simmer

about 3 minutes. Drain and chop spinach with triple-bladed, spring-action chopper. Place chopped spinach in saucepan with soup. Heat, stirring often. Add salt and pepper to taste. Chop bacon with spring-action chopper and sprinkle over creamed spinach. Makes 4 servings.

**Choice Tuna CENTER CUTS only!**

Look for the Mermaid on the label!

A Van Camp Sea Food product by VAN CAMP SEA FOOD COMPANY, INC. Main Office Terminal Island, California

## Lemon Sally Lunn for Breakfast

Lately, you've been hearing and reading a lot about good breakfasts. Medical and nutritional leaders are stressing the health benefits of eating a substantial meal in the morning, one that supplies one-fourth to one-third of the day's food needs.

Naturally, you'd like your family to share the benefits of better breakfasts. But maybe getting them to eat that bet-

ter breakfast is a problem in itself.

Quick Lemon Sally Lunn wins coffee cake honors in the better breakfast field. Its lemony sugar topping and delicate aroma tempt even the most reluctant morning appetites. Serve treats like this often and you'll find that interest in breakfasts picks up.

**Quick Lemon Sally Lunn**

2 cups sifted enriched flour  
3 teaspoons baking powder

## Skillet Meal Using Limas

We'll call this recipe "Lima Skillet Meal" because it is practically a whole meal in a skillet. You merely brown onions and small cubes of pork in a heavy skillet. Then add cooked large dry lima beans and simmer to tenderness in tomato juice. To serve, we like to put it in a heat-proof bowl and sprinkle with cheese. Then we leave it in the oven while we toss a salad.

**Lima Skillet Meal**

1 pound pork or beef cubes  
1 finely chopped onion  
2 tablespoons bacon drippings  
1 teaspoon salt  
1/2 teaspoon pepper  
2 cups tomato juice  
3 cups cooked large dry limas\*

1 cup shredded sharp cheese

Brown meat and onion in hot bacon drippings. Stir in salt, pepper, tomato juice and limas. Cover closely and cook over very low heat about 30 minutes. Turn into warm serving dish and sprinkle with cheese. Serve very hot. \*(1 1/2 cups uncooked.) Serves 4 to 5.

**TABLE TREATS**  
FROM THE FAMOUS  
M. C. P. KITCHEN LABORATORY  
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## WATCH YOUR FAMILY GO FOR THESE EXTRA FINE FRUIT DRINKS!

**YOU'D HARDLY BELIEVE** refreshing fruit drinks could be improved upon for enjoyment and wholesomeness. But, when you make the wonderful new M.C.P. fruit beverages (described below) you'll change your mind. It's amazing, but by using pectin (the same M.C.P. Pectin used in jam and jelly making), these new M.C.P. beverages have an extra smoothness and "body" that makes them extra delightful to taste; and they're extra wholesome, too, because the healthfulness of pectin\* is added to that of the fruit. You can make these unusually tasty and valuable beverages for only a few cents a glass... the year 'round... and watch the family go for them!

**M.C.P. "PECTIN FRUIT-AIDES"** (Orange, Pineapple, Concord Grape) - Empty 6-oz. can of any of these frozen concentrated juices into large pitcher; using empty can, measure in 3/4 CANE cool water; add a 3/4-oz. package M.C.P. JAM AND JELLY PECTIN; stir mixture well until pectin is fully dissolved; add ice. Makes 1 1/2 quarts.

**M.C.P. "PECTIN LEMONADE"** - Fully dissolve a 3/4-oz. package M.C.P. JAM AND JELLY PECTIN in 5 measuring cups cool water; add 1/2 cup sugar and 1/2 teaspoon lemon extract; stir well; add ice. Makes more than a quart. (M.C.P. Pectin and the citric acid with it both come directly from fresh lemons; the lemon extract adds the real "peel" flavor.)

\*Pectin has long been known to be of great value in treating intestinal difficulties; more recently, protopectins have been found an aid to digestion and the proper assimilation and use of all the food we eat. Since, however, protopectins (present in most fresh fruits and vegetables) are simply the "mother source" from which pectin is extracted and made soluble (dissolved) by the digestive juices, it's really from soluble pectin that the body derives benefit. Soluble pectin is what you get directly in these new M.C.P. beverages.

## MORE THAN TWICE AS MUCH JUICE - THREE TIMES AS MUCH JELLY!

A WONDERFUL NEW METHOD... discovered by the M.C.P. Kitchen Laboratory... lets you press crushed fruits or berries through a muslin bag quickly, and get more than twice as much juice than by the old drip method. This extra large amount of juice, used with M.C.P. JAM AND JELLY PECTIN, makes almost 3 times as much jelly from a given amount of fruit. And, this juice is so completely clarified you're sure of clear, transparent jelly. To get this remarkable M.C.P. method (and special M.C.P. JELLY MAKING SET to use it), send \$1.00 (cash or stamps) and 3 M.C.P. JAM AND JELLY PECTIN package fronts, with your name and address, to M.C.P. Kitchen Laboratory, Anaheim, Calif. You'll get the cost back many times over in extra juice and extra jelly!

## YOU'LL FIND DOZENS OF WAYS TO USE IT THE YEAR 'ROUND!

ALMOST DAILY there's a use for lemon juice in most homes... in baking and cooking, for refreshing lemonade, in salad dressings, as a "tonic" in a glass of water... to mention just a few. The convenient, economical way to meet these needs is M.C.P. LEMON JUICE. It's pure, unadulterated, rich in Vitamin C, and contains no preservatives (sulphur dioxide or benzoate of soda). Keep M.C.P. LEMON JUICE on hand at all times... it's ready for instant use, costs less than home squeezed juice. Get a free Recipe Folder by writing the M.C.P. Kitchen Laboratory, Anaheim, Calif. (There's M.C.P. FROZEN LEMON JUICE, too. If your grocer doesn't stock it, he can get it for you.)

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<b>ORCUTT'S MARKET</b> 4200 N. River Rd.	<b>STATE ST. MARKET</b> 1230 State St.

# Get Acquainted Offer!

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## ON NEW DETERGENT OXYDOL

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See for yourself how it **Beats the Sun** for getting clothes white!

Take advantage of this offer! We want you to "meet" the new Oxydol because we know you'll never want any other suds!

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