

Shoppers Delight In Plenty

Near-record supplies of food at retail prices averaging a little lower than last year are in prospect for the coming months of this year, according to the Bureau of Agricultural Economics, U.S. Department of Agriculture.

Meat Supplies
Beef takes top place on list of plentiful foods. Range cattle are moving to market which means an abundance of lean beef suited to pot roasts or other braised dishes, to steaks or for grinding for hamburgers and meat loafs. Reasonable, and often bargain prices mark these lesser grades and cuts which, properly prepared, can be just as tender and flavorful as the more expensive fancy beef.

Fish and Poultry
Good supplies of fish and poultry, both fresh and frozen. Markets are pretty well supplied with turkeys and fish markets feature halibut and groundfish fillets such as ocean perch, haddock, cod and whiting.

Dairy Products
An abundance of all dairy products, milk, buttermilk, nonfat dry milk solids, cottage cheese, cheddar cheese and other varieties and plenty of ice cream in seasonal variety as well as popular Choc, Straw and Van.

Vegetable Beans
Plenty of potatoes at reasonable cost due to production that looks like the largest on record. Other good buys include dry onions, celery, carrots, cabbage, local corn, cabbage, beans, squash, tomatoes, bunched vegetables. Enjoy corn now as the season is well advanced.

Fruit Abundance
If you're a home canner, freezer or preserver, you're watching the market closely for peak production. You're most likely to hit it right on the nose by taking your fruit man into your confidence. He may have some special buys coming up. Readily available are green apples, apricots, small oranges, peaches, pears, plums, miscellaneous melons, grapes, some berries.

Staple Items
Plenty of new-season honey from a record crop; ditto peanuts and peanut butter. Special prices continue to mark table fats, salad oils and shortenings. Good marketing!

5-Minute Coffee Cake That Is Good

When this warm, fragrant coffee cake comes from the oven, it won't take any coaxing to bring your family to the breakfast table. We call it "Five-Minute Coffee Cake" because you can actually put it together that quickly. Make the batter with biscuit mix, then top with cooked prunes and a crumbly sugar 'n' spice mixture. While it's baking put on the coffee pot, scramble some eggs, and your "Better Breakfast" is ready.

Five-Minute Coffee Cake
1 cup cooked prunes
2 cups biscuit mix
1/3 cup granulated sugar
1 egg
1/2 cup milk
Topping:
1/3 cup brown sugar (packed)
3 tablespoons biscuit mix
1/4 teaspoon cinnamon
Pit prunes and cut into halves. Combine biscuit mix and granulated sugar. Beat egg lightly. Add milk and stir into dry mixture, mixing well. Turn into greased 8-inch square pan and top with prune halves. Stir together topping ingredients and sprinkle over prunes. 1

Labor Day Holiday Meal Should Have as Little Work As Possible for Mother



Canned Meat to Mom's rescue — quick, different, delicious.

Here's our annual contribution to Labor Day: recipes that will make the holiday Labor Day for Mother. This year we have three really good tasting canned meat quickies to help Mom's kitchen liberation along.

First dish is for lovers of Southwestern cookery. Heat a one-pound can of chili con carne (with beans) and a one-pound can of tamales with chile gravy separately, according to the directions on the cans. Now stir the chili gravy into the chili con carne and turn into a serving dish. Top with the hot tamales and a quarter to a half-cup of grated cheddar cheese. This will make three generous helpings — so just multiply the quantities to suit the number of folks you're serving.

Have ready a bowl of hot cooked rice and another of shredded iceberg lettuce mixed with a sweet onion cut into thin strips or rings—use a red onion if you can get it. Serve each portion of chili and tamales over rice and top with a generous helping of the lettuce and onion. This way of serving is our own idea, and one always applauded. It may seem strange to you, but just try it! We borrowed the idea from the way Mexican tostados are traditionally topped with shredded lettuce. (A tostado, like the tamale, is a tortilla—but a tortilla that is fried crisp in deep fat and left flat to hold its shape and lettuce topping.)

A first course for this menu might be another Southwestern favorite — Guacamole. This is ripe avocado mashed fine and enlivened with olive oil, lemon juice, grated onion, and if you like, diced tomatoes. Serve it as a spread for crackers. For dessert you might have fruit or fruit sherbet, with cookies or small cakes.

Our second suggestion calls for a 12-ounce tin of luncheon meat, providing six generous slices. But this is a luncheon meat dish with a difference—it's served with pan-fried shredded cabbage and a wonderful mustard and pickle relish sauce.

Our third easy dish is sure to be popular — corned beef hash patties broiled with fresh tomato halves and onion rings. The seasonings on the vegetables give delicious flavor to the good taste of the savory beef and potatoes.

Luncheon Meat Skillet Dinner
Ingredients: 2 quarts shredded cabbage (1 large head), 1/2 teaspoon salt, 1/2 cup water, 2 tablespoons butter or margarine, one 12-ounce can luncheon meat. Relish Sauce.
Method: Put cabbage in large skillet; add salt to water and pour over cabbage. Dot with butter. Cut luncheon meat into 6 slices; place on top of cabbage. Cover with a tight fitting lid. Cook over medium heat 15 minutes. While cabbage is cooking, prepare Relish Sauce.

Relish Sauce
Ingredients: 1 tablespoon butter or margarine, 1 1/4 teaspoons flour, 1 tablespoon prepared mustard, 1 teaspoon sugar, 1/4 teaspoon salt, 1/4 cup water, 2 tablespoons vinegar, 1 tablespoon mayonnaise, 2 tablespoons pickle relish, 1/2 teaspoon tabasco sauce.
Method: Melt butter in saucepan over low heat. Remove

Cook Book for Quick Meal Ideas

The author of "The 20 Minute Cook Book" must think his readers are all from Missouri and have to be shown! In the margin beside each recipe, the time of preparation and cooking appears in bold, black figures quarter of an inch high. When you come rushing home, knowing it's a matter of minutes before your guests arrive, you won't have to leaf through your cook book frantically, trying to figure out how long it will take to prepare your soup, your main dish, your dessert. Written by Michael Reize and published by Crown Publishers, New York (\$3.); "The 20 Minute Cook Book" contains 500 recipes, any of which may be made in 20 minutes or less. Since, of necessity, the book deals with foods which cook quickly, it is only natural that one of the first chapters is headed "Quick-Frozen Fish," calling for frozen fish fillets and steaks, which the National Fisheries Institute says are found in grocery frozen-food cabinets throughout the country. And many recipes, such as this for Poached Fish Fillets with Ripe Olives, produce a dish that tastes like something that has taken hours to prepare but actually requires 18 minutes.

Poached Fish Fillets With Ripe Olives
1 cup Vichyssoise soup
1 pound flounder fillets or 1 package frozen fillets, thawed
Milk, if necessary
1/2 cup ripe olives, pitted
4 teaspoons flour
1/2 teaspoon onion juice
Parsley
Measure soup into saucepan, reserving two tablespoons; place over medium heat to pre-heat. Meanwhile cut fish fillets into serving pieces; arrange in a large skillet; pour pre-heated soup over fish. It should barely cover; if not add milk. Add 1/2 cup (or more) coarsely chopped ripe olives. Cover skillet and cook 10 minutes over medium-low heat; or until fish flakes; shake skillet occasionally to "stir." Meanwhile combine reserved soup, flour and onion juice in a small bowl; mix to a smooth paste. When fish is done, lift out onto a serving platter. Pour about 1/2 cup of sauce in skillet into flour-soup mixture. Stir smooth and return to sauce in skillet; stir sauce smooth. Pour over fish, sprinkle with parsley, and

Short Ribs in New Form
Beef short ribs are on the list of so-called less demanded cuts. These are the cuts that many homemakers overlook, thus, they are frequently a good buy in your market. New ideas for short ribs can lead to interesting meals. Spanish short ribs is one way you'll want to try. To make these add sliced onion and green pepper and a can of tomatoes to the browned short ribs. Season with salt, pepper and Worcestershire and cook covered until tender, about 1 1/2 to 2 hours. Browned short ribs with sauerkraut is another favorite. Deviled short ribs, too, are good; add sliced onion, dry mustard and vinegar to the water used to cook the meat.

Short ribs also may be cooked as a stew, in liquid to cover, thus adding still more ways of serving them. The alternate layers of fat and lean in short ribs adds extra flavor to any kind of stew chosen. Add your choice of vegetables just long enough before the end of cooking so they will be tender. These beef cuts are a natural for a "boiled" dinner. To the ribs add cabbage wedges, carrots, turnips and onion.

Fresh Fruit Bowl
Keep a bowl of fresh fruit handy and the family will quickly get into the habit of healthful snacking at low cost.

Avocado Shells

The nubby, dark green shell of an avocado makes an attractive way to serve fresh summer fruits. Cut the avocado in half and scoop out the fruit with a French ball cutter or 1/4 teaspoon measure. Combine the avocado balls with melon cubes, berries, apricot halves or your choice of fruits. Serve with a dressing of equal parts honey and lemon juice.

Quick Dessert
Slip this dessert into the oven just before you sit down to the dinner table, then serve it warm and luscious at dessert time. Put 6 canned cling peach halves in a flat baking dish. Combine 1/3 cup each brown sugar and orange juice and boil 3 minutes until slightly thickened. Pour over peaches and top with coconut and marshmallows. Bake in moderate oven about 20 minutes.

Dash of Ginger
Add just a dash of ginger to white cream sauce next time you have creamed vegetables.

Snack Time

A simple, yet nourishing sweet for after-school snacks are cinnamon-sugared prunes. Plump the prunes, remove the pit and stuff with a walnut, almond or maraschino cherry. Roll the prunes in a mixture of cinnamon and sugar. They make good "extras" for the lunch box, too.

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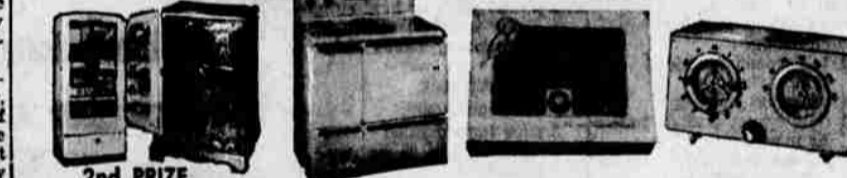


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*Columbia Empire Sugar Factory

CONTEST



- 2nd PRIZE: Choice of General Electric 21" Multipurpose console Television Set or General Electric upright Food Processor
- 3rd PRIZE: General Electric Deluxe push-button Range
- 4th PRIZE: General Electric Deluxe Automatic Blanket
- 5th PRIZE: General Electric Clock Radio in Ivory Plastic
- 6th-15th PRIZES: 10 100-oz. Bags of U and I Sugar
- 16th-30th PRIZES: 12 50-oz. Bags of U and I Sugar
- 31st-80th PRIZES: 20 25-oz. Bags of U and I Sugar
- 81st-130th PRIZES: 30 15-oz. Bags of U and I Sugar

FACTS TO HELP YOU WIN
The completion of the second U and I Sugar factory in the great Columbia Empire will be in time to process the 1953 crop of sugar beets. It will annually bring millions of dollars of new wealth to this area. Here in the Pacific Northwest is one of America's greatest natural resources: the mighty Columbia River and its tributaries, which extend from the Canadian border in northwestern Washington and the Panhandle of Idaho, deep into Oregon. From this mighty river system comes water for irrigation, hydroelectric power, navigation, and industry. Along its banks the course of empire building has moved for more than a hundred years. Crops of great variety and untold wealth are dependent upon it. Cities, towns, and villages dot its rich, fertile valleys and nearby areas. Sixteen years ago the first modern beet sugar factory in this area was built at Toppenish, Washington, which has produced, in the meantime, approximately 1,200,000,000 pounds of U and I Sugar. Now another U and I factory is nearing completion at Moses Lake in the heart of the Columbia Empire, where half a million additional acres of fertile lands will soon be ready to produce sugar beets and other crops, with sugar beets at the head of the list. The completion of the new U and I Sugar Columbia Empire factory at Moses Lake is therefore an occasion of great importance throughout the Columbia Empire. Let's enter the contest today. And always — use U and I Sugar!

HERE ARE THE RULES

- "I prefer U and I Sugar because"
- 1. Just complete this statement in 25 additional words or less: "I prefer U and I Sugar because..."
- 2. Submit as many entries as you wish. Each entry must be accompanied by a brand name, cut from a bag or carton of U and I Sugar. Use official entry blanks available at your grocer's, or plain paper. Mail each entry in separate envelope. Include the name of the dealer from whom the sugar was purchased. Each entry should be your own effort and submitted under your own name. Only one prize to a contestant.
- 3. Mail entries to U and I Sugar Contest, P. O. Box 489, Toppenish, Washington. Contest starts August 26, 1953 and all entries must be postmarked not later than midnight, October 1, 1953 and be received by October 12, 1953. Each entry must bear adequate postage.
- 4. Entries will be judged by The Reuben H. Donnelly Corporation on the basis of interest, originality and aptness of thought. Judges' decision will be final. Duplicate prizes in case of ties. All entries and ideas therein become the property of the U and I Sugar Company. No entries will be acknowledged or returned.
- 5. Winners will be notified by mail within 4 weeks after close of contest. List of winners will be sent upon receipt of self-addressed, stamped envelope.
- 6. Contest open to all residents of the states of Washington, Oregon, and the following counties in Idaho: Boundary, Bonner, Kootenai, Benewah, Shoshone, Latah, Nez Perce, Lewis, Clearwater and Idaho, accepting employees of U and I Sugar Company — its sales brokers, advertising agencies, judging organization and their immediate families.
- 7. Contest subject to Federal and State regulations. Your entry is an express acceptance of these rules.

U and I SUGAR
CONTEST
Mail Entry Today
U AND I SUGAR CONTEST, Box 489, Toppenish, Washington. Here is my contest statement: "I prefer U and I Sugar because..."
(complete this sentence in 25 additional words or less)
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