

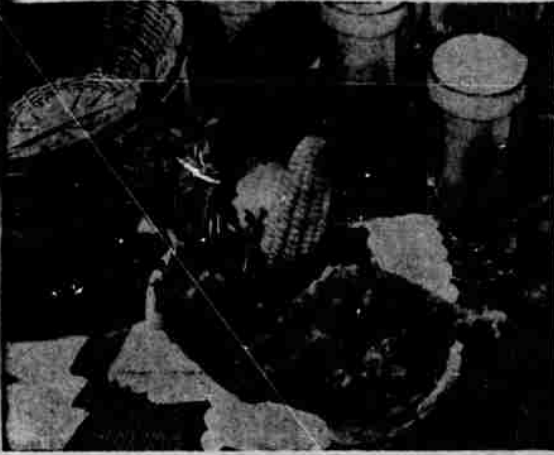
Edited by Marion Lowry Fischer

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**Holiday Week-end Time For Picnics; Marts Ready For You**

The Sure Menu for Big  
Final Picnic Hearty  
But Simple to Prepare



For Labor Day—Looking for something different for "Over Labor Day" week-end picnicking? This meal-in-a-basket without tools features fried chicken, corn-on-the-cob, crisp celery and a sectioned tomato; makes wonderful eating! Plenty of milk for the children.

By ZOLA VINCENT  
(Food Writer)

Our area is rich in picnic spots and many of the better ones are to be found right in our own or a neighbor's backyard. However, given a choice, the children would probably like to go a-gypsying, seeking out new spots, exploring new trails, wading in distant waters, sniffing new smells.

Public picnic grounds, national and state parks, resort areas beckon; all splendidly equipped with camp stoves, running water, tables and benches and frequently an organizer of competitive events for which parents give thanks.

No matter where you go, garbage cans and waste paper baskets are readily available right there in plain sight and it is well to give the family another little briefing on the use of same. Then they can remind the children of other families.

**Labor-less Day for Mother**  
Whether you stay home or travel afar, food is the most important thing that happens. After all, it is a picnic. And the day should be reasonably free from labor for mother as well as for the otherwise "employed" millions who celebrate Labor Day by avoiding labor.

**Basket Picnic Plenty**  
About as laborless as we can get, is this basket picnic where family and friends dine like kings of old without aid of plates, knives, forks or spoons. Use inexpensive baskets, the dime-store variety, in place of plates.

Line each basket with colorful napkins or foil before filling with food. Take plenty of extra paper napkins! Salt and pepper.

For the menu, fried chicken is ideal, either hot or cold. Plentiful, reasonably priced, figure a half a broiling size chicken per person, or choose frying size drumsticks, thighs, breasts and wings. If you're traveling, fresh corn-on-the-cob can be carried in plastic bags and plopped briefly into boiling water (remember to take along some tongs). Stalks of crisp celery and for each basket, a whole tomato cut into wedges and assembled again. For the children plenty of milk and for the grown-ups, maybe some instant coffee for quick coffee making at dessert time.

**Sierra Fried Chicken**  
If this sounds exactly like Maryland fried chicken, don't be surprised. It is our fine, tender western grown fryers that makes the difference.

Wash and dry chicken pieces. For each chicken, blend 1/2 cup flour, 1 cup sifted dry bread crumbs, 1 teaspoon paprika,

there's only one  
**SKIPPY**  
TOPS IN QUALITY!



LOW IN PRICE

**Week-End Produce Plentiful**

Shoppers planning and buying for the "Over Labor Day" week-end find a wealth of good things from which to choose making menu planning a real pleasure. There will probably be one or more picnics and at least one meal featuring an assortment of cold cuts, cheese, probably potato salad and watermelon. Before we talk about the best buys, we remind you to check on simple supplies of paper plates, paper cups, paper napkins, which contribute so much toward making the Labor Day week-end as laborless as possible for the chief cook and dish washer.

**Meat Situation**  
Beef takes top place on plentiful foods list throughout September with great emphasis on abundance of lean beef suited to pot roasts or other braised dishes, stews and "hamburger meat" for hamburgers and meat loafs. Market advertisements and displays offer surprisingly low prices.

**Poultry**  
If you're having a crowd, you'll probably find a turkey the most economical and satisfying offering. Frying chickens are reasonably priced and a happy choice for eating out of hand. With that fried chicken, offer bread, butter and thinly sliced cucumber sandwiches for a certain hit.

**Fish, Fresh and Frozen**  
Plentiful supplies of fish and shellfish continue with special emphasis on halibut, salmon, sole, flounder, sablefish or black cod and the rock fishes. Plenty of frozen fish fillets in good variety at reasonable cost.

**Dairy Abundance**  
Dairying contributes much to the economy of our state and this year's supply of dairy products is unusually heavy, ranging from a wide variety of cheese to ice creams in many of the good seasonal fruit and berry flavors.

**Seasonal Vegetables**  
If it grows in a garden, chances are that it is available right now. Potato crop is

**Let Everyone Get In on Grill Fun**

Take along several different kinds of meats for the picnic grill and let everyone join in the fun of being chef for a day.

**Picnic Patties**  
Season each pound of ground beef with 1 teaspoon salt and 1/2 teaspoon pepper, adding a bit of oregano, thyme, marjoram, worcestershire or other meat sauce as liked. Shape patties before leaving home and wrap in waxed paper. For easy separation, place a square of waxed paper between patties. Fry on a hot greased grill.

**Barberpole Franks**  
Wrap each frankfurter with a strip of bacon and fasten with a toothpick. (This can be done before leaving home.) Fry on a hot greased grill, turning to cook bacon on all sides.

**Barbecued Bologna**  
Slice bologna 1/4 to 1/2 inch thick and brown on hot greased grill. While slices brown, spoon any favored barbecue sauce over them. Complete menu with buns, olives and pickles, crisp celery and carrot sticks, a salad if you wish, coffee, milk and a fresh fruit pie or cobbler.

**Hearty Lima Salad**

Avoid the Labor Day holiday traffic and celebrate at home with a back yard picnic. Invite your neighbors and friends over to broil hamburgers or weiners. Instead of the usual potato salad, serve a hearty lima salad. Sprinkle paper-thin onion rings over a bowl of chilled cooked dry limas. Top with crisp bacon bits and toss with a vinegar-sharpened mayonnaise.

many millions of pounds bigger than last year. Tomatoes were never handsomer nor more abundant. Plenty of celery, onions, carrots, cabbage, lettuce, squash, sweet corn and bunched vegetables. **Fruits, Berries, Melons** These are of exceptional quality in amazing variety for much week-end enjoyment. Whoever heard of a Labor Day week-end without a watermelon? Have fun!

**Steak 'n Onions So Good**

**Menu**  
Braised Round Steak  
Baked Potatoes  
Buttered Green Onions  
Tomato Aspic Salad  
Hard Rolls  
Butter or Margarine  
Cherry Nut Pie  
Coffee Tea Milk

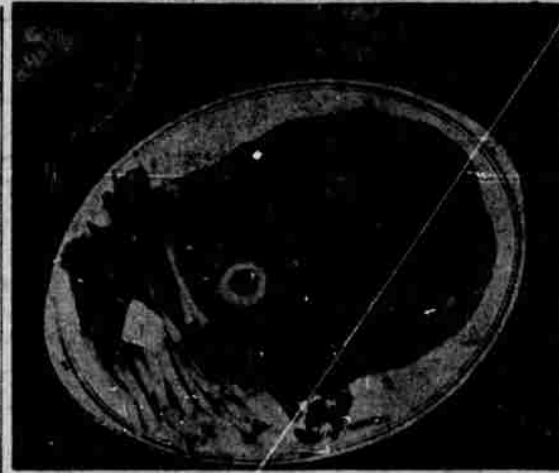
With the coming of the first touch of the fall season what could be more appropriate for dinner than a tender braised steak? Braised dishes fit well into many meal plans because they may be prepared equally as well by range-top cooking or by oven cooking.

Braised beef dishes may have vegetables cooked right along with them. In fact, the beef lends a tempting flavor to the vegetables. Add them to the meat only long enough before the end of cooking so they will be done and yet retain their shape and color.

For best results follow these steps. First, broil the meat in 3 or 4 tablespoons of lard or drippings in a heavy frying-pan. Do this slowly and thoroughly so the meat will retain the golden brown color after the liquid is added. When browned, add only a small amount of liquid. It is best to start with 1/2 to 3/4 cup. Add more liquid during cooking only if it is necessary to keep the meat from sticking.

Next cover the meat closely. Then let it cook quite slowly until tender. This will be from 1 to 1 1/2 hours, depending upon the thickness of the round or arm steak. Add the green onions about 20 minutes before the steak is done.

Vary your braised steak dish by adding a different liquid to the meat. Sour cream, milk, canned tomatoes, tomato sauce, soup or juice, mushroom soup are all possible liquids. For seasoning interest, dill, thyme, marjoram, basil, parsley, chives, garlic, mustard, might be added to the meat.



Round steak, tender and juicy, is a leading choice on many persons' "good eating" list. Green onions are cooked along with braised steak for an especially flavorful combination.

**Tomato Uses Are Endless**

Tomatoes were never handsomer nor more luscious than those in abundant supply in our markets right now. Good supplies will continue through September and October due to our long growing season. Perhaps your family would enjoy them cooked for a change.

**Broiled Tomatoes**  
Cut tomatoes into halves crosswise. Season with salt, pepper and butter. Broil under moderate heat until lightly browned; 2 to 4 minutes. For a change, add fine bread crumbs with grated cheese before broiling the tomatoes.

**Baked Stuffed Tomatoes**  
Wash tomatoes. Do not peel. Scoop out seeds and pulp. Sprinkle tomato cups with salt. Fill with the pulp mixed with an equal amount of soft bread crumbs seasoned with finely chopped onion, butter and pepper. Sprinkle with fine, buttered bread crumbs and set in buttered baking dish to bake about 30 minutes in moderately hot oven, 375 degrees.

**Deviled Eggs and Bacon**  
Blend a pinch of dry mustard with the flour for the white sauce in preparing creamed eggs. Fill tomato cups with the creamed mixture. Sprinkle with bacon cut into tiny squares. Bake in moderately hot oven, 375 degrees, about 20 minutes.

**Noodles, Hamburger In Loaf**

Noodles are always a favorite household standby — and here they stretch the meat, too.

**Cheeseburger Noodle Loaf**  
4 ounces broad noodles  
1/2 pound ground beef  
1 egg  
1/4 cup catsup  
2 tablespoons chopped onion  
1/2 teaspoon salt  
Dash pepper  
1/4 cup shredded raw carrot  
2 tablespoons chopped green pepper  
2 tablespoons melted butter or margarine  
2 1-ounce slices American cheese  
Buttered bread crumbs

Cook noodles in boiling salted water until tender (about 6 minutes). Drain and

rinse. While noodles are cooking, combine ground beef, egg, catsup, onion, salt and pepper, mixing until well blended. Combine noodles with carrot, green pepper and butter or margarine, mixing lightly. Place noodle mixture in bottom of greased 4 1/2 x 8 1/2 inch loaf pan. Spread mixture in layer over noodles. Top with slices of cheese. Sprinkle with bread crumbs. Bake in moderate oven (350 F.) about 30 minutes. Makes 4 servings.

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<b>T-Bone Steak</b> 69c lb.	<b>Aged Cheese</b> LB. <b>49c</b> Year Old	<b>Pork Sausage</b> 39c lb. Pure Pork
<b>RIB STEAKS</b> LB. <b>49c</b> Tender	<b>Bacon</b> Morrell's Pride lb. <b>69c</b> Slab Bacon, 6 to 8 lb. average	<b>BOILING BEEF</b> 19c lb. Lean - Meaty

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