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# Late Fall Abundance in Markets Provides Much for Menus



## Onion Biscuit Ring Good

By ZOLA VINCENT  
There is something new under the autumn sun. Easiest thing in the world to do, too. Can't imagine why we didn't think of this before. A firm, delicious, nutrition-packed biscuit mix with grated onion added; then baked in a well-greased 8-inch ring mold. And here's where the "Planned Over" (meaning any leftover that you've planned) comes in. Plan to use up two cups of any left over meat, poultry or fish, wrap it up in the sauce recipe below. Just pour it into the baked ring or pour it into a warmed mixing bowl that will fit inside the ring. The family will really like this and you can repeat it often with various fillings.  
We made both biscuit ring and filling with liquefied nonfat dry milk as indicated here because it is economical (a quart costs less than a dime),

nutritious (only the fat has been removed) and it offers fewer calories. Obviously you can use regular milk if you like.  
**Onion Biscuit Ring**  
Recipe fills an 8-inch ring; makes 4 generous servings. Make your own or use a packaged biscuit mix.  
3 cups prepared biscuit mix  
3 tablespoons finely grated onion  
1 cup liquefied nonfat dry milk  
Place biscuit mix in mixing bowl; add onion and liquefied nonfat dry milk following simple directions on package; mix until dry ingredients are just moistened. Spoon mixture into a well-greased 8-inch ring mold. Bake in hot oven, 400 degrees, 20 minutes or until golden brown.  
"Planned Over" Filling  
Filling and satisfying to your family will be this recipe

whether you put it over regular biscuits or cornbread or toast points or pour it inside the Onion Biscuit Ring.  
1/2 cup chopped onion  
1/2 cup chopped green pepper  
2 tablespoons butter  
4 tablespoons flour  
1 teaspoon salt  
Dash of pepper  
2 cups liquefied nonfat dry milk  
2 cups cooked and diced meat, poultry or flaked fish  
In sauce pan, saute onion and green pepper in butter until lightly browned. Remove from heat. Stir in flour, salt and pepper; blend well. Gradually stir in liquefied nonfat dry milk (easy directions on every package). Return to heat. Cook over low heat, stirring constantly until thickened. Add meat, poultry or fish. Continue cooking until thoroughly heated.

## Deviled Flank Steak Different

An up-to-the-minute tip to the homemaker who makes it her business to know good meat buys is to buy beef. Another tip is to get acquainted with flank steak. Here's a hint for cooking flank steak—cut it into individual servings and prepare like this:

**Deviled Flank Steak**  
1 flank steak  
2 tablespoons flour  
1 1/2 teaspoons salt  
1/4 teaspoon pepper  
1 teaspoon dry mustard  
1 1/2 teaspoons Worcestershire sauce  
Have meat man score flank steak; cut into four pieces. Combine flour, salt, pepper and dry mustard; pound into steak, using a meat pounder or the edge of a heavy saucer. Brown on all sides in a little hot fat. Mix Worcestershire sauce with

## Using Eggplant

Eggplant is delicious and really should be enjoyed more often. Here we use it in a main dish with economical frankfurters. Or you can omit the frankfurters, reduce the tomato sauce to 1 can and add 1/4 cup of minced onion and serve it as a vegetable.

Cut 1 medium eggplant into 8 slices. Do not peel. Dip in an egg mixture made by beating 1 egg with 1 teaspoon salt. Brown eggplant slices in hot salad oil using about 1/2 cup. Place half of the slices in a greased casserole. Split 8 frankfurters in halves lengthwise. Place 4 on top of eggplant; pour in 1 can tomato sauce and 1/2 cup grated cheese. Repeat layers; bake at 350 degrees, 30 minutes.

1/2 cup water; add to meat. Cover and cook over low heat until tender, about 2 hours, adding more water as needed. 4 servings.

## The Sauces Pep Up Halibut

From frosty waters comes plenty of firm, white and meaty halibut, the fish with two eyes on one side of its head. Delicious as it is, we know that halibut flavor is bland and needs pepping up. Here are sauces to delight when used either over halibut slices or over baking size pieces of 3 or 4 pounds.

**Creole Sauce**  
Simmer 1 1/2 cups canned tomatoes with 1 thinly sliced green pepper, 1 thinly sliced medium onion and 1/2 cup thinly sliced mushrooms, about 10 minutes. In separate saucepan, melt 1 tablespoon butter; gradually add 1 tablespoon flour, cooking and stirring over low heat until well blended. Dissolve 1 beef bouillon cube in hot water; stir into blended flour and fat. When thoroughly mixed, add to first mixture; cook 2 minutes longer. Pour over sliced or whole halibut and bake in moderate oven, 375 degrees about 30 minutes.  
**Wine Sauce**  
Melt 3 tablespoons butter in a heavy pan and cook 2 tablespoons finely chopped carrots and 2 tablespoons minced onions in the butter until soft but not brown. Stir in 1 tablespoon flour; add 1 cup white cooking wine and 1 cup cream, gradually. Season with salt and pepper to taste. Pour over halibut in baking pan. Bake in moderately hot oven, 375 degrees, 30 minutes,

basting occasionally.  
**Rice in Squash**  
A super delicious and heartily different main dish is made by stuffing cooked acorn squash with a mixture of rice, cooked ham or sausage, onion, Worcestershire sauce, Tobacco sauce and some milk. The squash and the filling are covered with bread crumbs and dotted with butter or margarine before being baked in a moderate oven until lightly browned. This dish is extra good served with a cheese sauce.  
**Green Bean Variation**  
Cook green beans as usual, quickly in small amount of boiling salted water. Tuck a whole clove of garlic (peeled, of course) in with the beans; add butter, salt and pepper. Or try serving them with a thin or medium cheese sauce.

## Scan Best Buys in Markets

Menu planners will find a wealth of good ideas simply by scanning the best buys to be found in local markets. Many staples suggest stocking up so we'll need to go to "the store" less often as weather becomes more uncertain.  
**Meat Supplies**  
Beef continues to good supply with excellent values in rib roasts, beef shoulder, clod roast, pot roast, stew, rib steak, liver. Plenty of freshly ground beef for the making of burgers, meat loaves, spaghetti sauce. Try corned beef for a change. Good supplies of pork sausage, frankfurters are a good solid buy.  
**Fish and Shellfish**  
Halibut is fine for broiling and baking. Fresh Oregon pink salmon is in season for a short time. If good supply are ling cod, sablefish, swordfish, yellow pike, Lake Whitefish, carp and suckers. Fillets findable are Dover sole, ling cod, true cod, northern rockfish and sea bass. Pan-readies are sandabs, smelt, whiting, rex sole, catfish and brook trout. You'll find good sized eastern scallops, western scallops, fresh cooked local lobster, Eureka Dungeness crab (frozen, excellent flavor). And of course both eastern and western oysters.  
**Vegetables**  
Cabbage, corn, cauliflower, celery, carrots, lettuce, onions, potatoes, winter squash, good supplies of cucumbers, Bell peppers, parsnips, sweet potatoes, tomatoes.  
**Fruit Buys**  
Loose apples, Tokay and Concord grapes, bananas, seedless grapes, some melon varieties, citrus fruit in good variety and size, cranberries, pears.  
**Dairy and Poultry**  
Chocolate milk, skim milk, nonfat dry milk, sour cream, evaporated milk, poultry spe-

## Walnut Loaf Is Different, Good

There's an abundance of walnuts, all west coast grown. Oregon and Washington point with equal pride to their fine walnuts (and filberts, too). But let us be about baking this walnut loaf which is a main dish, not a bread.  
**Walnut Loaf**  
Saute 2 medium size finely chopped onions and 1 cup finely chopped celery in 1 1/2 tablespoons butter or margarine. Add 1 1/2 cups finely chopped walnuts, 1 cup grated carrots, 1 cup minced parsley, 1 cup cheese cracker crumbs, 1 teaspoon salt, 1 teaspoon poultry seasoning, 1 lightly beaten egg and 1 cup of milk; mix thoroughly. Shape into loaf and place in greased baking pan. Bake in moderate oven, 350 degrees, about 45 minutes or until vegetables are done and the loaf is brown. Serve with mushroom sauce. A can of mushroom soup, thinned slightly is really ideal with this.

## Enjoy Grapes

Season for Thompson seedless grapes will be ending soon. Clusters are large, long, heavily shouldered and well filled. Berries are uniform, medium-sized, greenish-white to light gold and always seedless. Firm and tender in texture, neutral in flavor, very sweet when fully ripened. In season June through November.

Specialties include chicken pies. Plenty of turkeys.  
**Grocery Items**  
Chili con carne, canned tamales, spaghetti and meat balls, canned chowders, chili beans, deviled sandwich spread, packaged cereals, salted crackers, cookies, pancake and waffle mixes, chocolate frosting mix, potato chips, peanut butter, mayonnaise, shortening and salad oil. Good buys in instant coffee, wheat germ, margarine, honey, wine vinegar, popcorn, candy bars. Good marketing!

## Pumpkin Chiffon Tarts Good

The pleasant pumpkin is adding color to western markets and variety to menus. Pumpkin is good as boiled or baked vegetable, is fine for custards as well as for making pies and tarts. To get all the good pumpkin flavor from fresh pumpkin, boil the pieces in a minimum of water. When pumpkin is tender, put it through a sieve. We're sissies; we buy canned pumpkin.  
**Coconut Pumpkin Tarts**  
1 envelope unflavored gelatin  
1/2 cup cold water  
2 eggs, separated  
1 cup evaporated milk, canned  
1 1/4 cups mashed, cooked pumpkin  
1/2 teaspoon each salt, nutmeg and cinnamon  
1/4 teaspoon ginger  
1 cup shredded coconut, toasted  
8 baked tart shells  
1/2 cup cream, whipped and sweetened.  
Soften gelatin in cold water. Put egg yolks in top of double boiler, add evaporated milk and beat until blended. Stir in cooked, mashed pumpkin, 1/2 cup brown sugar, salt and spices. Cook over boiling water 10 minutes, stirring constantly. Remove from heat. Add gelatin and stir until dissolved. Chill until slightly thickened. Beat egg whites until stiff but not dry; add remaining sugar gradually and continue beating.

Fold pumpkin mixture into egg whites with 1/4 cup toasted coconut. Fill tart shells, chill until firm. Serve topped with whipped cream and remaining coconut.  
To toast coconut, spread thinly in shallow pan. Place in moderate oven, 350 degrees, and toast for 10 minutes or until delicately browned. Stir occasionally. Cool before adding to pumpkin mixture.



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