

Damascus Daybook



FREE!
NEW
Damascus Cook Book!

Our grand new cook book is yours for the asking! Packed with almost fifty new, tested recipes for main dishes, salads, desserts—including our prized Cream Pie Recipe with 3 jiffy variations! Menus, too, and many hints and ideas. To get your Damascus Cook Book, send your name and address to June Goodie at address below.

Nature provides no finer food than pure, fresh whole milk. And there is no finer milk than Damascus Nu-Rich Homogenized Milk, with extra protective Sunshine Vitamin D. I'm sure your small fry, too, love that cream-in-every-drop flavor—so let's plan today on other ways of using this finer milk. Cream soups and creamed vegetables, of course—and here's a recipe for a delicate, lemon-tangy surprise custard! When you turn it out in dishes, there's a little sponge cake sitting on top of each custard!



CAKE ON TOP OF Surprise Custard!
(Makes 4 servings)
1/2 cup sugar
2 tablespoons flour
1/2 teaspoon salt
2 egg yolks
1 egg Damascus Nu-Rich Homogenized Milk
1/4 cup lemon juice
2 egg whites
Mix sugar, flour, salt, egg yolks and milk; beat until fluffy. Add lemon juice; fold in beaten egg whites. Four into medium custard cups. Place cups in pan and surround them with water. Bake in moderately slow oven (325° F.) 35 to 45 minutes.



GRANDMA used a broomstick but I prefer to stick a silver knife in the custard! When it comes out clean, custard is done.

SANDWICH FILLING IDEAS
Mix 3 hard-cooked, chopped eggs with 1/4 cup chopped olives, 2 tablespoons chopped nuts and 1/4 cup mayonnaise. Combine 1 cup cooked chopped chicken or tuna, 1/4 cup each of chopped celery and pimiento and 1/4 cup mayonnaise.

For a "surprise"—blend 1/2 cup softened process-type American Cheese with several tablespoons Damascus Half & Half and 1/2 cup chopped dried beef.



Homogenized Cows?
My small daughter boasted, "Our milk comes from Damascus Homogenized cows!" Made me realize I didn't exactly understand the word so I looked it up. Seems creamy whole Damascus Milk is forced through tiny openings under terrific pressure, in modern high-speed homogenizing machines. Breaks up the cream into such tiny particles that there's cream in every drop of Damascus Nu-Rich Homogenized Milk. No wonder it has that extra-creamy flavor that makes it top choice with all!



Sandwiches ARE LORDLY FOOD!
Did you know sandwiches were named for John Montagu, 4th Earl of Sandwich, back in the middle of the 18th century? A sandwich, fruit and a thermos of Damascus Nu-Rich Homogenized Milk is still our standby for the school lunch box! A well-balanced meal!

For **FREE** Cook Book write to:
JUNE GOODIE
DAMASCUS MILK CO.
Pacific Bldg., Ph. 4-5441
Salem, Oregon

Suggestions On Buying Meat Cuts

As every one knows, the nation's cattle herd has increased rapidly since 1949, reaching a record of nearly \$4 million head last January. Consumption of beef and veal this year has increased by a fourth; to record per capita levels now estimated at around 75 pounds on the average for every man, woman and child in the country.

While beef is plentiful and relatively inexpensive, good cooks know that every cut of meat no matter what the cost or kind, contains the same high quality complete protein, B vitamins and essential minerals.

Best buys are to be found among the cuts and "choice" quality meats that require long slow cooking in liquid so that the good tasting meat will readily separate from the bone. Economical ground beef dishes are a budgeteer's favorite standby.

Chuck Pot Roast
An economy pot roast from the beef chuck (shoulder) is a smart choice. Prepare by braising which means long slow cooking in liquid; water, meat stock, tomato juice, canned tomatoes, canned soups or tomato sauce. Meat should be thoroughly browned before liquid and seasonings are added.

Seasonings most often used in addition to salt and pepper are chopped or sliced onions, bay leaf and sliced celery. West coasters like to cook pot roasts in catsup diluted with water, then add sliced onions, a thinly sliced lemon, a little Worcestershire.

Swiss Steak Favorite
Tops in cooking bargain

Good Old Spaghetti And Hamburger Treat

When buying beef for grinding are you in the habit of asking for round steak? If you are, then you're missing an opportunity for saving yourself money and at the same time having a juicier, more flavorful beef loaf or patty or dish such as this Spaghetti-Hamburg. It has been found that meat containing 25 per cent fat is best for these purposes. For that reason, boneless cubed beef is suggested—the meat you select for beef stews. Save lean round steak for Swiss steak and for the many other popular braised beef dishes.

Spaghetti Hamburg
1 pound ground beef
1 teaspoon salt
1/2 teaspoon pepper
3 tablespoons grated onion
1 small can mushroom pieces
1 No. 2 can prepared spaghetti
Cook meat until crumbly and brown but not hard. Add seasonings and mushrooms. Fold in the spaghetti and heat until the flavors are blended. Four servings.

priced steak. Have 1 1/2 pounds chuck beef cut into slices. Combine 3 tablespoons flour, 1 teaspoon salt, 1/2 teaspoon pepper; sprinkle meat with half the flour mixture; pound with rim of a saucer. Turn over; pound remaining flour into other side. Heat 2 tablespoons lard or other fat in skillet; add 2 medium onions (sliced); cook until light brown, remove. Add meat and brown well on both sides. Put onion rings on top of meat. Add tomato juice; simmer 1 1/2 hours or until meat is tender. Figure that 1 1/2 pounds will make 4 servings.

French and Italian Dishes Are Featured in European Foods Event



Parisian Cake — French favorite adapted for America.

Paris, France — You can share in a fabulous baking bee and cooking spree!

Here in Paris for the inauguration of a European Recipe Service (sponsored by the Pillsbury Mills of USA), we have taste-tested dozens of Europe's finest yeast breads, cakes, cookies and other dishes, so that we could give you some of the secrets of their making.

For the first time, to our knowledge, an American food company has gone into European kitchens with this aim: to work out Continental recipes in American cooking terms, and at the same time keep them authentic.

This recipe translation is of utmost importance in baking, because our flour differs from that of Europe in gluten, and so we need to adjust our liquid measurements in preparing these great products of the European cuisine.

Eventually these recipes will be put into the company's flour sacks. Meanwhile we offer you two samples which this column alone has the right to publish for the next six months.

One of these recipes is a typically French and utterly delightful version of that great cake—the Genoise. Here, too, is another scrumptious dish never found in American cookbooks—Pommes de Terre Dauphine. It is made with cream-puff batter, mixed with mashed potatoes and grated Parmesan cheese, and deep-fat fried to become golden-brown morsels of taste teasing delight.

As soon as these recipes were in our hands, we hid ourselves to a kitchen and tried them out. If you follow our directions, we assure you of superlative success!

Originating in Genoa, Italy, the feathery Genoise has become so popular throughout Europe that it could be called the Continent's "Cake of Cakes." It is baked in round and square layers, for jelly and Christmas logs, for tiered cakes and high loaves, and filled with flavored and tinted whipped cream, butter-rich fillings, fruit purees or fruit preserves. European cooks, famous for their artist-

ry, sometimes decorate Genoise elaborately with gilded fruits, nuts and decorators' frosting shaped into leaves and flowers.

Our Pommes de Terre Dauphine stems from the days when the potato, brought from Virginia and introduced into France in the 16th Century, became high culinary fashion in royal courts.

Superb cooks in Paris were lavish in the help they gave American home economists in recording these two cherished recipes. They send them on the chance that you might like to share in France's culinary heritage. Bon appetit!

Genoise Fourres au Chocolat
Ingredients: 1 cup (about 5) eggs, 1 cup sugar, 1/2 teaspoon salt, 1 teaspoon vanilla, 1 1/4 cups sifted enriched flour, Creme au Beurre au Chocolat, 1 cup apricot preserves, two 1 1/2-ounce jars chocolate shot or 2 ounces semi-sweet chocolate (grated).

Method: Grease bottoms of two (8 by 1 1/4 inches) round layer-cake pans; line bottoms with waxed paper. Beat eggs in large bowl with rotary beater (hand or electric) until they begin to get thick and are lemon-colored. Gradually beat in sugar with salt and vanilla; continue beating until thick and ivory-colored. Fold in flour, 2 tablespoons at a time, until blended. Turn into prepared pans; batter will be thick enough to "ribbon." Bake in moderate (350° F) oven 25 minutes or until cake tester inserted in center comes out clean. Cool in pans placed on cake racks. Ease cake gently out of pans with fingers and spatula; strip off paper. With a long serrated knife, split cake to form four layers. Spread layers with cool Creme au Beurre au Chocolat. Frost top and sides of cake with apricot preserves; cover sides with chocolate shot or grated chocolate. Refrigerate until serving time.

Creme au Beurre au Chocolat
Ingredient: 1/4 cup sugar, 2 tablespoons cornstarch, 3 eggs, 1 1/2 cups milk, 1 square (1 ounce) unsweetened chocolate (shaved), 1 teaspoon vanilla, 1/2 cup butter or margarine (creamed).

Method: Mix sugar and cornstarch thoroughly in heavy saucepan. Add eggs, beat with fork until blended and bubbly. Stir in milk. Cook over moderately low heat, stirring constantly and vigorously until thickened. Remove from heat; stir in chocolate until melted and blended. Stir in vanilla. Strain, cover, cool. Gradually beat into creamed butter until blended.

Pommes de Terre Dauphine
Ingredients: 1/4 cup butter or margarine, 1/4 cup boiling water, 1/2 cup sifted enriched flour, 1/2 teaspoon salt, 3 eggs, 2 cups mashed potatoes, 1/2 cup freshly grated Parmesan cheese.

Method: Melt butter in boiling water in saucepan. Add flour and salt all at once. Cook over moderate heat, stirring constantly, until mixture leaves sides of pan and is smooth and compact, about 2 minutes. Remove from heat; cool about 1 minute. Blend in eggs one at a time, beating vigorously after each until mixture is smooth and glossy. Mix potatoes and cheese; blend into flour-egg mixture. Drop by rounded teaspoonfuls into deep hot (350° F.) fat. Fry until lightly browned on both sides, about 4 to 6 minutes. Drain on absorbent paper, keep warm in low oven until all are fried. Serve at once, allowing 5 to 6 for each serving. Makes about 4 dozen.

Cranberries Good Any Time Now

Forget about limiting cranberries to just Thanksgiving and Christmas feasting. Try this unusual main dish of meat balls in cranberry sauce.

Cranberry Meat Balls
1 pound ground beef
1 1/2 cups soft bread crumbs
1/2 cup milk
1 egg
3 tablespoons chopped onion
1/2 teaspoon nutmeg
1 1/2 teaspoons salt
1/2 teaspoon pepper
1 (16-ounce) can cranberry sauce
1/2 cup vinegar
1 tablespoon cornstarch
Soak bread crumbs in milk; add slightly beaten egg, onion and seasonings. Mix with ground beef. Shape into 20 balls; roll in flour and brown in 1/4 cup lard or other fat. Drain off excess fat. Break up cranberry sauce with a fork and combine with vinegar. Add to meat balls, cover and cook over low heat for 5 minutes, turning once. Remove balls to hot platter and thicken liquid with cornstarch fixed with 1 1/2 tablespoons cold water. Top balls with hot sauce.

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