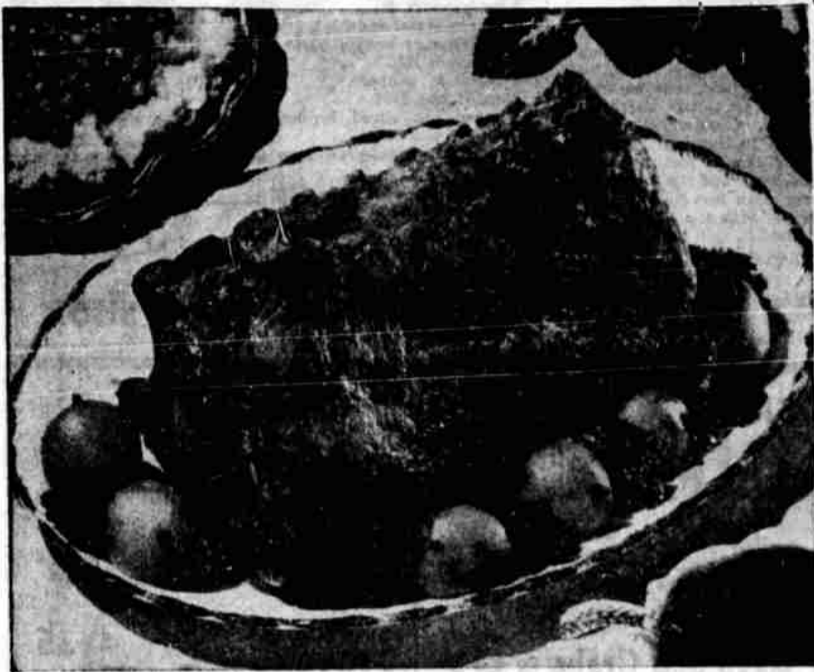


Early December Markets Filled With Pre-Holiday 'Specials'



Barbecued Pork Loin Roast

The good news these days is that there will be more pork roasts to brighten your fall and winter menus. Supplies of pork are on the increase and you'll find all your favorite cuts on the market.

Loin roast is a popular pork buy, especially for Sunday or special occasion dinners. End-cut loin roasts are more economical than center cut, and they have the same good flavor and high quality protein as the fancier roasts.

Here's an intriguing way to prepare pork loin roast, barbecue style. The easy kitchen tested recipe follows. The barbecue sauce is a whiz to make — there's no onion chopping or precooking of the sauce; just mix and pour over the roast.

Barbecued Pork Loin Roast.

- 4 to 5 pounds end-cut pork loin roast
- 1 (8-oz) can tomato sauce
- 1½ teaspoons bottled or fresh onion juice
- 3 tablespoons vinegar
- 2 tablespoons sugar
- 1 teaspoon dry mustard
- 2 tablespoons Worcestershire sauce

Have the backbone loosened from the roast at the meat market. Place roast, fat side up, in a shallow pan. Roast, uncovered, at 325 F. for 50

minutes per pound (40 minutes per pound for a center-cut roast.) Combine tomato sauce and other ingredients. 1½ hours before end of roasting time, pour barbecue sauce over roast. Continue roasting and baste every 20 minutes with sauce, spooning it up from bottom of pan. If sauce begins to stick, add a little water. When roast is done (185 F. on roast meat thermometer), remove to platter. Spoon off fat and pour barbecue sauce into a small bowl; add hot water to dilute, if necessary. Carve pork roast by slicing downward between bones to make chop-size servings. (Carving will be somewhat more difficult toward the large end of the roast.) Serve meat topped with hot barbecue sauce.

For Holiday Fare

Royal fare for holiday feasts is a crown roast of pork. This unusual pork roast makes for interesting conversation as well as good eating. To add a festive note, top the bones with paper frills and garnish the platter with orange shells filled with cranberry relish.

Have meat man prepare crown roast from rib section of pork loin. Roast in a shallow open pan at 325 F. for 30 minutes per pound. One hour

before roast is done, fill the center of the "crown" with your favorite bread dressing. Return to oven and continue cooking the remaining hour.

Pork on a Budget

Another tasty pork cut to highlight your dinner menus is economical pork shoulder steaks. Prepare them with the interesting flavor accent of apple juice, raisins and nutmeg. Here's the home-kitchen tested recipe:

Fruity Pork Steaks

- 4 pork steaks
- 1 cup sliced onions
- 1½ cups apple juice
- ½ cup seedless raisins
- Salt, pepper, nutmeg
- 2 tablespoons cornstarch

Trim some of the fat from edges of pork steaks and fry out in a heavy skillet; remove pieces. In the hot fat, brown pork steaks; remove and lightly brown onions. Drain off fat. Return steaks to skillet, add apple juice and raisins. Sprinkle with salt, pepper and nutmeg. Cover and simmer over low heat 1 hour, or until meat is tender. Remove meat. Mix cornstarch to a smooth paste with 2 tablespoons cold water. Add to liquid and cook, stirring constantly, until thickened. Season to taste. Serve steaks with fluffy rice topped with some of the sauce. 4 servings.

Remember These Sauces For Holiday Puddings



Whether you make your own holiday pudding, or buy it in cans ready to reheat, you'll want a good sauce to go with it.

So take your choice of

Hot Lemon Sauce

- ½ cup granulated sugar
- 1½ tablespoons cornstarch
- Dash of salt
- 1 cup boiling water
- 2 tablespoons butter
- 3 tablespoons lemon juice
- ½ to ¾ teaspoon nutmeg

Mix sugar, cornstarch and salt thoroughly. Add all at once to boiling water in saucepan and cook, stirring briskly, until clear and slightly thickened. (Mixing the sugar with the cornstarch keeps cornstarch from lumping.) Add butter, lemon juice and nutmeg. Serve hot, on steamed or baked pudding, or on plain cake. Makes about 1½ cups or 4 servings.

Uncooked Orange Cream Sauce

Beat 1 egg or 2 egg yolks light with dash of salt. Beat in gradually 4 tablespoons

frozen concentrated orange juice (thawed) and 4 tablespoons melted margarine or butter. Stir in 1½ cups sifted powdered sugar and 1 teaspoon vanilla. Whip one cup heavy cream or a small can of evaporated milk. (To whip evaporated milk, pour it into ice-cube tray of refrigerator and freeze just until crystals form around sides. Then whip in chilled bowl, adding 1 tablespoon lemon juice while whipping.) Fold into first mixture. Chill until serving time. Makes about 3 cups, or 8 servings.

Fluffy Hard Sauce

- 3 tablespoons soft margarine or butter
- 1 tablespoon hot water
- 1 cup sifted powdered sugar
- ½ teaspoon vanilla, or grated lemon peel, or both

Blend margarine or butter with hot water. Gradually beat in powdered sugar. Add flavorings. (If you like, add 1 or 2 tablespoons sherry or

rum or brandy, along with the vanilla and lemon peel.) Heap in serving dish, or drop by spoonfuls on waxed paper. Chill. Serve on hot steamed or baked pudding. Pass a pitcher of thick hot Lemon Sauce, also, if you wish. Makes 4 or 5 servings.

Rich Vanilla Pudding Sauce

Mix in a double boiler or saucepan 1 cup granulated sugar; ½ cup butter or margarine; ½ cup heavy cream. Heat over boiling water or very low heat, stirring occasionally. Shortly before serving add 1 teaspoon vanilla and ¼ teaspoon lemon extract. Serve warm on not-too-rich puddings, such as canned date, fig or orange nut pudding, or steamed cranberry pudding. Makes about 1½ cups, or 4 or 5 servings.

If duck is your choice for a holiday dinner, nothing — but nothing — could be a more delicious relish with it than a big bowl of apple sauce. Apple sauce is light, refreshing, and really glorifies duck.

there's only one
SKIPPY
TOPS IN QUALITY!



BEWARE OF IMITATIONS LOOK FOR THE HAPPY LITTLE DOG
LOW IN PRICE

Pre-Holiday Bargains

Although supplies of grass-fed cattle will be tapering off in December, supplies of intermediate and lower grade beef will be abundant. Economy cuts continue excellent buys and deserve your special attention maybe twice a week.

Turkeys continue adequate with prices reasonable and special emphasis on the heavier birds which are more abundant than usual, lower priced per pound than smaller ones.

Frozen Fish

Fresh fillets are scarce but there are plenty of frozen rock cod, ling cod, halibut, salmon and sole.

Other Fish and Shellfish—Crab lovers are happy that the fresh crab season is really under way. Plenty of fine Mexican shrimp and fresh local cooked lobsters, eastern and western scallops. Steak and baking fish include Chinook salmon, sablefish, ling cod, northern halibut. Pan-readies

are brook trout, Columbia river smelt, sandabs.

Potatoes, Other Vegetables

More good potatoes at lower prices for the season than in recent years. Big crop of onions, too; 20 per cent more than last year. Good supplies of cauliflower, cabbage, celery, lettuce, onions, winter squash, tomatoes, bunched vegetables.

Pears Lead Fruit

Western winter pears are more abundant than in past five years. Enjoy them fresh out-of-hand and in salads; baked, broiled, stewed, in desserts. Raisins are plentiful, of good quality, reasonably priced.

Plenty of Emperor grapes throughout the holiday; also local apples, small oranges, avocados, grapefruit, bananas.

Dairy Products

Economical non-fat dry milk and evaporated milk are ideal in much of the special holiday cooking and baking. Plenty of good buttermilk and cheese,

Lamb Chop Cascade

For four persons, buy 4 thick lamb chops. Brown chops in hot fat until golden brown. Season with salt and pepper. Add 1½ cups tomato juice, ¼ cup chopped green pepper and ¼ cup chopped onion. Cover and simmer 30 minutes or until tender. Thicken and season liquid to serve over rice.

Staple Items—Food fats and oil continue plentiful with liberal quantities of lard. Peanuts and Peanut Butter production is up.

New Crop Honey — This year's crop is excellent in quality and selling at reasonable prices.

Pecans—Pecan crop (back east) is so large and prices so reasonable that westerners find them vying for attention among home-grown walnuts and filberts. Good eating, too!

Potatoes And Onions Always Good

Plentiful potatoes and plentiful onions make a nourishing mainstay for luncheon or dinner menu. Secret of this recipe is the simple addition of 1 small can of potted meat or deviled ham. Scraps of leftover cooked meat or diced canned luncheon meat could be used, of course.

Potato-Onion Dish

- 8 medium size potatoes
- 2 or 3 onions, sliced
- 3 tablespoons meat drippings or fat
- 3 tablespoons flour
- ¼ teaspoon pepper
- 1 tablespoon melted margarine or butter
- 1 tall can evaporated milk
- ¼ teaspoon salt
- ½ cups vegetable water
- 1 small can potted meat or deviled ham

4 tablespoons bread crumbs
Peel and slice potatoes and onions in saucepan; cover with boiling water and simmer until almost tender. Drain, reserving water. Place vegetables in buttered baking dish. Melt fat; blend in flour and seasonings. Add evaporated milk diluted with vegetable water; cook, stirring constantly until thickened. Stir in potted meat or other meat, diced; pour over potatoes and onions. Sprinkle with crumbs which have been mixed with margarine. Bake in moderate oven, 350 degrees for 30 minutes or until thoroughly heated and lightly browned. Six servings.

PEP UP WITH PAPRIKA

Let paprika add pep, flavor and color to many foods. If you reheat crackers with a little butter on top, sprinkle with paprika. Add dash of paprika to salad dressing; sprinkle on baked potato, macaroni and cheese and all other bland appearing foods.

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