



### Sausage Ideal as Breakfast Meat...

"Better breakfasts" is an important slogan these days, and you'll find these hearty, nutritious meals usually feature meat. One of the family's favorite choices for a breakfast meat is pork sausage links.

When selecting pork sausage links, remember that sausage is made by recipe so try several different brands and choose the one which has the "just right" combination of seasonings that your family prefers.

The knowledge that your family is eating a better breakfast makes sausage links worth the little extra preparation time. Plan to pan fry sausage links when preparing for the family breakfast. For leisurely Sunday breakfasts or when you have extra guests, try baking the links. This is an excellent way to prepare sausage a pound at a time, and one that's easy on the cook. When pan frying or baking, turn the sausage links with tongs. When forks are

used, it is easy to prick the links and lose the flavorful juices.

Serve sausage links with any of the old favorite breakfast foods such as scrambled eggs, pancakes or waffles. You'll have fun developing your own cooking variations for sausage links, but here are the basic recipes for both pan frying and baking.

**PAN FRIED BREAKFAST SAUSAGE LINKS**

Place links in frying pan. Add about 1/4 cup of water. Cover and simmer 5 minutes. (Don't boil and don't prick the links with a fork to let juice escape.) Drain off water and pan fry slowly. Turn with tongs to brown evenly.

**SAVORY BAKED SAUSAGE LINKS**

(Good for cooking a pound at a time)

Spread sausage links in a shallow pan. Don't pile up. Bake in a hot oven (400° F.) about 30 minutes. (Turn with tongs to brown evenly.)

#### Avocado Added to Potato Salad Dish

Potato salad always goes over big at a buffet supper. This "Festive Potato Salad" is exceptionally delicious with chunks of avocado, celery, green onion and sweet pickle adding just-right accents. Arrange on a pretty chop plate or in a pottery bowl and garnish with slices of avocado and hard-cooked egg.

**Festive Potato Salad**

1 cup avocado cubes  
1 clove of garlic  
2 cups diced cold boiled potato  
1 cup sliced celery  
1/4 cup sliced green onion  
1/4 cup chopped sweet pickle  
1 teaspoon salt  
1 cup mayonnaise

2 teaspoons lemon juice  
Hard-cooked eggs  
Avocado sections

To prepare avocado, cut fruit into halves lengthwise and remove seed and skin. Cut fruit into cubes. Rub mixing bowl lightly with cut clove of garlic. Combine avocado, potato, celery, onion and pickle. Sprinkle with salt. Add mayonnaise and lemon juice, and blend lightly. Chill. Arrange on serving platter and garnish with alternate sections of hard-cooked eggs and avocado. Serves 6 to 8.

Scoop out the center of big baked potatoes; fill with hot creamed salmon and peas.

### Shrimp Creole Is Popular

"Good meals served in a pleasant atmosphere strengthen family ties and give children a feeling of security," says Blanche M. Stover in her new "Parents' Magazine Family Cookbook." Following this theme all the way through, Miss Stover, food editor of "Parents," has written her book especially for families with children, with family-tested recipes, simplified methods to make mothers' work more pleasant, and money-saving information.

Here is one of the fish dishes:

**Shrimp Creole**

3 strips bacon  
2 medium-sized onions, sliced  
1 green pepper, cut in rings  
1/2 cup diced celery  
1 No. 2 1/2 can tomatoes  
1 teaspoon salt  
1 cup cooked green peas  
2 No. 1 cans shrimp  
1 teaspoon chili powder  
3 cups hot boiled rice

Cook bacon until crisp. Remove from skillet and break into 1/2-inch pieces. Sauté onions in bacon fat until tender. Add green pepper, celery, tomatoes and salt. Cook until vegetables are tender and sauté thickens, about 15 minutes. Add peas, shrimp, and chili powder. Add the cooked bacon. Pack rice into a greased 9-inch tube pan. Carefully turn rice out on a serving platter. Pour sauce in center and around the ring. Makes 6 servings.

### Frank-Sauerkraut Combination Liked

When it comes right down to dollars-and-cents economy and plain good eating, the combination of sauerkraut and frankfurters is hard to beat. And, when these two foods are combined in a casserole with a onion drippings, caraway seeds, onion and grated raw potato, you have a blending of flavors that's frankly aromatic and bound to bring the family rushing to the dinner table.

**Sauerkraut Supper Casserole**

1 No. 2 1/2 can sauerkraut  
1/2 cup bacon drippings  
1 cup grated raw potato  
2 teaspoons caraway seeds  
4 frankfurters  
1 medium onion

Combine sauerkraut, bacon drippings, potato and caraway seeds. Place in a 2-quart rectangular casserole. Cut frankfurters lengthwise into halves. Place frankfurters on sauerkraut mixture, grouping each split frankfurter together. Slice onion and place several onion rings across each frankfurter. Bake in moderate oven, 350 degrees, 10 to 15 minutes.

### Lemons Useful In Many Offerings

The first thing to do for a "common cold," modern health advisers say is "force fluids." That's exactly what Grandmother did when she served hot lemonade even though she didn't know the sound basis for her beliefs.

In addition to tasting "good," vitamin C which is found abundantly in citrus fruits and citrus juices is the one which helps build-up bodily resistance to infection. Modern science tells us that vitamin C cannot be stored in the body. It must be replenished daily. So, at the first symptom of a cold, a sniffle or a sneeze, give 'em hot lemonade.

Latest suggestion for increasing nutrients in lemonade is to grate a little of the lemon peel right into the glass.

In addition to lemons, encourage family to eat more oranges and grapefruit which also are loaded with Vitamin C.

Bake a slice of ham until done; spread with cranberry sauce, stick in a few whole cloves and glaze under broiler. Cornbread is wonderful with this.

### Pinwheel Sandwiches

Pinwheel sandwiches are pretty to serve when the bridge club is coming. To make them, start with a loaf of unsliced bread. Trim the crusts from the bread and then slice it lengthwise. Spread the long slices with the desired filling and roll each into a short cylinder; wrap tightly in waxed paper and store in the refrigerator. Before serving cut each sandwich cylinder into even slices.

### Stuffed Potatoes Go Fancy

Stuffed potatoes can be a very glamorous main dish when fixed the way of this Dione Lucas-Recipe:

**Stuffed Potatoes**  
(Pommes de Terre Farcie a la Georgette)

3 large potatoes  
1 egg  
Little hot milk  
Butter or margarine  
Salt and pepper

**Stuffing**

2 cups chopped sauteed mushrooms  
2 cups chopped sauteed shrimp  
Butter  
Salt and pepper  
2 tablespoons chopped parsley  
2 tablespoons sour cream

**Mornay Sauce**

2 tablespoons butter or margarine  
4 tablespoons flour  
1 cup milk  
2 tablespoons grated cheese  
2 tablespoons cream  
Salt  
Cayenne pepper  
bread crumbs

### Curry Added to Lima Bean Soup

A little curry powder adds zip and color to large dry limas hence "Golden Lima Soup." This creamy soup nips that chill on a cold day. Dry limas, plus milk and bouillon cubes gives delicious flavor and heartiness to this savory soup.

**Golden Lima Soup**

1 cup large dry limas  
1 teaspoon salt  
2 cups milk  
1/4 teaspoon curry powder  
1 teaspoon meat extract (or 2 bouillon cubes)  
1 1/2 teaspoons grated onion  
2 tablespoons butter or margarine  
2 tablespoons chili sauce

Rinse limas, add 2 1/2 cups water and let stand several hours or overnight. Add salt and simmer 1 to 1 1/2 hours, until limas are very tender. Add milk, curry powder, meat extract, onion and butter, and heat to scalding. Stir in chili sauce. Serve at once.  
Serves 5 to 6.



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<b>T-Bones</b>	lb.	<b>47¢</b>
<b>Round Steak</b>	lb.	<b>49¢</b>
COUNTRY STYLE	<b>Sausage</b>	lb. <b>39¢</b>
	<b>Jowl Bacon</b>	lb. <b>25¢</b>
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