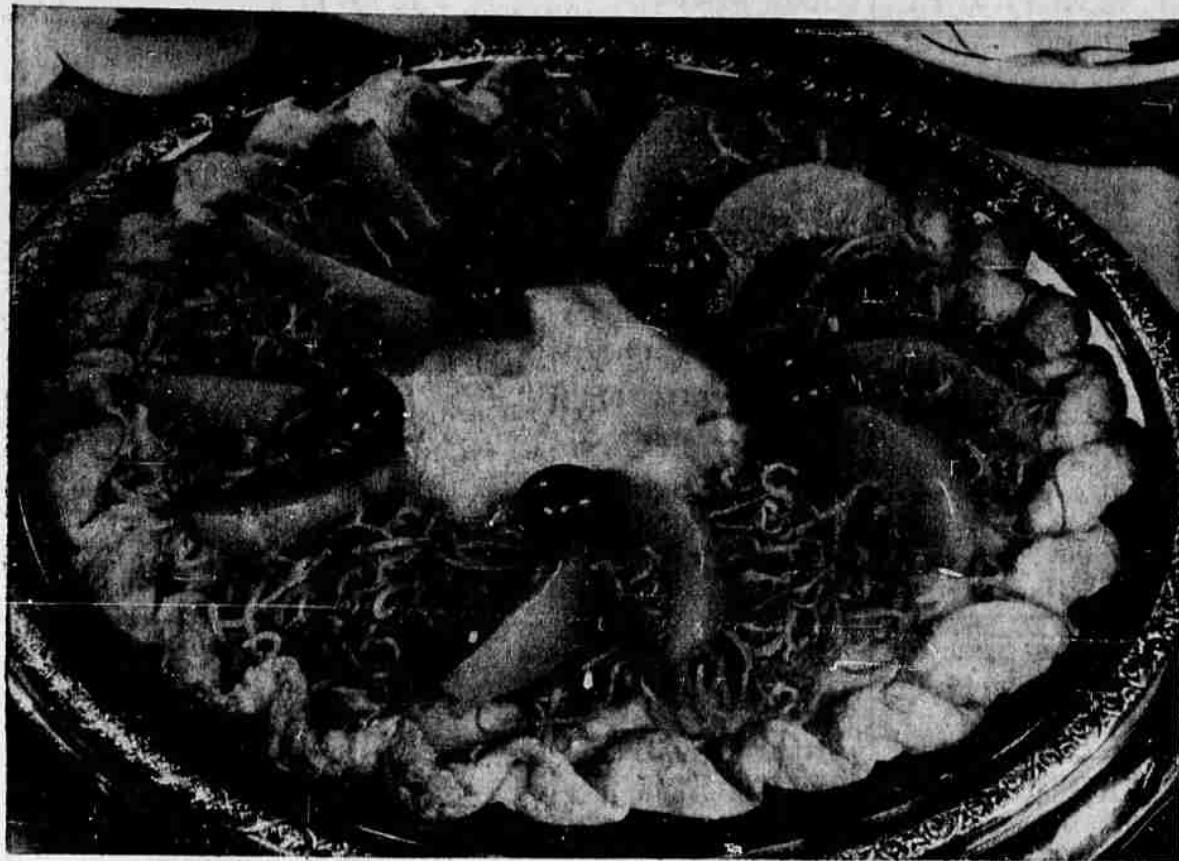


Edited by Marian Lowry Fischer

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From Soups to Desserts, Mid-January Menu Needs Supplied



Peach Cream Pie Has Eye Appeal

Palate pleasing pie may be difficult to say but it is easy for the family to eat and enjoy when you try Peach Cream Pie. Pie from the pantry may sound like another play on words but featured ingredients for this Peach Cream Pie come right from the pantry shelf — nonfat dry milk in a foil-lined package and canned sliced peaches.

der in this recipe the method of preparing a cream pie filling is simplified and the cost is more economical.

Peach Cream Pie
(Makes one 9-inch pie)

1 (9-inch) baked pastry shell
2 1/2 cups water
1/2 cup sugar
1/2 cup nonfat dry milk
1 teaspoon salt
2 eggs, well beaten

1 teaspoon vanilla
1 (No. 2) can sliced peaches, well drained
Pour water into top of double boiler. Combine sugar, flour, nonfat dry milk powder and salt. Sprinkle over surface of the water. Beat with rotary beater until just blended and smooth. Cook over hot water, stirring constantly, until mixture has thickened, about 15 minutes. Stir a small amount of the hot mixture

into the well-beaten eggs, return to remaining hot mixture. Continue to cook 5 minutes longer, stirring constantly. Remove from heat. Stir in vanilla. Pour half of mixture into a 9-inch baked pastry shell. Top with a layer of well-drained sliced peaches. Pour remaining filling over the peaches. Place remaining peach slices over filling. If desired, garnish with coconut and maraschino cherries. Chill until firm.

Local Marts Offering Bargains

Plump, flavorsome broiler-fryer chickens are coming to market in record numbers making them a very good buy. If you've a home freezer, now is the time to store away economical, good eating broilers and fryers for future use. All forms: fresh-frozen or quick frozen, whole, halved or in the parts your family likes best.

Eggs. Egg supply is increasing seasonally with high quality continuing and prices considerably lower than in recent months. Budgeteers know that grade B eggs are ideal for all ingredient uses; cost considerably less. Everyone now knows that the food values inside brown and white eggshells are identical.

Beef of all types will continue on markets with braising and stewing cuts as well as hamburger at surprisingly low prices.

Lamb and Pork. Western lamb is increasing in supply with attractive buys in shoulder roasts and stew meat. Thrifty pork buys are shoulder steaks and roasts, smoked picnics, hocks, end-cut loin roasts, shank half of ham, pork sausage meat.

Fruit Buys

Winter pear supplies are largest in many years. Eat them out-of-hand; bake them; make salads of them. Grapefruit prices are lowest in January. Try broiling grapefruit halves for breakfast as dessert, for a change. Local apples, Emperor grapes, small oranges, bananas are good buys.

Vegetable Buys. Potatoes and onions continue to head the list of plentiful, along with cabbage, cauliflower, celery, winter squash, root vegetables.

Large Dry Lima beans. Use these plump flavorful, nutrition-packed beans more often as vegetable dish, main dish with tomato and cheese sauces, in soups and in salads.

Canned Cranberry Sauce is bargain-priced because of bountiful crop.

Other Good Buys
Watch advertisements and store displays for good buys in peanuts, pecans, peanut butter, fats and oils for cooking, salad and table use; nuts and raisins for eating out-of-hand and for making mixtures for satisfying sandwich fillings. Plenty of dairy products, fresh and frozen fish from western waters. Good marketing!

STUFFING FOR MEAT

This apple stuffing is perfect for baked spareribs. Use it, too, for stuffed pork chops or stuffed pork shoulder. When baking spareribs, spread inside of one section with Apple Stuffing, cover with other section of spareribs and sprinkle with salt and pepper. Lay spareribs in an open roasting pan and bake at 350 degrees for 1 1/2 hours or until meat is tender.



Herbs 'Doll Up' Chips...

Here's a recipe to set tongues a-wagging and taste buds saying on record. No pots or pans to wash up either. Just wipe off

the crispiest, tastiest potato chips that cookie sheet, put it away and settle down to some very pleasant munching.

U and I Sugar makes Hot Chocolate SING!

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Sauces Add Flavor To Fish

Your choice of our west coast's plentiful and fine assortment of white fish will react favorably to distinctive sauces. Seasonings should be carefully chosen to bring out the flavor of the fish rather than to cover it. To keep hot sauces hot for serving, place over hot water. To assure smooth glossy sauce, beat just before serving!

BLACK BUTTER

Good for sauteed fish. After frying fillets, remove fish and add 4 tablespoons butter to that in frying pan. Stir until well browned; add 1 teaspoon lemon juice, dash of salt and pepper. Strain over fish; sprinkle with parsley.

ANCHOVY SAUCE

Fine for any white fish. Melt 1/4 cup butter; stir in 1 teaspoon anchovy paste and add dash of cayenne pepper. Heat and stir thoroughly to serve with either boiled or fried fish.

VINAIGRETTE SAUCE

Mix these ingredients in order given and pour over baked fish: 1 teaspoon salt, 1/2 teaspoon paprika, dash of pepper, 1 tablespoon farrago vinegar, 2 tablespoons cider vinegar, 6 tablespoons salad oil, 1 tablespoon chopped green pepper, 1 teaspoon chopped parsley, 1 teaspoon chopped chives, 1 tablespoon chopped pickle.

APPLE CORER

A good apple-corer can be made by cutting off bottom from a small round bouillon cube tin. And it would make good holes in donuts, too.

Yorkshire Beef Squares Liked

A perfect companion piece of roast beef is Yorkshire pudding. For lovers of this garnish, here's a variation equally as tempting. Sprightly seasoned ground beef is added to the pudding, thus turning it into a main dish serving.

Yorkshire Beef Squares

1 1/2 pounds ground beef
1/2 tablespoons grated onion
1 teaspoon chopped parsley
1 teaspoon finely chopped chives
1 clove garlic, finely chopped
2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon cloves
Combine all the above ingredients and mix well.
1 cup lard, drippings or melted suet
1 cup sifted enriched flour
1/4 teaspoon salt
1 cup milk
2 eggs
1/4 teaspoon freshly grated nutmeg
1/4 teaspoon mace
1/8 teaspoon cayenne pepper

Put lard, drippings or melted suet in a shallow baking pan (8 by 12 inches). Sift flour and salt together. Moisten with milk to form smooth paste. All whole eggs, one at a time, beating thoroughly. Add spices and beat mixture 2 or 3 minutes after second egg is added. Heat the pan with lard, drippings or melted beef suet in oven until hot but not smoking. When hot, pour in half of flour-egg mixture; quickly spread meat mixture over it as evenly as possible. Pour remainder of egg mixture over it and bake immediately in a hot oven (400° to 425° F.) until pudding has risen and set, about 20 minutes. Lower temperature to moderate (350° F.) and continue baking for 25 minutes, 6 servings.

Delicious Dessert

Plentiful apples and plentiful honey make this delectable tender, crispy honey-apple dessert. Better double this for "seconds" since recipe makes 4 servings.

HONEY-APPLE CRISP

Place 2 cups pared and sliced apples in shallow baking dish. Combine 2 tablespoons sugar, 1 1/2 teaspoons lemon juice and 1/4 cup liquid honey; spread over apples. Mix 1/4 cup all-purpose flour, 2 tablespoons brown sugar and 1/4 teaspoon salt; cut or work in 2 tablespoons butter until mixture is crumbly. Cover apples with flour mixture and bake in 375 degree oven, 30 to 40 minutes or until apples are tender and crust is brown. Serve plain, with cream or with whipped cream and dash of cinnamon.

New Blueberry Muffin, Pancake Mixes Popular

One wonders how prepared mixes on the market now could be any better, but better and better they seem to become.

Two of the latest prepared mixes, put out by a well known food and restaurant authority of the country, are a Blueberry Muffin mix and a Buttermilk Pancake mix. Take the Blueberry Muffin mix, it's a dandy! Like all the mixes of this brand, it uses fresh eggs.

Inside the package is inclosed a small can of the blueberries along with the batter mixture. We tried them out for breakfast this week, and the muffins are really super. This mix also can be converted into a tasty blueberry coffee cake with a crumb topping, or you can make pancakes with it. The batter uses nonfat dry milk solids. For a very special breakfast treat, quickly made, these blueberry muffins are the answer.

The buttermilk pancake fans will delight in the special buttermilk pancake mix. This mix, too, uses fresh eggs and an addition of sweet milk—the buttermilk is already in the mix. This mix can quickly be made into a waffle recipe, too, with the addition of two fresh eggs and sweet milk.

About Round Steak

Round steak is one of the less tender cuts of meat; requires moist heat cookery. Cooking slowly with added moisture softens the connective tissue which holds together the meat fibre. Round steak should not be broiled or fried. To braise, brown well in a little hot fat; add a small amount of water or tomato juice and additional seasonings. Cover and cook over low heat until tender.

Cookin' time 6 1/2 minutes!

← MAKES A HOT MEAL SO EASY!

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