

Evaporated Milk Featured In Many Ways in Cooking

By ZOLA VINCENT

Five per cent of all the milk produced in the United States was delivered to the consumer last year in cans which are easy to use, conveniently kept on hand, low in cost. A boon to generally overcrowded refrigerators, canned evaporated milk furnishes all the nutrients of whole milk with the bonus value of extra vitamin D added.

Speaking of evaporated milk, reminds us that nine big companies with 19 plants are engaged in evaporated milk production in the dairylands of California and Oregon. In the Oregon area are three big plants, Albany, Ontario and McMinnville.

And a fine dish using this milk is this lima bean offering combined with a savory tomato sauce and cream cheese sauce made with evaporated milk.

Western Lima Beans

1 cup large dried limas (1/2 pound)

2 1/2 cups water

1 teaspoon salt

1 recipe savory tomato sauce

1 recipe special cheese

Sauce.
Rinse lima beans. Place in saucepan with close fitting cover. Add water, bring to a boil and let boil 2 minutes. Remove from heat, cover and let beans soak 1 hour. Add the salt; cover and let cook gently (simmer or lower) until tender, about 1 hour. Drain liquid from beans if necessary. Save liquid for soup or gravy. Turn beans into buttered 1 1/2 quart casserole or baking dish. Pour savory tomato sauce over beans and mix lightly. Pour cheese sauce over top. Bake in moderate oven, 375 degrees until bubbly and cheese sauce is lightly browned, 20 to 25 minutes. Makes 6 servings for four persons.

Savory Tomato Sauce
While limas are cooking, melt 2 tablespoons butter in large skillet. Add 1 small clove garlic, finely chopped and 1/2 cup finely chopped onion; cook gently over low heat until onion is yellow and transparent, about 5 minutes. Blend in 1 small 6 ounce can tomato paste; add 1 No. 2 can tomatoes, 1/2 teaspoon salt, 1/4 tea-

SIFT FIRST

Always sift flour once before measuring when you are making cakes and cookies. Then pile the flour lightly into the measure you are using and level the top with the edge of a spatula or case knife.

WELL SEASONED

Planning on meat loaf for supper? Season it with minced garlic, marjoram and thyme for good flavor.

spoon pepper, 1/2 teaspoon rubbed sage, 1/4 teaspoon crumbled sweet basil. Cover and let simmer gently about 30 minutes.

Special Cheese Sauce

When lima beans are nearly tender, melt 2 tablespoons butter in saucepan. Add 1/4 cup finely chopped onion and cook gently until onion is yellow and transparent. Remove from heat. Blend in 1 tablespoon flour and add 1 cup evaporated milk. Cook gently, stirring frequently until mixture is smooth and thickened. Add 1 cup shredded process Cheddar cheese (1/4 pound) and 1/2 teaspoon salt. Continue cooking gently; add 1/4 cup Parmesan cheese. Stir frequently until cheese is melted. Pour over tomato sauced limas.

Use Winter Pears While On Market

Plenty of those russet skinned beauties, the Bosc pear, for baking. Enjoy them now for they'll soon be gone. The cream color flesh becomes tender and full of juice while the golden brown skin retains the characteristic shape of the pear, when you bake them.

Select firm, ripe fruit; wash and core each pear, leaving center hollow. Place pears in baking dish and fill each center with one of these fillings. Pour 1/2 cup sugar syrup over pears. Prepare syrup by heating 1/4 cup sugar with 1/4 cup water until dissolved. Place pears in moderate oven, 375 degrees; bake 45 to 55 minutes or until pears are tender. Serve warm or chilled with cream.

Cranberry - Filbert Filling. Combine 1/2 cup chopped cranberries with 2 tablespoons sugar (or use canned cranberry sauce which is so inexpensive) and 2 tablespoons chopped filberts (for any other nuts you have left over from the holidays.)

Date - Marshmallow Filling. Add 1/2 cup chopped dates to 1/2 cup cut marshmallows to fill the pear centers.

Coconut - Orange Marmalade. Use 1/4 cup shredded coconut and 1/4 cup orange marmalade. Mix together until moistened.

Coconut - Spice. Combine 1/2 cup shredded coconut, 2 tablespoons brown sugar, 1/2 teaspoon cinnamon.

Raisin - Nut. Add 1/4 cup raisins to 1/4 cup chopped nuts. Fill pears; dot with butter.

Mincemeat. Use 1/2 cup of mincemeat and 1/4 cup of chopped pear from hollowed center. **Speedy Pear Pudding.**

One of the fastest puddings on record. Peel and slice 3 Anjou pears. Place in 8x8 baking dish. Combine 1 cup all-purpose flour and 1/2 cup sugar. Stir 1-teaspoon soda into 1 cup buttermilk and add to the dry ingredients. Pour over pears. Bake in moderate oven, 375 degrees, 45 minutes. Serve with sweet cream. Six servings.

Olive and Carrot Molds Colorful

Nice little salads to serve for lunch or dinner are "Olive Carrot Molds." And you can be sure to please all your guests when you serve them for they have the gay combination of ripe olives and shredded carrot in a lemon gelatin base. A little chopped onion and parsley lend added taste appeal. Serve them on individual salad plates with a creamy mayonnaise dressing.

OLIVE CARROT MOLDS
1 package lemon-flavored



Good Grocery Buys

VEGETABLES

Stacks of them—fresh and crisp!
Head Lettuce - Romaine 2 for 49c
Endive - Parsley 2 for 49c
Cucumbers - H.H. Tomatoes 2 for 49c
Tube Tomatoes 2 for 49c
Green Onions and Radishes 2 for 49c
Parsnips - Turnips - Rutabagas - Squash - Brussel Sprouts - Green Broccoli Cauliflower 2 for 49c
Thick Hubbard Squash 2 for 49c
Cello Salad Vegetables 2 for 49c
Green Peppers - Carrots 2 for 49c
Fresh Spinach 2 for 29c
In cello pkg. 2 for 29c
Fancy Celery 19c
Hearts, pkg. 19c

ROME BEAUTY APPLES

Fine for Baking and Pies
\$3.45 Box
3 lbs. 29c

Nucoa Special

The Quality Margarine
29c lb.

CENTENNIAL BEANS

Beans, the Great Winter Dish
Calif. Sm. Whites, 2 lbs. 35c
Idaho Reds, 2 lbs. 35c
Pinks, 2 lbs. 35c
Pintos, 2 lbs. 29c
Red Kidney, 2 lbs. 39c
Large Limas, 2 lbs. 39c
Blackeye, 2 lbs. 39c
Green Split Peas, 2 lbs. 33c
Yellow Split Peas, 2 lbs. 33c
Large Tapioca, 12 oz. 29c

WANTED

200 lbs. Grade A WALNUT MEATS

CLINE'S GRADE A LARGE EGGS Doz. 63c
CLINE'S GRADE A MEDIUM EGGS Doz. 61c
KLEENEX TISSUE 200's 3 for 49c
KLEENEX TISSUE 300's 2 for 49c
ZEE WAX PAPER 125 feet 25c
SWIFT'S CANNED HAMS 24 oz. \$2.19
SWIFT'S PREM 12 oz. 49c
DOLE'S FRUIT COCKTAIL No. 2 1/4 2 for 79c
DOLE'S FRUIT COCKTAIL No. 300 2 for 53c
LINDSEY MEDIUM OLIVES Pints 25c
LINDSEY MAMMOTH OLIVES Pints 29c
LINDSEY COLOSSAL OLIVES Pints 35c
MANZANILLA STUFFED OLIVES 2 oz. 23c
MANZANILLA STUFFED OLIVES 3 oz. 32c
MANZANILLA STUFFED OLIVES Quarts \$1.79
ORANGE MARMALADE Purity Seville 2-lb. can 59c
LADY ELBERTA PEACHES No. 2 1/4 2 for 75c
YELLOW FREESTONE PEACHES (In Light Syrup) 2 1/2 2 for 49c
DEL MONTE CLING PEACHES No. 2 1/4 2 for 65c
COTTAGE MARGARINE 2 lbs. 45c
LOG CABIN SYRUP 24 oz. 55c
LYNDEN CHICKEN BROTH Pints 19c
CROWN FLOUR 10 lbs. 95c
(Bleached or Unbleached)
LARGE OREGON PRUNES 2 lbs. 49c
CANNED NEW POTATOES Hunt's 2 for 25c
BUTTERMILK PANCAKE MIX Duncan Hines pkg. 25c

Model Food Market
275 N. High (Next to City Hall) Phone 3-4111

News Items for Your Snack Shelf

Hawaiian Coconut Chips, can 45c
Pretzel Bits 49c
Jars 40c
Filler's Cheese 40c
Pops 45c
Filler's Bake-n-Crisp 45c
Fritos 33c
Corn Chips 35c
Cheetas 35c
Mexitreats 50c
Jar 50c
Brandied Babas 65c
Spiced Crabapples 55c
Watermelon Rind 55c
Sweet Pickled Cantaloupe 75c
Bendickson Smoked Oysters, jar 75c
Pacific Pearl Smoked Oysters 39c

Ernie's Meats

Swift's Premium SMOKIES
(Smoked Pork Sausage)
49¢ Pkg.
Swift's Premium Smoked BEEF TONGUES
3 to 5 lbs. each
49¢ lb.
Swift's Branded BEEF POT ROAST
49¢ lb.

MRS. IRA J. FITTS' Seafood Recipe OF THE WEEK "CLAM FRITTERS"

1 cup flour
1/4 tsp. salt
2 eggs
Bacon fat
2 cups coarsely chopped clams
1 tsp. baking powder
3 tblsp. milk
Dash of paprika

Sift flour, baking powder, salt and paprika. Mix to a batter with beaten eggs and milk.

Add clams to batter. Drop batter by teaspoonfuls into fat in a skillet. Brown on both sides. Serve plain or with seafood sauce. Serves 4 persons.

FRESH Razor Clams

FRESH EASTERN OYSTERS

FRESH PACIFIC OYSTERS

FRESH OLYMPIA OYSTERS

FRESH STEAM CLAMS lb. 35c

FRESH FILLET OF Flounder lb. 59c

FRESH FILLET OF SOLE lb. 59c

SKINNED SOLE lb. 39c

FRESH FILLET OF RED SNAPPER lb. 39c

FRESH FILLET OF CAT FISH lb. 45c

FINNANHADDIE lb. 60c

FRESH PAN-READY FRYERS lb. 59c

FRESH OVEN-READY HENS lb. 55c

We Have a Full Line of Cut, Spiced Herring and Holland Herring

FITTS FISH AND POULTRY MARKET 216 NORTH COMMERCIAL PHONE 3-4424

Olive and Carrot Molds Colorful

Nice little salads to serve for lunch or dinner are "Olive Carrot Molds." And you can be sure to please all your guests when you serve them for they have the gay combination of ripe olives and shredded carrot in a lemon gelatin base. A little chopped onion and parsley lend added taste appeal. Serve them on individual salad plates with a creamy mayonnaise dressing.

OLIVE CARROT MOLDS
1 package lemon-flavored

gelatin
2 cups hot water
1 cup ripe olives
1 cup shredded carrot
1/4 cup finely chopped onion
1/2 cup chopped parsley
Salad greens
Mayonnaise
Dissolve gelatin in hot water. Chill until thick but not firm. Slice olives. Add olives, carrot, onion and parsley to thickened gelatin. Pour into individual molds. Chill until firm. Unmold on garnished salad plates. Top with mayonnaise. Serves 6 to 8.

BIGGEST LITTLE MARKET IN TOWN

Where Your Dollar Gets Time and a Half

PICNICS Cooked Ready to Eat 49c Lb. Morrells Pride	FRYERS CAPONIZED Large Size EACH \$1.39	Ground Beef 3 Lbs. 1.00 Best in the West
RIB STEAKS 45c Lb. Deliciously Tender	FRYERS CAPONIZED Extra Large EACH \$1.59	SAUSAGE 3 Lbs. 1.00 Pure Pork
Fresh Oysters 55c Pint Medium Size	Aged Cheese lb. 49¢ Year Old by far the Best Cheese and the best price in town.	Sliced Bacon 69c Lb. Swift's or Armour's
Beef Roast lb. 39¢	GARDEN FRESH FRUITS AND VEGETABLES	
CELERY 15c Bunch	CABBAGE 3c Lb. Solid Heads	GRAPEFRUIT 8 Lb. Bag 45c Arizona
BANANAS 2 Lbs. 29c Golden Ripe	Snack 39c	POTATOES 50 Lbs. 69c U.S. No. 2
Angel Food CAKE MIX 55c Pkg. Pillsburys	LUNCHEON MEAT 2 14 oz. bottles 29c Cap Brand	POTATOES 100 Lbs. 2.49 U.S. No. 1
SOUPS Campbells	CATSUP 2 cns 29c Cap. 303 Size	Sweet Corn 2 Cans 25c Tasty Pak 303 size
10c Can All Kinds 8 oz.	SANKA COFFEE 99c Lb.	MARARINE 2 Lbs. 45c Sweet Sixteen
NUCOA 29c Lb.	HONEY 89c Heinz	STRAWBERRY JAM 25c Elsinore 12 oz. Tumbler
FRESHEST THING IN TOWN OUR EGGS Direct from the Hen House	HOT MASTER BREAD 4:30 P.M. Every Day Except Tue. & Sat. Tomorrow's Bread Today Every Day	BROADWAY GROCERY BROADWAY and MARKET ST. Store Hours 8 a.m. till 8 p.m. Every Day Including Sundays Prices Good Fri., Sat., Sun.

CREAM O'THE CROP BUYS

Energy Giving Foods for Winter Appetites

REGULAR OR DRIP S&W COFFEE lb. 79¢	PRODUCE
DEHNISON'S CHILI CAN CARNE 2 for 45¢	BROCCOLI LARGE GREEN STALKS 2 for 35¢
DEL MONTE GRAPEFRUIT JUICE 46 oz. 3 for 89¢	EATMOR Cranberries 1-lb. pkg. 25c
VELVEETA CHEESE 2-lb. loaf 79c	YELLOW Onions 5 lbs. 19c
CARNATION MILK 2 for 27c	Oranges 252 Size 2 for 49c
CATSUP Dennison's 2 for 29c	QUALITY MEATS
SWIFTNING 3 lbs. 79c	SWIFT'S BRANDED STEER BEEF
FLOUR Occident 10 lbs. 79c	Swiss Steak lb. 69¢
FRUIT COCKTAIL Dole No. 303 2 for 49c	Cubed Steak lb. 69¢
NABISCO SNOWFLAKE CRACKERS lb. 26¢	PURE Ground Beef lb. 39¢
NALLEY'S LUMBERJACK SYRUP 24 oz. 29¢	Ground Round lb. 69¢
B&M BAKED BEANS 2 for 45¢	BEHM'S FOOD MARKET 120 S. Lancaster Dr. - Ph. 3-4489 Prices Effective Fri., Sat. and Sunday
MARGARINE DELRICH 2 lbs. 43¢	NEW Duncan Hines BUTTERMILK PANCAKE MIX The Buttermilk's In the Mix Pkg. 25c