

Edited by Marian Lowry Fischer

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Markets Feature Varied Winter Vegetables, Use Them Often



Look for Plentifuls In Markets

Plentiful list looks good now and continuing throughout February on the items listed here. The smart shopper, looking over the advertisements and keeping an eye out for the specials displayed inside the store, will find many good values and menu suggestions.

Winter Peas
If we're to help move the much-larger-than-usual Winter pear crop, now is the time to put pears in your menus; keep them on hand for wonderful eating any time. Special promotion, January 28 to February 6 going on in many stores.

Potatoes and other vegetables.
The 29 late-producing potato states are marketing 290 million bushels which is a lot of late potatoes. Stock up. Enjoy them often. They're genuine bargains in good eating. Cabbage and onions also are in oversupply which means low prices. Other good values are cauliflower, celery, winter squash,

root vegetables. Reasonable prices mark other vegetables except artichokes, tomatoes, beans, eggplant, Italian and white summer squash.

Fruit Buys
Plenty of both fresh and processed grapefruit along with fresh oranges and frozen orange juice concentrate. Loose apples, bananas, avocados are reasonably priced for frequent fruit salads. Fresh cranberries are scarce but there is plenty of bargain-priced canned cranberry sauce.

Eggs. Now is the time to make the most of eggs. Give Dad and the boys 2 eggs for breakfast. Make those custard pies and puddings the family has been hungry for. February egg prices probably will be lowest of 1954.

Meat Outlook
Plenty of beef at reasonable prices, particularly in the cuts that require long, slow cooking and in hamburger. Pork prices

Catchup Adds Bit To That Pot Roast

Slow cooking — that's the rule to follow from the start of browning the pot-roast until it is done. Let the beef simmer in the cooking liquid, catchup, until tender. This provides a wonderful gravy for the meat.

Pot-Roast with Catchup
3 to 4-pound beef arm or blade pot-roast
1/4 cup flour
3 tablespoons lard or drippings
2 teaspoons salt
1 cup catchup
6 medium potatoes

Dredge meat with flour and brown in lard or drippings. Season and add catchup. Cover and simmer 3 hours or until tender. Add potatoes the last 45 minutes. Remove meat and potatoes and make gravy.

Breakfast Aid

A good breakfast is a must all year long, and particularly so during the cold winter. Hot cereal topped with a few cooked prunes makes very excellent eating. Keep a jar of cooked prunes in your refrigerator ready to use at a moments notice.

Yams or Sweet Potatoes, all Good

By ZOLA VINCENT
(Foods Writer)

Louisiana may well claim the title "America's Yam Capital" since 77 percent of all railroad carlot shipments of sweet potatoes are from Louisiana; at least that's what the Governor of Louisiana told us and we're confident he knows whereof he speaks.

Among the sweet potato growing states, however, west coast production is increasing right along.

Whether you choose Louisiana yams that are moistly sweet or western sweet potatoes that are

dry-meated, you'll thoroughly enjoy this nutrition-packed, seasonal delight. They're not bargain priced but they're worth every penny you pay in good eating. The canned cranberry sauce we use, however, is bargain priced.

Cranberry Candied Yams
Especially good with fryers, broilers or any pork dish. Four servings.

4 medium size yams, cooked and peeled
1/2 cup whole cranberry sauce
3 tablespoons lemon juice
1/2 cup light corn sirup
1 tablespoon melted butter or margarine

Cut yams in half lengthwise. Place in shallow baking pan. In a small bowl, combine cranberry sauce and lemon juice; mix well. Spoon cranberry mixture over yams in baking pan. Combine corn sirup and melted butter or margarine. Pour over cranberryed yams. Bake in moderate oven, 350 degrees, 25 minutes, basting occasionally with sirup mixture from bottom of pan. Serve piping hot.

Other Ways With Yams
Yams or sweet potatoes, your family will enjoy them in ways like these:

Alternate slices of cooked peeled yams and tart apples. Bake in a sirup of brown sugar, water and a little butter with

a dash of nutmeg. Fine with sausage or pan fried ham.

Shape cooked and mashed yams or sweets, around marshmallow, walnut halves or pineapple cubes. Roll in crushed cornflakes and toast in oven. Or dip in beaten egg and cornflake crumbs and fry in deep fat. No dessert when you have these.

Baked yam or sweet potato slices (or alternate them for color or interest) in four parts of pineapple juice to one of honey and dot with butter. Delicious with sausage links.

Partially cook yams or sweets about 10 minutes. Peel and cut in french-fry strips. Fry until golden brown. Sprinkle with salt, sugar and a little cinnamon. Crisp and tasty with creamed ham or chicken.

Many think there's no way to compare with baking and serving sweets in their skins just like white potatoes; served with plenty of margarine or butter.

Tuna and Avocado

Avocados are reaching the peak of their season now. They team up beautifully with tuna in both hot and cold combinations. A delicious Lenten entree would be creamed tuna served in avocado half shells. If you like, add a couple tablespoons sauterne to the tuna mixture.

Lenten Idea Uses Macaroni

Here's a good recipe to tuck away for those meatless Lenten days. Airy-light Macaroni Salmon Fluff is a main dish that is a winner along three lines: It's attractive, penny-saving, and offers a bonus of nutrition. Tender spears of fresh asparagus are served in sauce over this Macaroni Salmon Fluff.

MACARONI SALMON FLUFF

4 ounces shell macaroni
1/4 cup butter or margarine
3 tablespoons enriched flour
2 teaspoons salt
2 1/2 cups milk
2 tablespoons chopped pimiento
2 eggs, separated
1 tablespoon minced parsley
1 cup flaked salmon
1 cup cooked cut asparagus

Cook macaroni in boiling salted water about 10 minutes. Drain and rinse. While macaroni is

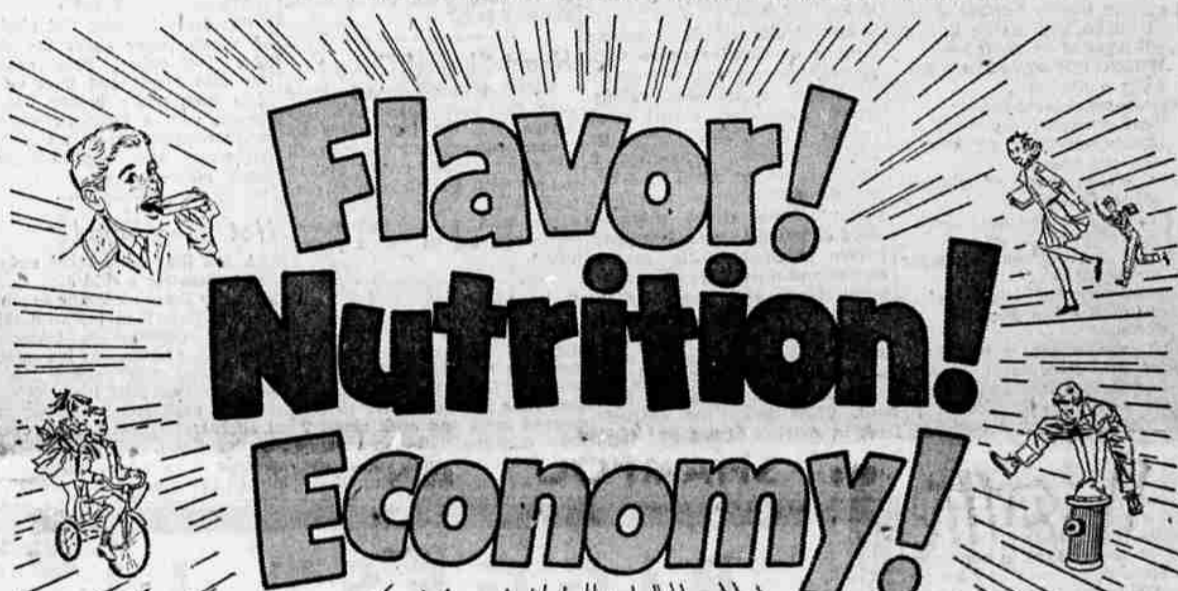
cooking, melt butter or margarine in saucepan. Stir in flour and salt. Gradually add milk and cook until thickened, stirring constantly. Add chopped pimiento. Set aside 1 cup sauce for use as a topping. Add yolks to remaining sauce and blend well. Fold in macaroni, parsley and salmon. Beat egg whites until stiff, but not dry and fold into macaroni mixture. Pour into greased 8-inch square baking dish and set in pan of hot water. Bake in slow oven (325 degrees F.) 1 hour. Add asparagus to sauce which was reserved, heat and serve over squares of Macaroni Salmon Fluff.

Makes 4 servings.

Flavorful ripe olives combine beautifully with fish, eggs and cheese. Keep this in mind when you're planning Lenten menus.

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