

Pears Are Versatile Fruit



Pears and snack time for after school or bedtime. No need to tell the children to hurry in from play for this pick-up! They are not interested in the nutritional value of fresh fruit in their lives. The only interest for youngsters is the taste of the juicy and sweet pears.

Peach Angel For Valentine

Beautiful heart-shaped meringue piled high with sweetened cream and garnished with shiny peach slices is enticement enough for the party table for St. Valentine, but wait for signs of pleasure when first bite reveals the layer of peaches on the bottom and the delicate flavor of the almonds in the meringue.

Chopped almonds and rolled crackers combine to give added texture to the meringue shell. It bakes well in greased pie pan or the heart can be made to any size desired by simply shaping on well-greased brown paper or metal foil. This Valentine Angel will delight the hostess because it cuts well without any chilling time, so often required by meringues.

VALENTINE PEACH ANGEL
3 egg whites
1/2 teaspoon baking powder
1 cup granulated sugar
10 finely rolled soda crackers (3/4 cup crumbs)
1/3 cup chopped roasted unblanched almonds
2 cups canned cling peach slices
1/2 cup whipping cream
2 tablespoons granulated sugar for cream
1/4 teaspoon grated lemon rind
1 teaspoon lemon juice
Cocoanut

Beat egg whites with baking powder until barely stiff. Gradually beat in sugar. Fold in cracker crumbs and almonds. Outline a heart about 9 inches in diameter on brown paper. Place on baking sheet. Spread meringue carefully just to edges of heart, heaping mixture at edges to form shell. Bake in slow oven (300 degrees F.) 30 minutes. Cool. Drain peaches thoroughly and arrange in bottom of meringue shell, reserving a few for top. Whip cream until stiff. Gradually beat in sugar, lemon rind and juice. Spread over peaches and garnish with remaining slices. Cocoanut may be sprinkled over the top. Chill 2 hours or more before cutting. Serves 6 to 8.

Called a Salad, Is Fine Main Dish

Called a salad, it is a fine main dish. This hot macaroni salad: **HOT MACARONI SALAD**

(Main dish)
1 8-oz. pkg. elbow macaroni
2 cups cooked green beans, diced
2 cups ham strips
1/4 cup diced American cheese
1/2 cup mayonnaise
2 teaspoons minced onion
1 teaspoon salt
1/4 teaspoon pepper
Salad greens (optional)

Cook macaroni in boiling salted water according to directions on package. Drain. Toss the hot macaroni with remaining ingredients, except salad greens, and allow to stand 5 minutes. Serve with or without greens. Yield: 6 servings.

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Luncheon Loaf Special

Here's a meat luncheon loaf ideal for a quick dinner or supper. Cut the loaf into 1/2-inch slices. Combine 1 tablespoon of prepared mustard with 3 tablespoons flour, 1 slightly beaten egg and 1 tablespoon vinegar. Dip meat in batter, then brown the meat slices in lard or drippings.

A Torte Varies Cake Ideas

A nice change from the ordinary type cake is this "Apricot Torte." The bottom layer of the torte is rich and short, and is topped with golden cooked apricots—different and very tasty! After it's baked about 40 minutes, spread a butter-sugar topping over the apricots and bake another 5 minutes. To give the fruit a beautiful glaze and warm it up just before serving, place under the broiler for a few minutes.

Apricot Torte
1/2 cup shortening
1/2 cup granulated sugar
1 egg
1/2 teaspoon vanilla extract
1 cup sifted all-purpose flour
1/2 teaspoon salt
1/2 teaspoon baking powder
1 cup cooked dried apricots
3 tablespoons butter or margarine
1/2 cup confectioners' sugar
1/2 cup vanilla extract

Few drops vanilla extract. Cream shortening and sugar together thoroughly. Blend in lightly beaten egg and vanilla. Sift together flour, salt and baking powder, and gradually stir into creamed mixture. Mix well. Spread in greased 8-inch layer cake pan. Arrange well-drained apricots over top. Bake in moderate oven (350 degrees F.) about 40 minutes. Blend topping ingredients and spread over apricots. Bake 5 minutes longer. Place under broiler to glaze fruit. Serve warm. Serves 6 to 8.

Heart-Shaped Cake

Make a heart-shaped layer cake for your Valentine's Day party. Put the two layers together with canned cling peach slices and whipped cream. Spread the top with a thick layer of currant jelly. Then outline the edges with a whipped cream ruffle squirted on with a pastry tube.

For the Stew

Next time you make some old-fashioned beef stew add some large dry limas instead of potatoes. Put in the dry limas at the same time you add water to the browned meat and cook about 2 hours until both the meat and the limas are tender. Add the remaining vegetables as usual.

Go Exotic! Try Chinese Spareribs

(AP Newsfeature)
Old-fashioned lemon flavor is what we've been hankering after. So we baked ourselves a pie. You know the kind—rich with butter, eggs and sugar, tasting of fresh lemon juice and a bit of the tangy rind. Maybe the filling is a little runnier than the cornstarch variety—but oh, the flavor!

When it comes to the meringue, we admit a modern touch. We sprinkle moist shredded cocoanut over the fluffy topping for a toasty taste and a glamor look.

One piece of advice about adding the meringue to the pie: place spoonfuls of it around the edge of the filling and carefully press right to the crust all the way around. Then pile the remaining meringue in the center and read lightly to cover pie completely. When you are cutting your pie, use a wet knife and

Apricot Mousse Rich Dessert

For a filling and good-tasting dessert try this apricot mousse of Diane Lucas:

Apricot Mousse
1 pkg. dried apricots
4 egg whites, stiffly beaten
1/2 cup granulated sugar
1 cup heavy cream
1 tablespoon confectioners' sugar
1 teaspoon vanilla
4 oz. dark sweet chocolate

Soak apricots in enough cold water to cover them for several hours. Boil until tender, drain well put through a strainer. Mix thoroughly with stiffly beaten egg whites with a wire whisk. Place in serving dish and chill well. Decorate with chocolate rounds; sprinkle with confectioners' sugar. Fill a pastry bag with whipped cream which has been beaten over ice and flavored with confectioners' sugar and vanilla; make rosettes between chocolate rounds.

Chocolate Rounds: Cut circles of waxed paper about the size of a silver dollar. Break chocolate into pieces and melt on a plate over slowly boiling water. Spread with a knife on waxed-paper rounds; put to set in refrigerator and remove waxed paper before using.

Hot Bean Salad

A hot lima bean salad makes hearty fare for a cold day. Cook large dry limas according to your favorite way, then top with this dressing. Combine 1/2 teaspoon flour with 1 tablespoon brown sugar, 1/4 cup water and 2 tablespoons vinegar. Add 1 beaten egg yolk and cook over hot water until slightly thickened. Pour over the hot limas, toss lightly and sprinkle with crisp bacon bits, minced green onion and parsley.

the meringue will slice easily and prettily.

OLD-FASHIONED LEMON PIE
Ingredients: 1/2 cup butter or margarine, 1 cup sugar, 2 whole eggs, 2 egg yolks, 6 tablespoons fresh lemon juice, 1 to 2 teaspoons grated lemon rind, one 9-inch baked pastry shell, Coconut Meringue.

Method: Cream butter and sugar together in top of double boiler. Add whole eggs, egg yolks and lemon juice; mix thoroughly. Place over hot (not boiling) water; stirring constantly, cook until thick. Stir in lemon rind. Chill; pour into cooled baked pastry shell. Top with Coconut Meringue; bake in hot (400F) oven about 7 minutes or until meringue peaks are golden brown.

COCOANUT MERINGUE
Ingredients: 2 egg whites, 4 tablespoons sugar, 1/2 cup moist shredded cocoanut (cut in short lengths).

Method: Beat egg whites until frothy throughout. Gradually beat in sugar, a little at a time. Continue beating until mixture is stiff enough to hold peaks that do not curl when beaten is slowly withdrawn and inverted.

Honey Crisp Coffee Cake

One of the mornings, surprise the family with Honey Crisp Coffee Cake. It goes together in a jiffy and takes only 30 minutes to bake. It's baking aroma will bring the family to the breakfast table in a hurry.

HONEY CRISP COFFEE CAKE
1 1/2 cups sifted enriched flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup sugar
1 egg, beaten
3 tablespoons melted shortening

Sift together flour, baking powder, salt and sugar. Combine egg, milk and shortening. Add to flour mixture, stirring until mixture is smooth. Pour into greased 8-inch square or 9-inch round pan. Top with Honey Crisp Topping. Bake in moderately hot oven (400 degrees) about 30 minutes. Makes 1 coffee cake.

HONEY CRISP TOPPING
3 tablespoons softened butter or margarine
1/2 cup honey
1/4 cup shredded coconut
1/2 cup crushed corn flakes
1/2 cup drained, crushed pineapple

Cream together butter or margarine and honey until light and fluffy. Add coconut, corn flakes and pineapple and mix thoroughly. Spread on coffee cake batter. Makes topping for 1 coffee cake.



New Trick—Use pineapple preserves in quick sweet-and-sour sauce for crusty browned spareribs.

Braised Lamb Dish

Broiled lamb chops are on many persons' "favorite food" list. However, broiling is only one method for preparing lamb chops. Use chops for a braised dish, Lamb Chops New Orleans.

Less demanded shoulder cut arm and blade chops are ideal for this dish. Blade chops may be identified by the long thin blade bone they contain; arm chops by their round arm bone. You often find both will retail for several cents per pound under the loin and rib chops.

New Orleans Chops
To prepare this dish, brown the chops, cut 1 inch thick, in lard or drippings. Then season with salt and pepper. To the meat add 1 1/2 cups tomato juice, 1/4 cup chopped green pepper, 1/2 cup of chopped onion. Cover and simmer the chops for 30 minutes. Then remove to a warmed platter and thicken the liquid to serve over the chops.

Quick Meat Pie

Canned stew makes into a wonderful meat pie if you do it up this way. Add 2 tablespoons red table wine, 1 very small crushed clove garlic, 1/4 cup pitted ripe olives and a generous pinch of marjoram. Heat just to boiling and turn into casserole. Cover with pastry top and bake in hot oven until golden brown.

Molded Mousse

Chicken almond mousse molded in a ring mold would make a very deluxe entree for one of your February luncheons. Serve hot baking powder biscuits and spiced canned peaches with it. If it's for Valentine's Day cut the biscuits with a heart-shaped cutter.

Roll-ups of Meat And Cabbage Leaves

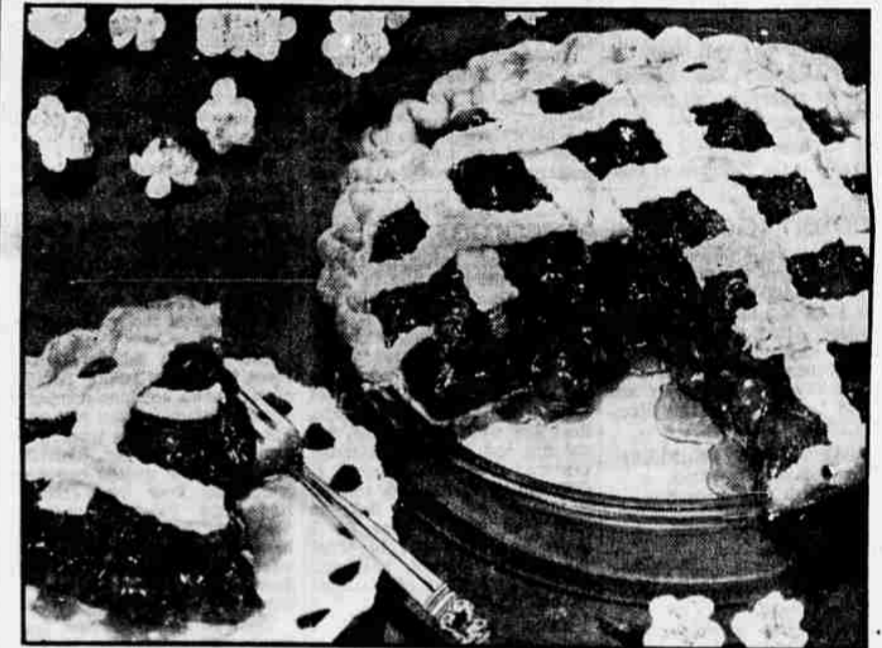
All wrapped up! That's the situation with these ground beef rolls. The ground beef is loosely formed into rolls, then wrapped with cabbage leaves and slowly baked until tender. It's wise to plan on at least two rolls per serving.

Cabbage Meat Tolls
1 1/2 pounds ground beef
1 1/2 teaspoons salt
1/2 teaspoon pepper
1/2 cup grated onion
1/2 cup rice or barley

1 loose head of cabbage
3 cups water

Combine meat, seasonings, and rice or barley. Shape into 12 loosely formed rolls. Remove core from cabbage and steam until leaves begin to wilt. Separate cabbage leaves and wrap each meat roll with a leaf. Place in baking pan and cover with water. Cover, and cook in a slow oven (300° F.) for 1 1/2 hours, or until rice or barley is done and meat is cooked. 6 servings.

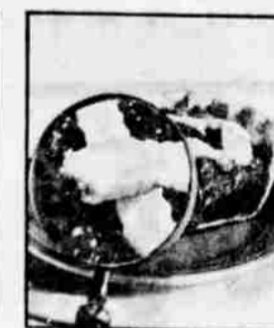
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