Thursday, January 28, 1954

Pork a Versatile Meat for Budgeteer

There's a pork cut to fit every budget and pork shoulder steaks are a smart choice for the budg-eteer. Like pork chops, they may be prepared in a variety of ways; should not be fried or broiled in the usual manner Formite with

the usual manner. Family will like them like this. FRUITED PORK STEAKS

4 pork shoulder steaks Flour, salt, paprika 2 cups apples Raisins Brown sugar

Trim fat from edge of pork steaks and fry out in large skillet or Dutch oven. Remove pieces. Flour pork steaks and brown on both sides in hot fat. Sprinkle each side with salt and paprika. Pour of excess fat.

14 cup water around steaks; cov-er and cook over low heat for 45 minutes or until steaks are ten-der. Baste once during cooking, using liquid in pan. Add more water i needed. 'Ork steaks, if you like, may be baked with fruit in large covered baking dish in 350 degrees oven for same time. same time.

Avocado in Salads

Avocado in Salads There are several ways you can ise avocados in molded gelatin alads. To give a rich avocado fla-for to the entire salad, mash or inter the enter salad, mash or the enter salad is a salad in the salad salads. To give a rich avocado flavor to the entire salad, mash or sieve the avocado and combine relishes. Complete your meal with wedges of apple pie and cheese. 1 pound ground bee! with the gelatine mixture. Or, cut the fruit into cubes or balls, and fold into a partially thickened gelatine base. Use avocados often while they're in season. 1 medium onioit, chopped 1 tablespoon lard or drippings 2 teaspoons chili powder

Eggs Cheaper, Use Often

Few desserts have more appeal for the entire family than has custard pie. Plentiful eggs at reasonable prices encourage us to make custard puddings and pies more often. From the dieti-tians standpoint, an egg is a com-bination of proteins, vitaming and to make custors from the dieti-pies more often. From the dieti-tians standpoint, an egg is a com-bination of proteins, vitamins and minerals all wrapped up in one of the neatest food packages ever designed. Fine Custard Pie Fine Custard Pie Fine Custard proteins, witamins and promptly to cooling rack. Do serving. We like to sprinkle nut-serving. We like to sprinkle nut-serving. We like to sprinkle nut-serving. We like sabout that. Custard Pie Variations.

Chili for Quick Meal

THE CAPITAL JOURNAL, Salem, Oregon

Vegetable

And Meat

1/2 cup milk 2 eggs, slightly beaten 3 teaspoons salt

Onions and Country Fried Steak Tops

They call it fried steak, but it really is not fried after all. Country-Fried Steak

On a winter's day you'll please the family when you serve a plat-ter of country-fried steak and qo-ions. It's named "country-fried" and goes in the frying-pan, but retually the steak is could be the second the retually the steak is could be the second the second the retually the steak is could be the second the second the retually the steak is could be the second the se Vegetables and extend the ring: Vegetable-Beef Ring 2 lbs. ground beef 2 cups soft bread crumbs 15 cup mills actually the steak is cooked by a braising and frying combina-tion. This produces juicy steak

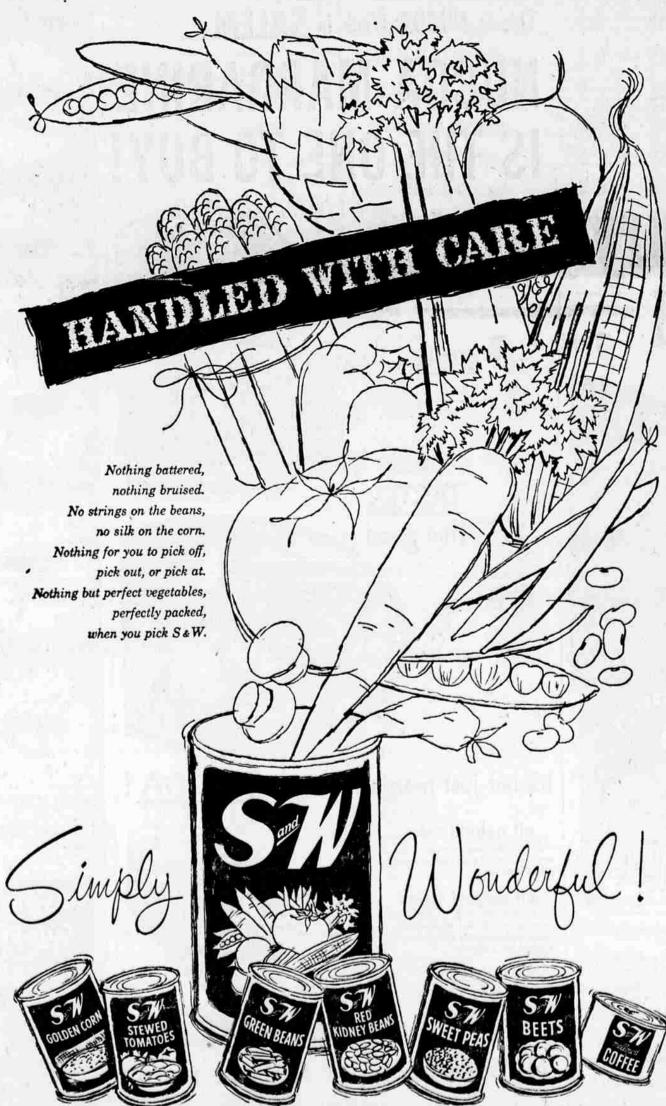
with a crisp coating. To prepare country-fried steak, purchase either round or chuck steak cut about ¾ inch thick. Di-vide the steak into individual

Trim fat from edge of pork steaks and fry out in large skillet or Dutch oven. Remove pieces. Flour pork steaks and brown on both sides in hot fat. Sprinkle each side with salt and paprika. Pour of' excess fat. Core apples but do not pare: cut into thick slices. Top each steak with one or 'wo apple slices and fill centers with raisins. Sprinkle sprinkle with raisins. Sprinkle sprinkle with raisins. Sprinkle apples with brown sugar. Pour '4 ceags with sugar, salt and sprinkle with raisins. Sprinkle sprinkle with brown sugar. Suffigure the steak sing sprinkle with brown sugar. Suffigure the steak sing sprinkle with raising sprinkle preparing filling. Blend eggs with sugar, salt and er and cook over low heat for 45 rots: Green-Gold Carrots

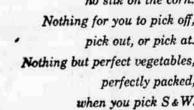
For Fruit Salad

Try this honey marshmallow and the Green-Gold Carrots ar-

1 No. 2 can kidney beans 1 No. 2 can tomatoes 1 teaspoon salt 1 clove garlic, if desired Brown beef and onion slowly in lard or drippings. Add remaining ingredients. Stir well and simmer 1 hour or until flavors are blended. Water may be added if desired and the seasonings can be adjust-ed to taste. 4 to 6 servings. Try this honey marshmallow ranged around the loaf on a dressing on your favorite fruit salad. Combine 1 beaten egg yolk with ¼ cup honey, 2 table, spoons lemon juice and a dash of salt. Cook over hot water until thick. Then add 4 cutup marshmallows and stir until melted. Remove from heat and and walnuts. The length of time chill. Before serving fold in ½ cup whipped cream.







Pancake Flour Pillsbury's Best 4-lb. Sack Lumberjack Syrup 24-oz. Glass Kraff's Mayonnaise Quart jars 59 **Holiday Margarine** 2 lbs. 43 PHEASANT BRAND STAR BRAND WHOLE TOMATOES **Boiled Onions** Z for 45' No. 303 can Southern Beauty Del Monte Del Monte FREESTONE FRUIT SLICED PEACHES COCKTAIL PINEAPPLE No. 21/2 con No. 21/2 cans The finest foods available anywhere are as near as your own telephone -3-9176, give your order to one of our experienced sales people. That's all you have to do. Your order will be selected as carefully as you yourself would do it. And? of course, delivered to you without extra charge. COURT ST. MARION ST. D PH. 3-7962 PH. 3-9176