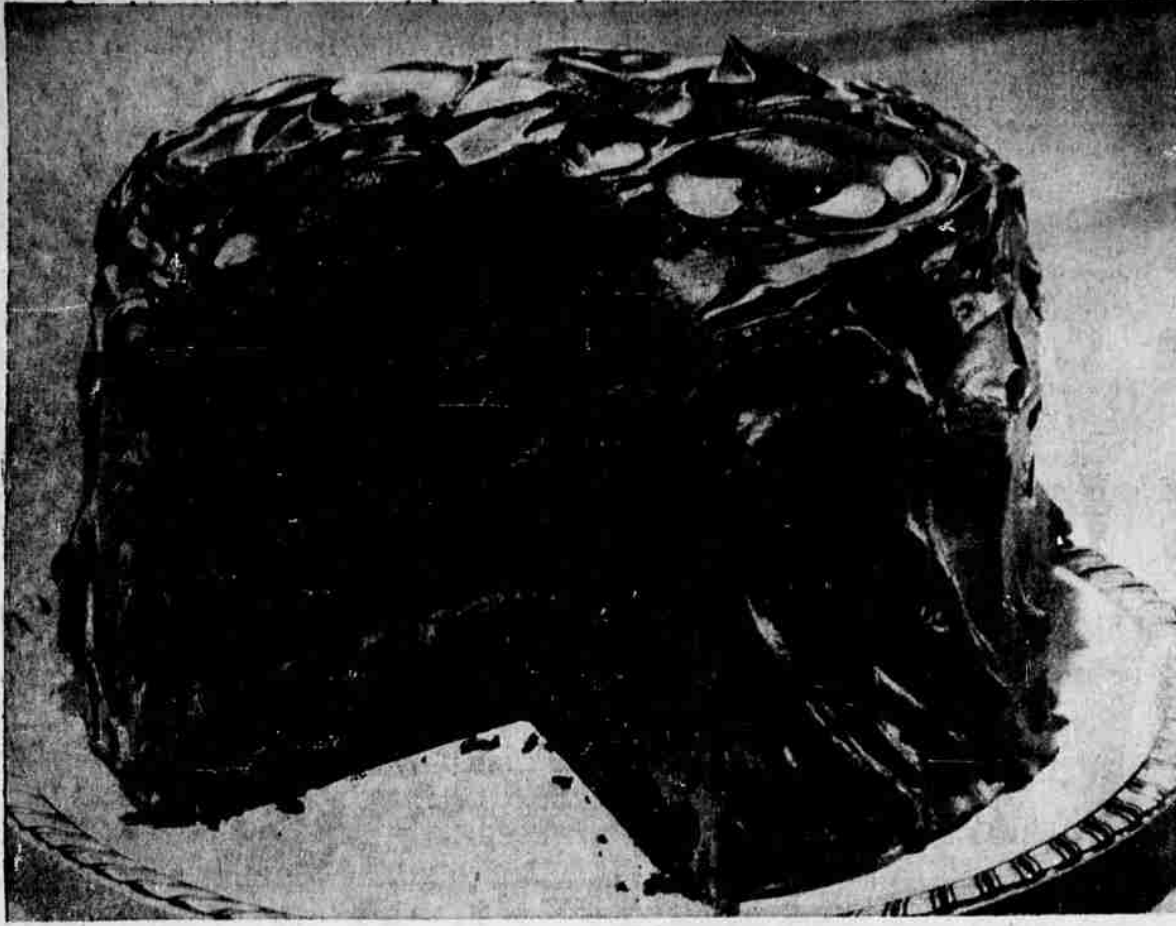


Chiffon Cake No Longer a Luxury...



Now you can enjoy Chiffon Cake luxury for everyday eating, thanks to the new "Live Light" Cake just unveiled by Betty Crocker of General Mills. Here's a way to make Chiffon Cake in layers and with only two eggs. (The original Chiffon Cake, "the first new cake in 100 years," was baked in a tube pan and called for seven eggs.) This airy, delicate, high and luscious cake is sure-fire, unbelievably economical, and easy besides.

As always when developing a new recipe, Betty Crocker asked homemakers to test it. They relayed the "traves" from their families — "the best chocolate cake we ever ate," "so high and light," "couldn't believe it took only two eggs." So many women said "so lovely" and "so light" that the cake virtually named itself—"LoveLight."

Naturally, this unique cake can not be made with any cake mix.

One of the beauties of "Love Light" is that, like a basic frock, you can "dress it up" or "dress it down." For family fare, use your favorite icing. Or serve with whipped cream and fruit. Even uniced, it's delicious.

To make "LoveLight" really glow, glamorize it with Chocolate Fluff or another party-pretty icing (recipes below).

"LoveLight" Chocolate 2-Egg Chiffon "Cake"

- 2 eggs, separated
- 1½ cups sugar
- 1¾ cups sifted cake flour
- ¼ tsp. soda
- ¼ tsp. salt
- ½ cup salad oil
- 1 cup buttermilk*
- 2 squares unsweetened chocolate (2 oz.), melted

*Sweet milk may be substituted for buttermilk in this recipe. Heat oven to 350 degrees (moderate). Grease generously and dust with flour 2 round layer pans, 8" by at least 1½" deep or 9x1½".

Now, Just 3 Easy Steps!
1. Meringue is the key to this cake. Beat egg whites until frothy. Gradually beat in ¼ cup of the sugar. Continue beating until very stiff and glossy.
2. Only 2 minutes batter beating. Sift remaining sugar, cake flour, soda, salt into another bowl. Pour in oil, half of buttermilk. Beat 1 minute, medium speed on mixer or 150 vigorous strokes by hand. Scrape sides and bottom of bowl constantly. Add remaining buttermilk, egg yolks, chocolate. Beat 1 minute more, scraping bowl constantly.
3. Simple folding of meringue assures fluffy texture.

Just fold meringue into batter by cutting down gently through batter, across the bottom up and over, turning bowl often. Pour into prepared pans. Bake layers 30 to 35 minutes Cool.

Split each layer into two layers. Spread Chocolate Fluff between layers and over cake. Store in refrigerator until used.

Chocolate Fluff
Mix together in chilled bowl 2 cups whipping cream, 1 cup sifted confectioners' sugar, ½ cup cocoa, dash of salt. Beat until stiff enough to hold a point.

You'll want to make "Love Light" in the yellow version, too. **"LoveLight" Yellow**

- 2 Eggs Chiffon Cake
- 2 eggs, separated
- 1½ cups sugar
- 2¼ cups sifted cake flour
- 3 tsp. double-acting baking powder
- 1 tsp. salt
- ½ cup salad oil
- 1 cup milk
- 1½ tsp. flavoring

Heat oven to 350 degrees (moderate). Grease generously and dust with flour 2 round layer pans, 8" by at least 1½" deep or 9x1½".

Now, Just 3 Easy Steps!
1. Meringue is the key to this cake. Beat egg whites until frothy. Gradually beat in ¼ cup of the

sugar. Continue beating until very stiff and glossy.

2. Only 2 minutes batter beating. Sift remaining sugar, cake flour, baking powder, salt into another bowl. Pour in oil, half of milk, flavoring. Beat 1 minute, medium speed on mixer or 150 vigorous strokes by hand. Scrape sides and bottom of bowl constantly. Add remaining milk, egg yolks. Beat 1 minute more, scraping bowl constantly.

3. Simple folding of meringue assures fluffy texture. Just fold meringue into batter by cutting down gently through batter, across the bottom up and

over, turning bowl often. Pour into prepared pans. Bake layers 30 to 35 minutes. Cool.

Orange-Filled "LoveLight" Cake
Spread Clear Orange Filling between layers. Ice with White Mountain Icing. Sprinkle generously with coconut.

Clear Orange Filling
Mix in saucepan 1 cup sugar, 4 tablespoons cornstarch, ½ teaspoon salt, 1 cup orange juice, 1½ tablespoons lemon juice, 2 tablespoons butter. Boil 1 minute stirring constantly. Stir in 2 tablespoons grated orange rind. Chill.

White Mountain Icing
1 cup butter, 1 cup orange juice, 1½ tablespoons lemon juice, 2 tablespoons butter. Boil 1 minute stirring constantly. Stir in 2 tablespoons grated orange rind. Chill.

over, turning bowl often. Pour into prepared pans. Bake layers 30 to 35 minutes. Cool.

Stir until well blended in small saucepan ½ cup sugar, 2½ tablespoons water, ½ cup white corn syrup. Boil rapidly to 242 degrees (mixture spins a 6 to 8" thread or a few drops form a firm ball when dropped into cold water). When mixture begins to boil, start beating ½ cup egg whites (2 large). Beat until stiff enough to hold a peak. Pour hot syrup slowly in a thin steady stream into beaten egg whites, beating constantly with electric or rotary beater until mixture stands in very stiff peaks. Blend in 1½ tablespoons vanilla.

French Cream "LoveLight" Cake
Split each layer into two layers. Spread cream filling, made with packaged vanilla pudding mix, between layers and on top. Ice sides of cake with Brown Beauty Icing. Sprinkle top edge of cake with toasted slivered almonds.

Brown Beauty Icing
Place bowl in ice water. Mix thoroughly 1 cup sifted confectioners' sugar, ¼ teaspoon salt, 3 tablespoons milk, 3 tablespoons soft shortening, 2 squares unsweetened chocolate (2 oz.), melted, ¼ teaspoon vanilla. Add 2 or 3 egg yolks (or 1 small egg). Beat until thick enough to spread (3 to 5 minutes).

Peppermint Chocolate Chip "LoveLight" Cake
After folding in meringue, fold in 2 squares unsweetened chocolate, grated (2 oz.). Pour into prepared pans. Bake layers 30 to 35 minutes. Cool. Ice with Pink Peppermint Icing. Trim swirls of icing with grated chocolate.

Pink Peppermint Icing
Stir until well blended in small saucepan ½ cup sugar, 2½ tablespoons water, ½ cup white corn syrup. Boil rapidly to 242 degrees (mixture spins a 6 to 8" thread or a few drops form a firm ball when dropped into cold water). When mixture begins to boil, start beating ½ cup egg whites (2 large). Beat until stiff enough to hold a peak. Pour hot syrup slowly in a thin steady stream into beaten egg whites, beating constantly with electric or rotary beater until mixture stands in very stiff peaks. Blend in ¼ teaspoon peppermint extract. Tint a delicate pink with red food coloring.

Tomato Sauce
6 pork chops
1 medium onion, sliced
¼ cup diced celery
¼ cup diced green pepper
1 No. 2 can tomatoes

½ teaspoon salt
¼ teaspoon sugar
¼ teaspoon Tabasco
1 bay leaf
3 cups hot cooked rice
Sprinkle chops with salt, pepper and paprika; brown pork chops well on both sides in skillet. Remove chops; add onion, celery and green pepper and cook until tender, but not brown. Add tomatoes, salt, sugar, Tabasco and bay leaf; place pork chops on top. Cover tightly; simmer 45 minutes. Serve with hot rice. Yield: 6 servings.

Canned tomatoes are such a familiar old friend in cooking that sometimes we forget just how much they contribute to our daily eating. Imagine how drab our meals would be without the color, the tart flavor and the smooth texture which tomatoes provide. And what better one-dish dinner than crisp browned pork chops served with rice and canned tomatoes used in a rosy red Spanish sauce.

Canned tomatoes were the first vegetable to be canned commercially in America. Their debut came more than 100 years ago—in 1847, to be exact — and they have been winning friends ever since. They are especially good cooked with meat.

Pork Chops with Spanish Tomato Sauce
6 pork chops
1 medium onion, sliced
¼ cup diced celery
¼ cup diced green pepper
1 No. 2 can tomatoes

½ teaspoon salt
¼ teaspoon sugar
¼ teaspoon Tabasco
1 bay leaf
3 cups hot cooked rice
Sprinkle chops with salt, pepper and paprika; brown pork chops well on both sides in skillet. Remove chops; add onion, celery and green pepper and cook until tender, but not brown. Add tomatoes, salt, sugar, Tabasco and bay leaf; place pork chops on top. Cover tightly; simmer 45 minutes. Serve with hot rice. Yield: 6 servings.

To serve, cut this main-dish pie of Italian ancestry into wedges and let guests decide whether they want to eat it as finger or fork food.

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Needs for Small Children

By ZOLA VINCENT

Every wise parent of a growing child will find this important reading; want to discuss it with other members of the family.

As soon as a child grows old enough to feed himself, he is likely to lose the nutritionally favored place he held as an infant in the family and must often

send for himself at the family table, according to Dr. Genevieve Stearns of the University of Iowa.

Dr. Stearns suggests that mothers may well give more concern to the diet of the child in the period when he is passing from infancy to childhood.

Toddler Slow, Untidy
The so-called "toddler," aged about 1 to 3 years, is a slow and untidy eater. He is learning to chew and chews poorly compared to older children. Thus, his meal is apt to consist of the foods he can manage with a spoon or eat from his hand. If left to fend for himself, the mainstays of his diet, often are potatoes and gravy, bread and butter. This means that his fare is poor in protein and too rich in carbohydrates.

Muscles are Growing
Yet, says Dr. Stearns, in these early years the child's need for protein is as great as during infancy. This is a period of changing body composition though of slow growth as far as outward appearance is concerned. The muscles are growing far more rapidly than the rest of the body. . . or should be, if the child gets enough protein in his food. He is changing from the infant others to a child taking an up-right position and moving about by himself; and this is a great change. At this age, the skeletal muscles should increase by about a third. But, all too often, there is little or no increase and the result is a child, with habitual fatigue posture and little energy.

Protein Foods Named
For protein and other fine nutrients as well, be sure your child has two slices of bread or its equivalent in enriched rolls, crackers, macaroni products, whole grain or restored cereals. A quart of milk a day is desirable for the growing child; may be fresh milk, evaporated milk, dried milk or any kind of cheese. All meat, poultry, fish and eggs provide protein and important minerals and vitamins; beef, lamb, pork, veal, heart, kidney, liver, fowl, eggs, dried beans and peas, nutsmeats, peanut butter, peanuts.

Peanut Butter and Anise Cookie

A cookie jar specialty is this, one that combines plentiful, satisfying peanut butter with plentiful anise, the spice that Papa and the children love because it resembles licorice in flavor. Anise belongs to the parsley family and most of that available comes from China and Mexico. It is used both whole and ground, the latter being the more popular.

- Anise Cookies**
- ¼ cup peanut butter
 - ¼ cup margarine or butter
 - ½ cup sugar
 - ½ cup old fashioned molasses
 - ½ cup water
 - ½ cup sifted flour
 - ½ teaspoon salt
 - 2 teaspoons baking powder
 - ½ teaspoon powdered anise
 - 1½ cups uncooked oatmeal

Cream peanut butter, margarine or butter and sugar together well. Mix water and molasses. Sift together dry ingredients. Add dry ingredients and liquids alternately to first mixture. Add the oatmeal and mix well.

Form into a roll in waxed paper and chill. Slice and bake on greased cookie sheet in moderate oven, 350 degrees, about 12 minutes. Or add an extra tablespoon or two of water to make a softer dough that can be dropped from teaspoon to cookie sheet. Bake same as above. Makes 5 dozen cookies.

Tomatoes Provide Extra Bit



Canned tomatoes are such a familiar old friend in cooking that sometimes we forget just how much they contribute to our daily eating. Imagine how drab our meals would be without the color, the tart flavor and the smooth texture which tomatoes provide. And what better one-dish dinner than crisp browned pork chops served with rice and canned tomatoes used in a rosy red Spanish sauce.

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¼ teaspoon sugar
¼ teaspoon Tabasco
1 bay leaf
3 cups hot cooked rice
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MRS. IRA J. FITTS'

Seafood Recipe OF THE WEEK

FRIED SCALLOPS

1½ lbs. scallops
1 egg (beaten)
Seasoned flour or bread crumbs

Pat scallops dry in a cloth, dip in egg, roll in seasoned flour or bread crumbs. Fry in deep, hot fat, 390 degrees, for about 2 min. or until golden brown. Drain on paper taweling. Serve with tartar sauce. These can also be cooked very nicely in a skillet with ½-inch of shortening in place of deep fat. Serves 4 persons.

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