Page 10-SECTION II

pepper, some red wine vinegar, brown sugar, cornstarch and salt, and yau are all set for Chinese-

style spareribs in a sweet-and-sour sauce.

sour sauce. When we tried it, we put the sparcribs in a large oblong roast-ing pan in a slow oven in the late part of the afternoon. They cooked and browned beautifully while we entertained a caller at tea. Only once—half way through the baking period—did we go back into the kitchen and that was to furn the ribs. They were

was to turn the ribs. They were done to a turn about half an

hour before supper, when we

You can cook an exotic dish-1 took them

one that everyone will adore— poured off the fat in the bottom with no trouble at all. No hard-to-find ingredients needed for into easy-to-manage pieces, re-

to the table.

and serve. Wilt the greens-

fresh pork spareribs, 1 tea-spoon salt, 1 tablespoon corn-

starch, 1 cup firmly packed

dark brown sugar, ½ cup red

pepper, ½ cup pineapple pre-

Method: Have meat dealer chop

don't cook them.

Durum Trio Budget Help

der, cubed

crumbs

Clever homemakers add an im-ginative touch to an ordinary word and make it seem special different main dish is one that sginative touch to an ordinary meal and make it seem special. keeps preparation time to a mini-mum. Yet you know you are feed-But sometimes it takes real thinking and planning to make a meal appetizing looking, flavorful and ing your family a dish full of nutrition. good and yet keep within the overworked food hudget. Golden chunks of carrots, suc-

Ment pieces of lamb, and golden Helpers for the homemaker are the foods she can keep on noodles all combine with the cur hand to help make the most of small amounts of more expen-sive foods. Along this line is the versatile durum trio-macaroni, noodles, and spaghetti. If you have looked over the assortment of the new flavor-you can make a dish that is really curried. durum wheat products in the gro-Lamb Noodle Curry cery, you know how much variety can be offered by this one food 1 tablespoon fat 1 pound boneless lamb shoul alone. And, if you've checked the prices too, you'll be surprised at the low cost. Since macaroni foods 2 tablespoons enriched flour 1/4 teaspoons salt are so mild, they have a happy way of making the most of other

1/2 teaspoon curry powder 1/2 cup water 1/2 cups fresh diced carrots food flavors. A dish to keep the family hap-py and well fed while keeping 4 ounces medium noodle 1 cup milk 3/4 cup buttered enriched bread

Chess Tarts for

Melt fat in large skillet and brown meat well. Stir in flour, salt and curry powder. Add water and cook until thickened, stirring constantly. Add carrots, cover and simmer 20 minutes. Cook prodles in builting salted water Valentine Treat The Queen of Hearts never made such tarts as these individ-ual "Chess Tarts." Almonds are roasted with skins on for flavor change and then chopped. For noodles in boiling salted water change and then chopped. For Valentine luncheon, dessert, bridge or special dinner dessert, the tarts can be given further glamor with a dab of whipped cream, sprinkled with nutmeg if you like, or with fine grating of candid ninger crumbs. Bake in moderate oven (350 degrees F.) 30 minutes. of candied ginger. Makes 4 servings.

CHESS TARTS

ioned charmer, one that has the with paper. Bake in moderate flavor and goodness captured in oven (350 degrees F.) 30 to 35 the same squares of unsweetened miniutes, or until done. Cool; 1/2 cup roasted unblanched althen frost with Seven Minute monds

1/2 cup seeded raisins 3 tablespoons butter or mar-Melt 11/2 squares unsweetened chocolate and 11/2 teaspoons but garine

cup brown sugar (packed) egg

1 tablespoon lemon juice

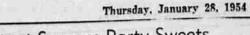
ter over hot water. Draw a six-inch outline of "La Belle Choco-latiere," following picture on un-1/2 teaspoon grated lemon rind Pastry for 6 (3-inch) tarts (basis 1 cup flour) Chop almonds. Rinse, drain and chop raisins. Cream butter and sugar together thoroughly. Blend in lightly beaten egg, lem-on juice, rind, almonds and rais-ins. Fill pastry-lined tart pans with mitture. Bake in very hot

around edge of cake, using bis-cuit cutter or tablespoon. Fill with mixture. Bake in very hot oven (450 degrees F.) 10 minremaining utes. Reduce temperature to moderate (360 degrees F.) and bake 15 to 20 minutes longer.

chocolate mixture, letting some chocolate drip down sides. When "Chocolate Lady" has hardened, carefully peel off pa-per. Place figure in center of Serves 6. cake.

Seven Minute Frosting: Com-bine 2 egg whites, 11/2 cups sugar,

49[°]



1 teaspoon vanua 34 cup chopped walnuts 1 lightly. Stir

minutes. Cut into squares when cool Makes 16 (2-inch) squares.



Market

lb.

lb.

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A melt-in-your mouth bar-type;

cookie that will really attract attention are these "Walnut Buterscotch Squares." They have Beat egg lightly. wonderful caramely flavor with sugar and shortening. terscotch Squares." They have



Old-Fashioned Lemon Pie Favorite

Creamy Filling and tangy flavor combine in this old-fashioned lemon pie.

Delicious, Colorful Too What better way to begin a new year than to add a wonderful new recipe to your collection? This one, Chocolate Lady Cake, is today's version of an old-fash, which have been lined on bottoms which have been lined on bottoms

Chocolate Lady Cake Is

Pot-Roast Always Top Meat Dish

Beef pot-roasts are dishes you come back to again and again. For a vegetable, we would choose green snap beans cookcome back to again and again. Among the pot-roasts in your mar-ket are arm and blade, heel of round, standing and rolled beel rumps. They're all prepared by slow braising—browning first, then ed whole only until tender-crisps and seasoned with salt, pepper and butter or margarine Fruit and cookies make a fine dessert and tea is, of course, the only appropriate hot beverage to serve with this Chinese-style adding a little liquid, covering and cooking slowly until tender. In this case, a boneless beef rump a braised with a variety of vege meal. tables. Mandarin Spareribs Ingredients: 3 pounds meaty

Rolled Beef Rump Pot-Reast with Vegetables 3 to 4-pound beef rump pot-roast 3 tablespoons lard or drippings Salt

Pepper

14 cup water 6 medium potatoes, cut in half 6 small onions 6 small onlons 6 medium carrots, sliced 6 stalks celery, cut in 1-inch

pieces Brown meat on all sides in lard or drippings. Season. Add water, cover closely and simmer about 2 hours, adding more water if necessary. Add vegetables and con-tinue cooking 45 minutes or until is tender and vegetables meat done. Serve with gravy made from cooking liquid. 6 to 8 serv-

Chicken, Lobster **Elegant Combination**

If you want a real elegant chicken dish try this one from the Dione Lucas collection. is combined with lobster. Chicken Marengo

3 lb. chicken 14 lb. cooked lobster

eggs

6 slices bread

Ib. firm white mushrooms skinned sliced tomatoes

1 tablespoon tomato paste 2 teaspoons potato flour

1 teaspoon meat glaze 8 tablespoons butter or margarine Little oil Finely chopped parsley

1¼ cup stock cup dry white wine Lemon juice

Salt and pepper Bay leaf

up chicken and brown alowly on each side in hot butter or margarine in a heavy pot. Remove: add to the pan, tomato paste, meat glaze and potato flour, stock and white wine. Stir over fire until it comes to a boil. Add sliced tomatoes and simmer 10 minutes. Slice half

through bony edge of spareribs at large end. Arrange spareribs in large shallow pan. Sprinkle with sait, Roast in a slow (325F) oven about 1¼-to 1½-hours, or until browned. Turn once, about halfway through roasting period. Cut spareribs through every other bone so they will be in easy-to-handle pieces. Meanwhile, in a saucepan blend cornstarch and It

NESTLES EVER-READY

particular cake presents yet an-other good reason for its popu-larity through the years! sweetened chocolate package. Place drawing on a baking sheet; **Chocolate Lady Cake** cover with waxed paper. Fill in the figure with chocolate mix-ture dribbled from teaspoon. Chill in refrigerator until chocowine vinegar, ¾ cup water, 1 1¾ medium-size or large green 1 cups sifted cake flour teaspoon cream of tartar % teaspoon soua 1 teaspoon salt late is set (about 1/2 hour). cup shortening ½ cup shorter 1½ cups sugar Meanwhile, m a r k scallops 2 eggs, unbeaten *Milk (see below for amount) indentations with **3** squares unsweetened chocolate, melted 1 teaspoon vanilla

chocolate used in grandma's day, then fro Ever since tea captains carried Frosting.

their precious cocoa beans home

from long sea voyages, chocolate cake has been a top-ranking fav-orite in this country-and this

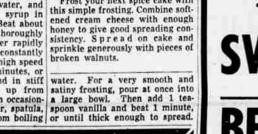
Seven Minute Frosting 112 squares unsweetened chocolate

handle pieces. Meanwhile, in a saucepan blend cornstarch and sugar. Gradually stir in vinegar and water until smooth. Remove stem, seeds and pithy portion from green pepper. Cut pepper into thin strips; add to sauce. Cook over moderately low heat, stirring constantly, until sauce is slightly thickened and clear. Stir in pineapple preserves. Heat thoroughly. Pour pineapple sauce over hot spareribs; and serve at ribs together. Makes 4 servings.

Sunny Foods FOR WINTER MEALS

Instant Cocoa 1-lb. can

1½ teaspoons butter



FRESH

PRODUCE

PARSNIPS

3 1bs. 29c

ORANGES

Z doz. 49c

Bunch 5C

252 Size.....

Radishes

Spice Cake Frosting



10)

Randall's

prices

Arm Cut - Blade Cut - Rump

RIB STEAK

This Is Eastrn Oregon Hereford Beef, Well Trimmed

This Is Eastern Oregon Hereford Beef, Well Trimmed

T-BONE STEAK

we've Slaughtered

The



Walnut Squares Party Sweets 1 teaspoon baking powder teaspoon salt 1 teaspoon vanilla extract

Sift tovder, and



ry seasoning to add the oriental touch. Go gentle on the curry if 1 cup brown sugar (packed) you are introducing it to your 1/2 cup melted shortening 3/4 cup sifted all-purpose flour family for the first time. After they have developed a taste for

THE CAPITAL JOURNAL, Salem, Oregon

of the mushrooms, add them and simmer 5 minutes. Slice hall of the mushrooms, add them and simmer 5 minutes more. Put chicken back in sauce and cook gently for 20 minutes. Flute rest of the small mushrooms and saute in a little lemon juice, butter or margarine, salt and

butter or margarine, sail and pepper. Get live lobster; put in pan with bay leaf, little white wine and water. Bring to a boil; then cool in the liquid. Shell lob-ster and save shells. Fry the eggs in oil, turned over so that they are brown on both sides. Trim slices of bread; cut in half diagonally and fry until golden brown in hot oil.

Arrange chicken parts on long flat serving dish. Slice the lob-ster tail meat and place it over chicken parts. Put the claw at one end and garnish other end with the head shells. Place the sauteed fluted mushrooms down the center. Garnish around the edge of the dish with fried eggs and slices of bread.

Beef Cubes With Mushroom Tasty

Beef cubes meant only for a stew? No longer is this their sole spot in menus. Today you'll find an appealing dinner dish when you brown these chunky beef cubes, then cook them in a little liquid with sliced mushrooms. Braised Beef Cubes with Mushrooms 1½ pounds beef, cut in 1-inch cubes 1 teaspoon salt % teaspoon pepper 3 to 4 tablespoons lard or drippings cup water pound mushrooms, sliced Flour Dredge the meat with seasoned flour. Brown slowly in lard or drippings. Add water, cover and

cook slowly for 1 hour. Add sliced mushrooms, cover and continue cooking until meat is tender and mushrooms are done, about 30 minutes. Thicken cooking liquid with flour for gravy. 6 servings.

Blue Bonnet with Coupon . Ib. 22	GRAPEFRUIT Bag 49 ^c GROUND
CAL TOP Peaches No. 21/2 can 4 cans 98° HEINZ CREAM OF Tomato Soup 3 cans 29° SUNSHINE KRISPY Crackers bb 27° MORTON HOUSE Pork and Beans 2 cans 45° LARGE SIZE FREE WITH Rinso Economy Size 59°	Tender Meats Swiff's Prem. Shankless PICNICS & 1 to PICNICS & 1 to PICNICS & 1 to PICNICS & 1 to PORK ROAST LB. 49° Swiff's Branded Steer Beet T-BONE OR RIB T-BONE OR RIB STEAKS LB. 69° Swiff's Prem. Pure SMOKED LINKS LB. 69° Swiff's Premium BACON By the LB. 79°
Rinso Economy Size	BABY BEEF LIVE FRESH BEEF LIVE FRESH BEEF TON EASTERN OREGO FRONT QUARTER Ib. 271/2° Ib

