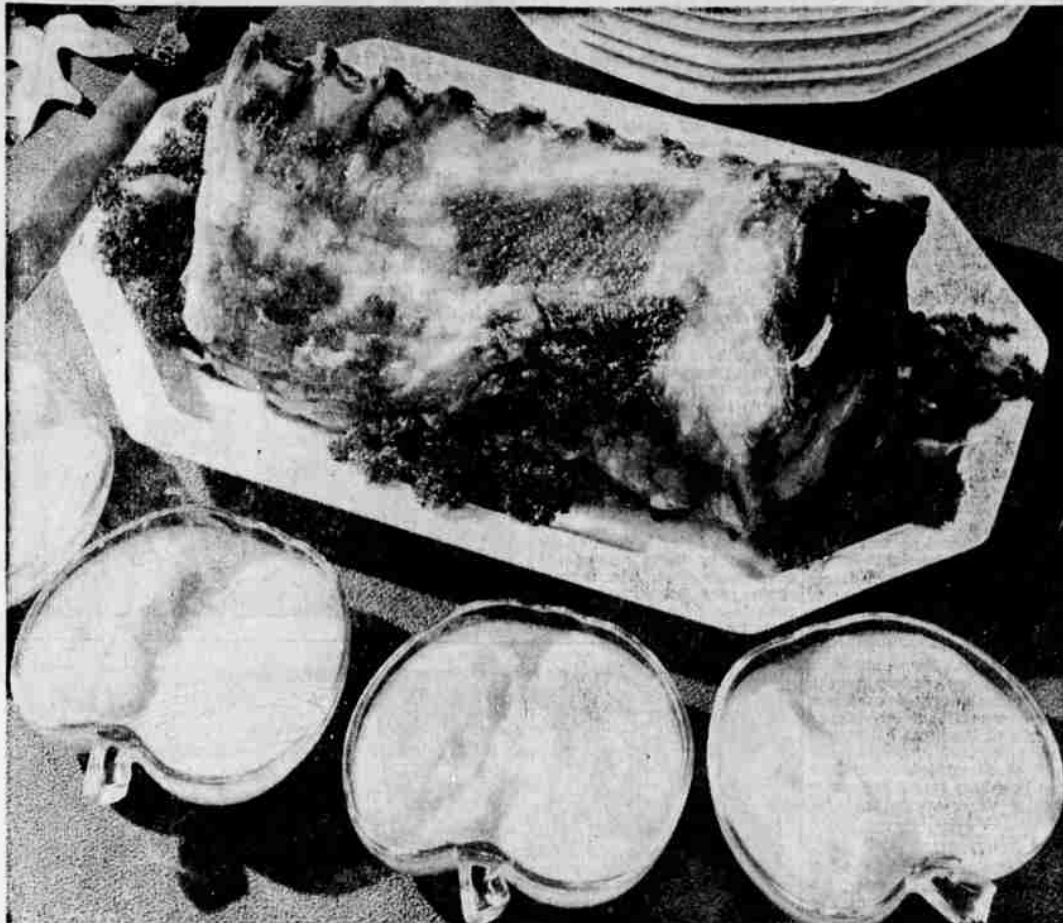


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Meat Supplies Feature in Food News; Varied Recipes Given



Pork and Applesauce Tasty Duo...

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Two of America's most popular edible go-togethers of all time... pork and apple sauce... are back together again at such modest cost that they're appearing on weekly shopping lists to the delight of all the family.

Greatly increased supplies of pork are coming to market as fresh fragrant apples are rolling to processing kitchens and being rushed into cans at flavor peak as apple sauce, canned apple slices, apple juice and other delectable apple products.

Superior flavor of today's canned apple sauce is the result of blending of several types of choice apples unlike canned apple sauce of former years which usually relied on one variety. Price of the canned product is surprisingly small; so much so that the shopper often buys it by the half dozen or dozen cans for daily use in a great many ways.

Fancy Apple Sauce Pork Roast
First let's fix the apple sauce like this, planning to offer generous individual dishes of half-and-half rosy cinnamon and plain apple sauce for color and interest. For the pink part, combine 2 cups canned apple sauce, 1/2 cup cinnamon candies, 2 tablespoons sugar and 1 tablespoon lemon juice; heat enough to melt cinnamon candies. Offer either warm or refrigerated being sure to stir before serving. Use other half as it comes from the can.

Roast loin of pork is one of America's favorite meat dishes. Do not overlook the economical pork roasts which are cut from the end of the loin rather than the fancier center cuts.

The end cut loin roasts well for less per pound than the center cut roasts and although somewhat more difficult to carve, yield the same juicy, fine flavored meat.

The loin end roast nearest the shoulder is known as the blade loin roast and that nearest the ham section is the pork sirloin roast. Both are prepared in same easy way as the center cut roast except that cooking time must be increased due to more compact form of meat.

Roast Pork

To prepare either of these smart buys, place the meat fat side up in a moderate oven, 325 degrees and roast 45 to 50 minutes per pound. Do not cover.

Do not baste. Roast loin 25 to 40 minutes per pound.

Gourmet Touch. Sprinkle roast with caraway seed or rub with sage or oregano along with the salt and pepper before placing in oven.

Good Ways with Sauce
Many good cooks keep canned apple sauce at hand for adding flavor to many foods at small cost.

Main Dishes. One cup of diced cooked ham sautéed in 4 tablespoons of butter, mixed with 2 cups apple sauce and heated makes a fine supper or luncheon dish. Or use this as a tasty filling for omelet or French pancakes.

Pork chops take especially to canned apple sauce with raisins stirred through it.

Cold sliced baked ham likes a generous bowl of apple sauce, spiced with horseradish.

Ham or Pork Relish. Heat 2 cups canned apple sauce; remove from heat, mix in 2 teaspoons lemon juice and dust with paprika. Very good indeed.

New Idea

For relish, blend equal quantities of canned apple sauce and whipped cream. Season with horseradish. Pour in refrigerator tray, freeze, cut in square chunks for serving.

Pork chops rest is given by broiling chops on both sides, then covering with apple sauce and simmering until chops are tender, about 45 minutes.

Hot apple sauce makes a good vegetable substitute once in a while; serve with dab of butter melted on top.

Apple Sauce Desserts. Dress up dish of apple sauce with dash of nutmeg and dollop of flavored whipped cream or top with vanilla ice cream. Children will love.

Savory Halibut

A baking delight any time, halibut however needs a little pepping-up because of its blandness. For 4 servings, split green onions lengthwise and lay them in bottom of greased baking dish. Lay 1 1/2 pounds halibut in one piece on top of onions. Mix together 1 tablespoon flour and 2 cups milk; season with salt and pepper and pour mixture over halibut so that it is just covered. Dot with butter, sprinkle generously with paprika. Bake in hot oven, 400 degrees until fish is tender; about 20 minutes.

Dutch Snap Bean Salad Favorite

Family favorite. Cook 1 pound snap green beans cut in 1 inch pieces in boiling salted water until just tender but still crisp (about 10 minutes). Mince two slices of fried bacon and mix with beans. Fry 1/4 cup chopped onion in bacon drippings for 2 or 3 minutes. Add 1/2 cup vinegar and a pinch of sugar. Bring to a boil. Pour this mixture over beans and bacon; mix well. Season to taste with salt and pepper. Serve hot. Four servings.

Melon Delight

Melons soon will be fading from the market place. Enjoy now the sweet refreshing goodness of Persians, cantaloupes, Cranshaws, casabas, honeydews, morning, noon and night. For a handsome fresh fruit salad, use rings or fingers of chilled melon on bed of lettuce. Add grapes and cubes or slices of fresh pears. Serve with scoop of sherbet or with fruit salad dressing.

PANCAKE TREAT

Hot pancakes on a frosty morning—what better start for a busy day! Give the family a welcome surprise and fold into the pancake batter a half cup of finely cut shredded coconut, plain or toasted.

New Type Of Cookbook This Month

A new type of cookbook is off the press this month, Betty Crocker's "Good and Easy Cookbook." Instead of the subject matter being listed under topic headings, such as meats, salads, desserts, etc., this new volume goes in for main headings, or chapters.

These chapters are: Breakfast, Lunch, Dinner and "Fourth Meal." Under each of the headings the reader will find complete recipe for planning meals appropriate to any time of the day.

More than 1000 recipes are in the 252 pages, 32 of which are in color and others in color sketches. The recipe is not duplicated in Betty Crocker's Picture Cookbook.

Various mixes that make for quick and easy cooking but tasty meals are used extensively in recipes for casseroles and other dishes, and there are ideas on herbs and condiments.

The book has a spiral binding so it will lay open and flat at will. Publishers are Simon and Schuster and the book is on sale at book, variety, drug, and department stores as well as news dealers and super market.

Many Good Things in Marts

There are so many good things in abundant supply at reasonable prices that we couldn't put them all in the headline. Make meal planning easy and also make the most of the family food money by carefully scanning this list. Look over this newspaper's food advertisements and watch for store specials and displays. Early in the days shopping gets you through the store and through the checking counter much more quickly.

Meat Buys

Beef production continues at a high level with good values in all grades but exceptional values in the grades and cuts that require longer, slower cooking. Pork is back on many weekly menus as it becomes more abundant in both fresh and cured supplies. Treat the family to a pork roast along with plenty of canned apple sauce which is surprisingly low in cost. Lamb continues seasonally reasonable; here again the bargain are in the less fancy cuts for stewing, braising.

Plenty of Poultry

Near record supplies of broilers and of turkeys are coming to market. There are good buys in stewing hens for serving with dumplings and egg noodles or for fricasseeing. For color, flavor and interest, add green pepper and red pimento to gravies. Turkeys are certain to remain plentiful throughout the holiday season; are a good buy any time, good for several fine meals from one turkey.

Eggs. Homemakers rejoice in the reasonable prices on eggs which are so essential in the daily diet and in the making of all sorts of good things. Give Father and the boys two eggs for breakfast and

send them to work and to school well supplied with energy.

Fish and Shellfish. For a menu change, plan fish at least once a week. Try scallops, fresh Pacific oysters, cherry stone clams and of course shrimp which are even better than last month. Steak and baking varieties include ling cod, swordfish, sablefish, northern halibut (frozen) as well as lake whitefish, trout and yellow pike. Pan readyies include Eureka rex sole, ling cod, true cod, rockfish, sole sea bass and then there are fillets, fresh and frozen.

Vegetable Buys. Cabbage, cauliflower, celery, corn, cucumbers, lettuce, onions, potatoes, winter squash; in good supply are eggplant, peppers, sweet potatoes, bunched vegetables.

Fruit Buys. Wonderful Fall varieties, plenty of grapes, season-end melons, pears and citrus fruits. Peaches are going fast and so are melons. Good Marketing!

Peachy Dessert

For a special occasion, bake your favorite pastry shell and fill with peaches. Use canned or frozen peaches. Over peaches, sprinkle one tablespoon quick-cooking tapioca. Over this, pour 1/2 cup of honey. Cover with decorative strips of pastry and bake in moderate oven, 350 degrees for about 30 minutes. Serve with plain cream, whipped cream or vanilla ice cream for exclamations of pleasure.

Nutmeg Angelfood

Plentiful, reasonably priced eggs for making angelfood cake! Just make a regulation angelfood recipe using 1 1/4 cups of egg whites and mix 1 teaspoon of ground nutmeg in with the flour before folding it into the whites. Or add 1 teaspoon ground nutmeg to any angelfood mix. Superb dessert when served with crushed strawberry sauce.

Great Variety in Using Those Beets

Double your money's worth by using tops as well as roots of beets. Two color and flavor treats from one bunch. Tops are washed and cooked like spinach; steamed in moisture clinging to leaves. Or leave them raw and add to tossed green salad makings. Add them to spinach. You can bake beets like potatoes. You can cut them into strings or shred them, and bake them in small amount of water in a casserole. Beets take to a tiny bit of herb seasoning; so add savory or caraway or coriander along with butter, salt and pepper. Beets acquire a pleasing sweet sour taste when dressed with orange juice and butter.



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