



Cheese Stuffed Baked Onions and Broiled Chops

A vegetable treat to serve with broiled chops is baked onions, stuffed with cream cheese and spinach. They make a most attractive addition to the meat platter, too.

CHEESE STUFFED ONIONS
(6 Servings)
6 medium-sized onions, peeled

2 (3-oz.) packages cream cheese
1½ cups cooked, chopped, fresh spinach (or 10-oz. package frozen), well drained
1 teaspoon salt
½ teaspoon pepper

Italian style grated cheese
Cook onions in boiling water 30 minutes or until just tender. Drain well; reserve liquor. Cool onions. Soften cream cheese at room temperature. Beat cheese until fluffy. Blend in spinach, salt and pepper. Remove and reserve centers from onions. Fill onion shells with cream cheese-spinach mixture. Sprinkle with grated cheese. Place in buttered baking dish. Bake in a hot oven (400 F.) about 30 to 35 minutes or until onions are tender. Serve with onion sauce.

TANGY ONION SAUCE

(Makes about 2 cups)
2 tablespoons butter or margarine
Reserved onion centers, chopped
3 tablespoons flour
1 teaspoon thyme
1 teaspoon curry powder
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon mace
2 cups onion liquor
Melt butter in small skillet. Sauté onions until golden brown. Combine flour and seasonings; blend into onions. Add onion liquor; cook, stirring constantly, until thickened. Strain through a coarse sieve. Serve hot with stuffed onions.

Another Dip-for Dessert

It's the age of dips, this one a dessert one. For the dessert you may serve with coffee in the living room following dinner, try this cream and coffee dip. Lady-fingers are dunked and eaten with this offering.

Cream-and-Coffee-Dip
2 tablespoons strong, cold coffee
1 cup chilled whipping cream
1 teaspoon rum flavoring
6 tablespoons very fine granulated sugar
Add coffee to cream; beat until fluffy. Add flavoring. Add sugar gradually, continuing to beat until stiff. Serve with lady-fingers, gingersnaps and chocolate snaps. Makes 6 servings.

Chutney is Spicy, Delicious Treat

A fall favorite to be made before frost starts nipping the tomato vines in our part of the country and we have to start importing them from "down south." Recipe makes about 6 pints of wonderful eating with any meat or poultry. Fine in pot roast sandwiches, too.

Red Tomato Chutney
9 large red tomatoes, peeled and cored
4 medium size cooking apples, peeled and cored
1 medium size green pepper
2 canned pimientos
5 cups beet or cane sugar
1½ cups seedless raisins
1½ teaspoons salt
1 teaspoon grated lemon rind
½ cup lemon juice, fresh, frozen or canned
¾ teaspoon each of paprika, ginger and allspice
½ teaspoon cayenne
Put tomatoes, apples, green pepper and pimientos all through coarse knife of food grinder; combine with sugar and remaining ingredients in a preserving kettle, stirring to mix in sugar. Bring to boil on high heat; cook on medium high heat about 25 minutes (it will thicken), stirring occasionally.
Remove from heat; skim. Pack into hot sterilized jars and seal at once. About 6 pints.

FANCY BAKED APPLES
Make baked apples more glamorous by making a lemon sauce to serve with them. You can dress up the dessert by a lemon sauce with chopped almonds or filberts topped with whipped cream.

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Potato Cheese Croquettes Good

Dad and your strenuous-playing, fast-growing brood announce a meal's not a meal without potatoes; and maybe you're sick of them the same old ways.

Tonight, how about concentrating your recipe prowess on the spuds, and serve simply with sliced cold meat. These potato cheese croquettes fill the bill to a T for something fillingly different, go with practically anything else you have on hand, and will make the whole family wonder where you've been hiding your talents for improvising.

Potato Cheese Croquettes
2 cups cold (leftover) mashed potatoes
1 egg, beaten
1 cup grated Cheddar cheese
Salt to taste
¼ teaspoon pure monosodium glutamate
½ cup fine dry bread crumbs
½ cup milk

Break up potatoes. Beat egg in blender until frothy. Add potato pieces gradually, beating at medium speed until blended. Stir in cheese, salt and monosodium glutamate. Shape as desired. Dip into crumbs, then into milk, and again into crumbs. Fry in shallow hot fat until golden brown on all sides. Makes 4 to 6 servings.



Fall Is Time for Those Many Delicious Doughnuts

Fall is the time for spicy cider—it goes with the tang in the air. And with it, of course, belong doughnuts—rich, crisp and light. Home-made doughnuts are a treat the whole family will enjoy, and you'll find they're easy to make if you learn the secret of cooking them correctly. To eliminate guesswork, and insure good results, use a deep fat frying thermometer which will give you exacting temperature control.

Sweet Milk Doughnuts
2 tablespoons shortening
1 cup sugar
3 eggs
1 cup milk
3 teaspoons baking powder
1 teaspoon salt
½ teaspoon nutmeg
½ teaspoon lemon extract
4½ cups flour
Beat the eggs till very light, add

Try This Cheese Idea With Franks

Plentiful bargain-priced frankfurters filled with plentiful cheese combined with chopped peanuts and zesty salad dressing make a fine meal when served with green beans. Definitely for fork eating. Five generous servings. Garnish with parsley and pepper or pimiento rings.

Cheese Stuffed Franks
1 pound frankfurters
1 cup cheddar cheese, grated
½ cup chopped peanuts
¼ cup salad dressing
Cut a long split in each frankfurter and fill with mixture of cheese, peanuts and salad dressing. Place on broiler pan and set 5 or 6 inches under broiler for 7 or 8 minutes. For an attractive and satisfying accompaniment, season fresh, canned or frozen green beans with finely chopped onion and the usual butter, salt and pepper. You might offer split oven-toasted hot dog buns that have been spread generously with butter or margarine.

For Stuffing
Half cornbread crumbs and half regular bread crumbs, onion, celery, plenty of small pitted ripe olives or chunks of large ones and plenty of butter but light on the seasoning is the way we like turkey stuffing. Use a minimum amount of broth to moisten the ingredients so your stuffing will be light and fluffy.

For a dessert that is delightfully different, and quick, too, prepare vanilla pudding and pie filling mix as directed on package. Add 2 tablespoons crushed peppermint candy, and serve warm with cream. Four servings.

Many Ways to Use Plentiful Cauliflower

There are many ways to use the good quality cauliflower displayed so generously. Use snowy white buds of raw cauliflower in your tossed green salad. Sliced thin, they add pleasant crunchiness. Cauliflower buds, too, are especially good with cheese dunking mixtures. When you cook cauliflower, keep its mild flavor by cooking it only until it is crisp-tender. Serve it, whole or in flowerettes, buttered or with cheese or sprinkled with grated cheese over top and broiler-browned for a minute or two.

FOR FISH FILLETS
Next time you have fish filets, make them "special" by serving with dill rice. Just prepare the five-ounce box of pre-cooked rice as directed on package, adding ½ teaspoon of powdered dill. Before serving mix in 1½ tablespoons butter.

U-I sugar

IT'S FRESH CRANBERRY TIME!

Cranberry sauce or cranberry jelly add zest to the meal. Serve it often—fresh-cooked or canned. With the fresh crop of Northwest Cranberries now on the market, now is the time to plan to can.

If you have never used a deep fat frying thermometer before, remember to place the adjustable clip on back of the thermometer over the edge of the cooking utensil. This will keep the thermometer firmly in place. Make sure that the bulb is immersed according to manufacturers' instructions so that your reading will be correct.

After the frying is done, clarify your fat by frying washed and dried potato slices. After it cools, strain your fat through cheese cloth in a sieve. It will then be ready for the next batch.

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Caponized FRYERS Large each \$1.39 Extra Large, each \$1.59	BEEF ROAST Guaranteed Tender lb. 39c	Sliced Bacon 59c lb. Armour's and Swift's

GARDEN-FRESH FRUITS AND VEGETABLES

Cabbage 3c lb.	Danish Squash 5c each	Grapefruit Pink 69c Dozen	Celery 10c Bunch
Honey 89c Big Pail	Diced Carrots 10c can Cottage—303 Size	CORN Cream Style or Whole Kernel Cottage 2 for 27c	Tomato Juice 23c Hunts 46 oz.
Bisquick 39c 40 oz. Pkg.	String Beans 2 cans 29c Cottage Brand—303 Size	SHRIMP 29c Coti Brand	Nescafe 59c 2 oz. Jar
Peaches No. 2½ Can 25c Case \$5.99 24 Cans	PEAS 2 cans 25c Cottage Brand—303 Size	Canned Milk 2 Tall cans 25c All Popular Brands	Margarine 2 for 45c Sweet Sixteen

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