



Barbecued Pork Chops And Kraut Popular Dish

You'll enjoy every mouthful of this casserole for what can surpass sauerkraut, pork chops and apple sauce when they're combined as temptingly as they are in this barbecued treat?

A spicy barbecue sauce prepared with apple juice and apple sauce tops pork chops appetizingly arranged on a bed of sauerkraut, and the result is a dish that will bring forth raves.

We think it's fun to start off the

Herb-Topped Limas Different Offering

With all the new wonderful recipes using herbs, here's an outstanding one you'll want to try. "Herb-Topped Limas" are large dry limas baked in a creamy cheese sauce and topped with a crusty bread crumb and herb covering. They are elegant enough for a party.

Herb-Topped Limas

4 tablespoons butter or margarine
1 tablespoon flour
1 teaspoon salt
1 teaspoon dry mustard
1 cup milk
1 cup grated American cheese
1 cup fine dry bread crumbs
1 teaspoon dried parsley (2 teaspoons fresh)
1/2 teaspoon savory
1/2 teaspoon oregano
2 1/2 cups cooked large dry limas

Melt 2 tablespoons butter; add flour, salt and mustard, and stir in milk gradually. Cook until thick and smooth, stirring constantly. Add cheese and continue cooking and stirring until cheese melts. Brown crumbs in remaining butter and stir in parsley, savory and oregano. Drain limas and turn into casserole; pour cheese sauce over them and top with crumbs. Bake in moderate oven (350 degrees F.) 30 minutes.

Serves 4.
• 1 cup before cooking.

Students of population believe the number of people in Tibet has been decreasing because of the large number of celibate monks and the practice of polyandry—a system under which two or more brothers have one wife.

meal with mugs of chilled apple juice and something good to nibble, such as pretzels and cheese attractively shaped into cubes and balls. To simplify the cleaning up for Mother, serve dinner on colorful plastic-coated paper plates and dispense with dish-washing.

Take advantage of the Kraut, Pork 'n' Apple Dinner Season, October 15-November 30, and stock up on your supplies of canned kraut and ready-to-use apple products such as apple slices, apple sauce and apple juice. Team them up with any one of the many excellent pork buys now available at your market and you'll have a dinner that's heavenly at down-to-earth prices.

Barbecued Pork Chops and Kraut

(Makes 4 servings)

2 tablespoons butter or margarine
3 tablespoons chopped onion
1/4 teaspoon dry mustard
1 1/2 teaspoons Worcestershire sauce
1/2 cup vinegar
1/2 cup apple juice
1/2 cup canned apple sauce
1/4 teaspoon chili powder
1 tablespoon brown sugar
3 tablespoons fat
4 rib pork chops
1 No. 2 can sauerkraut
1/2 cup grated raw potato
1 medium-sized onion, sliced
Salt and pepper to taste
Green pepper strips
Onion rings

Melt 2 tablespoons butter or margarine over low heat; add onion and saute until tender. Add mustard, Worcestershire sauce, vinegar, apple juice, apple sauce, chili powder and brown sugar. Mix well and cook over low heat 10 minutes.

Meanwhile, melt 3 tablespoons fat over medium heat; add pork chops and brown well on both sides. Remove chops. Combine sauerkraut, potato, onion slices and salt and pepper to taste. Turn kraut mixture into skillet in which chops were browned. Arrange pork chops on top; sprinkle with salt and pepper. Pour barbecue sauce over all. Cover and cook over low heat 1 hour, or until pork chops are tender. Additional apple juice or water may be added if liquid cooks down too much. Garnish with green pepper strips and onion rings before serving.

Turkey and Chicken Sticks New

Frozen turkey or chicken sticks is another new variety of dish on the market now. And it is a very convenient food item. They may be heated quickly or eaten as soon as frozen without additional trouble. They were quite a hit at the recent Food Editors conference in New York City.

It's easy to plan menus around these quick to fix poultry sticks.

Menus
Frozen Poultry Sticks
Parsley Buttered Potatoes
Broccoli with Hollandaise Sauce
Tossed Green Salad

Hard Rolls Butter
Chilled Fruit Bowls
Coffee Milk Tea
Or
Frozen Poultry Sticks
Whipped Potatoes
Corned Filled Peppers
Fruit Toss
Butterhorn Rolls
Chocolate Cake
Coffee Milk Tea
Or
Frozen Poultry Sticks
Stuffed Baked Potatoes
Buttered Green Beans
Tomato Cucumber Salad
Poppy Seed Rolls
Lemon Sherbet with Blueberries
Coffee Milk Tea

GARNISH PRETTILY
Sprinkle fluted slice of cucumber with paprika for an extra pretty garnish.

Fish Stews Can be Hearty Fare...

By CECILY BROWNSTONE
(AP Newsfeatures)

Ever tasted a really good fish-and-potato stew? One made with onions and tomatoes? Know what a perfect dish it is for Friday night supper?

You bring the stew, sending off puffs of fragrant steam, to the table and ladle out hearty helpings. You pass a crusty loaf of French or Italian bread, sliced and spread with butter, hot from the oven. Everyone sets to—lapping up the savory liquid and digging into the creamy fish and potatoes, and the onions.

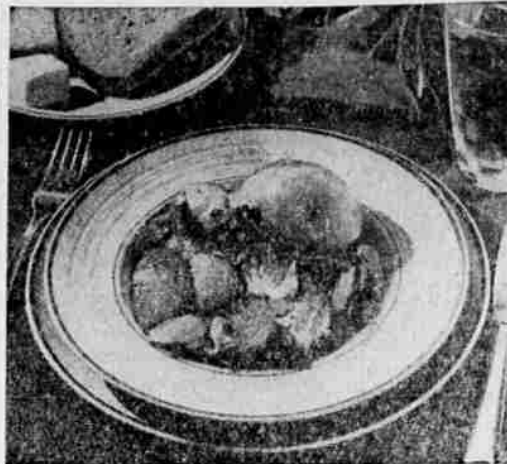
You follow the stew with a tossed green salad. Then you end such a simple but satisfactory eating pleasure with a substantial dessert—say deep-dish apple pie with a flaky top crust and squares of sharp cheddar cheese. Or maybe you offer an upsidown cake with a fine showing of glazed fruit.

The seasonings called for in the following recipe for fish stew are basic ones. But if you like adding your own particular creative touch to a dish, don't hesitate to improvise.

Go Portuguese and add a pinch of ground cumin seed.

Take a hint from the French Bouillabaisse and throw in a leek, some parsley, maybe a pinch of fennel.

Want a Far Eastern touch? Then



Fisherman's Stew — Hearty and flavorful.

a little curry powder added will just suit you.

A rib or two of celery, a few carrots in the refrigerator? Slice them and add.

You favor basil in a dish with tomatoes? Go ahead and add it with discretion.

Fresh chives available? Mince them and sprinkle them over the

stew just before serving. Or pass a small bowl of them so chive-addicts can help themselves.

Any firm, white-fleshed fish available at your market is suitable for the stew. I like to make it with a fine fresh sea bass.

Fisherman's Stew

Ingredients: One whole fish (about 2 pounds); 2 cups water; 1 pound potatoes (about 4 medium-size); 2 medium-size onions (peeled and quartered); one No. 2 can (1 pound and 4 ounces) tomatoes; 1 1/2 to 2 teaspoons salt; pepper; 1/2 teaspoon sugar; 1/2 teaspoon paprika; 1/2 teaspoon ground thyme; 1 bay leaf; 2 large cloves garlic; dried mixed herbs or ketchup; spice-chili powder or cayenne pepper.

Method: Have fish dealer scale fish and cut away fins; then remove head and tail and cut fish in 4 pieces. Bring head home; do not have fish boned. Put head and water in saucepan; bring to a boil; let bubble gently for 20 minutes. Discard head and strain off liquid; there should be about 1 1/2 cups. Put liquid, peeled potatoes, onions, tomatoes (including juice from can), salt, pepper to taste, sugar, paprika, thyme and bay leaf in kettle. Crush garlic and add. Cook gently until potatoes are almost tender—30 to 40 minutes. Taste liquid in kettle and add herbs or ketchup spice and chili powder or cayenne to taste. Add fish and simmer until fish is opaque and cooked through—10 minutes or longer. Serve in soup plates. Makes 4 servings.

Yam and Orange Casserole Appeals

Yam and Orange Casserole will be a real conversation piece as well as a delicious accompaniment to ham, turkey or chicken at your next company buffet supper. A dish of distinction, the casserole combines alternate layers of thinly sliced yams and unpeeled oranges. Each layer is dotted with butter, sprinkled with brown sugar and bathed in a honey-wine sauce. After a leisurely intermingling of the good flavors during the baking period, the casserole is ready to star at the table.

Yam and Orange Casserole

(Serves 8)

3 pounds yams
2 unpeeled oranges, sliced paper-thin
1/2 cup (firmly packed) brown sugar
1/4 cup butter or margarine
1/4 cup sweet sherry or other dessert wine
1/2 cup strained honey
1/2 cup fine, dry bread crumbs
2 tablespoons brown sugar
1 tablespoon melted butter or margarine

Scrub yams. Boil, covered, in their jackets for 20 to 30 minutes, or just until tender. Drain. When cool, peel and cut crosswise in thin slices. Arrange al-

Good Garnish

Colorwise and tastewise canned peach halves are the perfect garnish for your holiday turkey. Some of the more popular ways of serving them are spiced with whole cinnamon and clove, gaily decorated with a turkey cut from canned cranberry jelly, filled with frosted grapes, filled with chutney or with cranberry raisin relish.

MOLD DESSERT

Rice desserts, which are to be served cold may often be molded in beautiful shapes in one of the many molds available in the stores.



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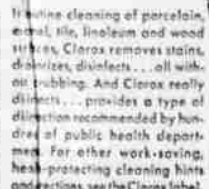
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