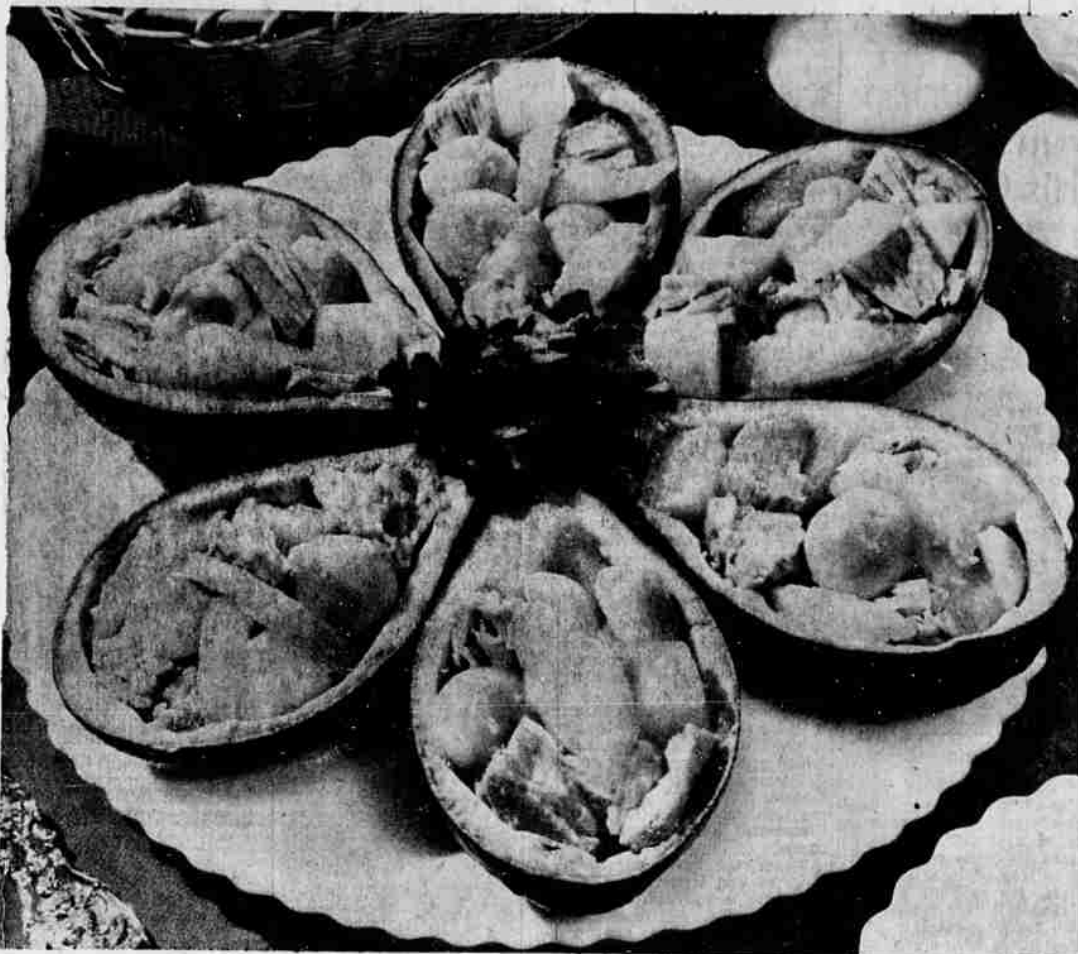


Section Today Spotlights Many Foods and Ways to Cook Them



Avocado-Tuna-Fruit Salads Rate....

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High on the list of plentiful at reasonable cost are canned tuna, avocados, grapefruit and oranges. High in popularity are salads that contain this combination of good things for the making of a flavorful, nutritious main course for company... and for the family. Equally popular at lunch time and at supper time.

To accompany this salad, perhaps you'd like cups of one of the sturdy cream soups found in great variety in both canned and frozen food departments. Fruits in the salad take care of the dessert or you might like a

simple dessert of cupcakes or cookies along with plenty of steaming coffee for the grown-ups, milk for the children. A meal to be remembered and repeated.

Tuna-Avocado Salad

Cut 3 medium-size avocados in half and remove seed. Scoop out avocados with melon ball cutter if you happen to have one or with a teaspoon measure. Sprinkle avocado shells with lemon juice and set to one side. Combine avocado balls with sections cut from 2 grapefruit... or combine avocado balls with 1 14-ounce can pineapple chunks and 2 oranges that have been peeled, sectioned and cut up. Many like a touch of chopped fresh or crumbled dried mint leaves.

Marinate in French dressing for 30 minutes. Break contents of 1 7-ounce can solid-pack tuna (drained) with a fork. Add to avocado mixture and toss lightly. Fill avocado shells and serve on crisp salad greens. Pass French dressing in case someone wants "more." Six servings.

This is so easily done; so satisfying. Can be made ahead of time which makes it very popular for luncheon parties as well as for home folks.

Tuna-Avocado Ring Mix

Dissolve 1 3-ounce package lemon flavored gelatin in 2 cups hot water. Add 3 tablespoons lemon juice and 1/2 teaspoon salt. Chill until mixture begins to thicken. Combine 1 cup avocado, 1/2 cup sour cream, 1/2 cup mayonnaise, 1 teaspoon grated onion and 1/2 cup mashed avocado. 1/2 cup cream, 1/2 cup mayonnaise, 1 teaspoon grated onion and 1/2 cup finely chopped celery; mix well. Fold avocado mixture into slightly thickened gelatin mixture. Turn into oiled 3-cup ring mold and chill until firm. Unmold and surround with crisp salad greens. Quite handsome!

Beef Plentiful; Vary the Cuts Served

The spring months have an abundance of beef, all reports state. To add interesting variety to your meat routine, cook short ribs of beef, a Swiss steak in sour cream, or beef brisket with sauerkraut, or even a liver pot roast.

Swiss Steak in Sour Cream

Ingredients for the Swiss steak preparation are:
3 pounds round steak, 2 inches thick
Flour, salt, pepper, fat
2 onions, sliced
1/2 cup water
1/2 cup sour cream
1/2 teaspoon paprika
2 tablespoons grated cheese

Dredge the steak with flour and season with salt and pepper. Brown on both sides in hot fat. Add remaining ingredients. Cover the pan closely and simmer about 2 1/2 hours until the meat is tender. The recipe will serve six to eight persons.

Short Ribs of Beef

3 pounds beef short ribs
1 clove garlic
1 small onion
2 cups canned tomatoes
1 teaspoon paprika
Salt and pepper

Cut the short ribs into serving pieces. Rub with a cut clove of garlic. Place the ribs in a kettle and slice the onion over the top. Cover with water, cover the kettle tightly and cook slowly for two hours. Transfer the ribs to a greased baking dish. Add the tomatoes and seasonings, then cover and cook at about 300 degrees for an hour until the ribs are very tender. Remove the cover for the last 15 minutes of cooking so that the ribs will brown slightly. The meat will serve six persons.

Liver Pot Roast

1/4 cup flour
1 1/2 pounds liver (in one piece)
1/2 cup fat
3 onions, sliced
1 teaspoon salt
1/4 teaspoon paprika
1 cup sour cream
1/2 cup water

Rub the flour into the liver. Brown in hot fat. Place the liver in a baking dish. Brown the onions in the fat and spread over the meat. Mix the remaining fat with the rest of the ingredients and pour this mixture over the meat. Cover the dish, and cook in a slow oven at 300 degrees for 1 1/2 hours until tender. There'll be servings for six persons.

Beef Brisket With Sauerkraut

4 pounds beef brisket
Hot water
1 tablespoon salt
Pepper
1 quart sauerkraut
1 cup vinegar
3 tablespoons brown sugar
1 uncooked potato, grated
Cover the brisket with hot water, season and simmer 1 to 1 1/2 hours. Add the sauerkraut, vinegar, and brown sugar. Cook about one hour until the meat is tender. Add the potato and cook 10 minutes longer. Servings are for eight persons.

Dressy Soup

To doll up your chicken soup try this: Take a can of cream-of-chicken soup and the same amount of light cream. Cook in a double boiler, then mix a teaspoon of curry powder to a paste with a little milk and add this to the soup. Add seasonings, stir well and serve hot. Garnish with minced parsley.

New Spring Foods Arrive

Accustomed as we now are to availability of nearly all vegetables and many fruits the year around thanks to canning and freezing, the fact remains that there's no taste treat to surpass fresh, early-in-the-season good things fresh from gardens.

Green vegetables are so important in meals, taste so wonderful when properly cared for and quickly cooked in a minimum of water to retain their rich store of vitamins and minerals. April availability includes artichokes, asparagus, a few snap beans, garden peas, broccoli, cabbage, celery, collards, dandelion greens, all of the lettuce family, parsley, peppers, green onions. If necessary to hold a day or two refrigerate them. Keep them moist.

Fresh asparagus is increasing right along with peak in May and June. Quality is very good; stalks are fresh, tender and firm with close compact tips. A tender stalk will be brittle when broken within an inch or two of the base. Ten minutes cooking is enough for tender slender tips; not more than 20 minutes for the quite fat ones. Can't improve on dressing with butter, salt and pepper or lemon butter. Toast points to catch every bit of flavor.

Spring Lamb, Beef and Pork
New crop lamb is increasing in supply; most attractive prices however are on the heavier lambs, notably on breast of lamb and

shoulder cuts. Beef continues on list of good buys and pork, both fresh and cured, is plentiful and reasonable.

Broilers, Fryers. Young chickens are increasing with lower prices anticipated in May, though actually they are a good buy per unit the year around, fresh or frozen.

Strawberries Ahead! Luxuries now, strawberries in the first short-cake or offered by the bowlful with fresh or sour cream are a rare Spring treat. They're coming now from Oxnard, Santa Maria and Fresno-Modesto-with later supplies from Santa Clara Valley and Watsonville and moving right up the coast with late Spring and Summer supplies from Oregon and Washington.

Fish and Shellfish. Fresh fillets of true cod, rockfish, ling cod, ocean perch and sole. Northern halibut is big buy for baking and steak broiling; good variety in shellfish, pan-readies and frozen fillets, too. Plenty of canned tuna. Other Good Buys. Fresh and processed oranges and grapefruit, small prunes, raisins, potatoes, lard, vegetable fats and oils, rice. Avocados are of good quality. Good marketing!

Lika mocha flavor? Put a teaspoon of instant coffee and a teaspoon of instant cocoa into a cup. Fill with boiling water and add cream and sugar to taste.

Spring Good Time To Check Breakfast

Springtime is a good time to take inventory of your breakfast menus. Be sure you're including variety and appetite appeal in the dishes you serve.

Scrapie, featuring ground pork, is a dish you can prepare the day before and chill overnight. All you have to do in the morning is slice it, dip it in egg and flour or fine cracker crumbs and brown it. Serve scrapie with butter or margarine and syrup or jelly.

Scrapie Up-to-Date

1 pound boneless pork shoulder cubes
1 quart water
1 1/2 cups corn meal
1 teaspoon salt

1 tablespoon finely chopped celery leaves
1/2 cup chopped parsley
1/2 teaspoon sage
1 egg, beaten
Fine cracker crumbs
Bacon drippings

Cover meat with water and simmer until tender. Remove meat, cool and grind. Measure remaining liquid and add enough water to make one quart. Bring broth to boil, and add corn meal slowly, stirring constantly until thick. Add seasonings and meat. Pour mixture into loaf pan and chill until set. Unmold and slice, dip in beaten egg, then in cracker crumbs. Brown in drippings.

Brown Bread Muffins With Baked Beans

For something a bit different, bake these Brown Bread Muffins to go with your baked beans:

Brown Bread Muffins

1 cup enriched corn meal
1/2 cup sifted enriched flour
1/2 teaspoon of salt
1 teaspoon of soda
1 teaspoon baking powder
1/2 cup of graham flour
1/4 cup molasses
1 egg
1/4 cup shortening, soft
1 cup buttermilk
1 cup raisins

Sift together corn meal, flour, salt, soda, and baking powder into bowl. Lightly stir in graham flour. Add molasses, egg, shortening and buttermilk. Beat with egg beater until smooth. Lightly stir in raisins. Fill greased muffin cups 2/3 full. Bake in hot oven (425 degrees) about 20 minutes. Makes 1 dozen medium-sized muffins.

FOR SUPPER

Bowls of piping hot large dry lima bean chowder topped with crumbled bacon and snips of green onion makes a satisfying supper. Serve hot garlic French bread with it and a rich dessert.

Buttermilk Pie Rated Extra Good

Planning a convention luncheon menu recently, a famous chef suggested "buttermilk pie," invited us to sample it. We did and came straight home and found a home-size buttermilk pie recipe and made it just like this. We think it as good as the conventioners will get.

Buttermilk Pie

1/2 pie pastry recipe
1 cup sugar
3 tablespoons flour
1/2 teaspoon salt
3 egg yolks
2 cups buttermilk
4 tablespoons butter
3 egg whites

Combine the sugar, flour and salt, blending thoroughly. Beat egg yolks slightly; add the buttermilk and butter which has been melted, then cooled. Add gradually to dry ingredients and blend thoroughly. Fold in stiffly beaten egg whites gently but thoroughly. Line a deep 9-inch pie pan with the (1/2 recipe) pastry, crimping the edge. Pour the buttermilk mixture into pie shell and bake in moderate oven, 375 degrees, 45 minutes or until a silver knife inserted in the center comes out clean. Six servings.



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