



Many Ways with Asparagus

Spring and fresh asparagus are always associated together. The season for this popular vegetable is relatively short. April, May and June being the months when it is in best supply. During these months we should enjoy it as often as possible. Asparagus has a flavor that blends well with that of many other foods.

The method of cooking asparagus has a lot to do with retaining the flavor.

To prepare for cooking: Cut or break off each stalk as far down as it snaps easily. Remove scales with a knife. Then wash thoroughly, using a brush.

To cook whole stalks in upright position: Tie 5 to 6 stalks of asparagus in a bundle with a string. Stand upright in the bottom part of a double boiler. Sprinkle with 1 teaspoon salt. Pour in 1 to 1½ inches boiling water. Cover with the top part

of the double boiler, inverted. Boil 15 to 20 minutes or until JUST crisp-tender. Lift out by catching tines of fork in string. Place on platter. Cut strings. The boiling water cooks the stalks while the rising steam cooks the tender heads. By this method the whole stalk is uniformly cooked.

To cook in skillet or large bottom saucepan: Place asparagus in 2 layers in a 9 or 10-inch skillet or saucepan. Sprinkle with 1 teaspoon salt. Pour on boiling water to a depth of 1-inch. Cover. Boil 12 to 15 minutes or until the lower part of stalk is just crisp-tender. Lift out with a pancake turner or 2 forks. Serve with butter or margarine or one of the following asparagus sauces.

Sauces for Fresh Asparagus.
Almond butter sauce: Sauté ¼ cup sliced almonds in ¼ cup butter or margarine.

Yield: About ½ cup.
Mushroom butter sauce: Sauté ½ cup sliced mushrooms in ½ cup butter or margarine and 2 teaspoons fresh lemon juice.

Yield: About ½ cup.
Bacon and bread crumb sauce: Fry 4 strips bacon until very crisp. Measure 3 tablespoons of the fat, add ¼ cup bread crumbs and heat until browned, stirring constantly. Crumble bacon and add.

Yield: About ½ cup.
Braised Asparagus and Pork (A delicious dish, using the fresh asparagus stalks.)
1 pound lean uncooked pork*
2 tablespoons shortening
3 cups sliced fresh asparagus stalks
1 teaspoon salt
½ teaspoon ground black pepper
½ teaspoon soya sauce
Cut pork into strips ¼-inch wide and 2 inches long. Cook in a heavy skillet in shortening about 5 minutes or until the meat has lost the pink appearance. Add asparagus, sliced ½-inch thick. Cover. Cook five minutes. Stir in salt, black pepper and soya sauce. Yield: 4 to 6 servings.

* If desired, replace uncooked pork with 2 cups leftover cooked pork, in which case, add pork and asparagus at the same time and replace shortening with butter or margarine.

Asparagus Cheese Supper
(Makes 4 servings)
1 tablespoon butter or margarine
2 cups grated sharp Cheddar cheese (about ½ pound)
1 tablespoon prepared mustard
1 tablespoon grated onion
1 teaspoon Worcestershire sauce
½ cup milk
Dash Tabasco
1 egg, well beaten
1 pound fresh asparagus, cooked and drained
Salt and pepper
Crisp crackers
Melt butter or margarine over low heat and add cheese. Stir until cheese is melted. Add mustard, onion, Worcestershire sauce, milk and Tabasco; stir until blended. Add a small amount of cheese mixture to egg. Mix well and return to cheese mixture. Cook over low heat, stirring constantly, until thickened.

Arrange asparagus on crackers. Season with salt and pepper. Serve with cheese sauce.

Teething Biscuit Out for Baby



The new horseshoe shaped biscuit helps baby with teething.

There's a special treat out for the baby who is cutting teeth. It's a new horseshoe shaped teething biscuit.

This ingeniously shaped cookie will be a big help in soothing the child's aching gums. He can grasp one curved end in his tiny fingers and maneuver the other to whatever part of his mouth is giving him trouble. The cookie is firm, so it will not break or crumble. Shape and texture are actually safety measures, for it's almost impossible for a child to get too much cookie in his mouth at one time.

The flavor of this new biscuit is most pleasant, yet it's of moderate sweetness so it will not dull appetites before mealtime.

Ingredients of the cookie are wheat flour, eggs, whole wheat flour, brown sugar, salt, soy flour, honey, corn syrup, iron, defatted milk solids, wheat germ, niacin, dicalcium phosphate, baking soda, thiamine and riboflavin.

This new teething aid is the brain-child of a nationally famous biscuit manufacturer and one of the world's largest producers of baby foods. The latter is handling distribution.

The reusable package for these biscuits, a dust-proof fiber container with two metal ends, keeps them fresh and sanitary at all times. A pull-string opener is an added convenience for mother.

There are 12 biscuits in the 4½-ounce package.

FOR BUFFET TABLE

For a beautiful buffet luncheon entree fill a shimmering tomato aspic ring with tuna, celery and avocado salad. Garnish with tangy grapefruit sections and avocado preserves.

Fruit Layer Pudding

Combined, alternately, in a pretty glass dish with strained apricot-applesauce and topped with a plain animal cracker cookie, tapioca pudding is a dessert that pleases the little tots. It is easy to do, too, with a packaged tapioca pudding mix.

Fruit Layer Tapioca Pudding

1 package vanilla tapioca pudding mix
2 cups milk
1 to 2 jars (4½ ounces each) cold strained apricot-applesauce

Combine pudding mix and milk in saucepan. Cook and stir over medium heat until mixture comes to a full boil and is slightly thickened. (Mixture will continue to thicken as it cools.) Remove from heat. Let stand 15 to 20 minutes; stir once or twice just to mix. Before serving, layer in parfait glasses with apricot-applesauce. Pour into sherbet glasses or serving bowl. Chill. Serve plain or with whipped cream.
Makes 4 servings.

GOOD WITH LETTUCE

Equal parts of mashed satiny soft avocado and sieved cottage cheese make a delicious dressing for lettuce wedges. Season the mixture with salt, pepper, finely chopped onion, lemon juice and horseradish.

Ever sprinkle refrigerated ready-prepared biscuits with poppy seed before baking? Serve with veal, noodles and broccoli with a lemon-butter sauce.

Meringue Spice Bars

Another quickly made, easy-to-do dessert delight. Mix a spice cake batter according to package directions and pour into 7 x 11 inch pan. Make brown sugar meringue by mixing together ½ cup brown sugar and 1 egg white until light and fluffy. Spread meringue on cake batter. Sprinkle ¼ cup chopped nuts over meringue and bake in moderate oven, 375 degrees, 25 to 30 minutes. Cut in small bars.

CURRIED LAMB

Curried lamb, seasoned mildly or highly according to your taste, is a popular springtime entree. Serve it with fluffy rice and pass bowls of chutney, seedless raisins, peanuts and shredded coconut.

Braising pork chops? Top them with green pepper and onion rings for delicious flavor. Canned cream of mushroom sauce, with a little soy sauce added, makes an excellent braising liquid.



A good dessert for children-tapioca pudding spooned alternately with strained apricot-applesauce into the dish.

Hot Macaroni Salad Nice for Variety

Macaroni salad is a popular dish for a club party. For variety, try a hot macaroni salad.

Hot Macaroni Salad
4 ounces elbow macaroni
3 slices bacon
½ cup finely chopped onion
2 tablespoons enriched flour
2 tablespoons prepared yellow mustard
3 tablespoons vinegar
½ teaspoon salt
Dash pepper
¾ cup water
1 tablespoon commercial sour cream
2 tablespoons chopped parsley
Cook macaroni in boiling salt-

ed water until tender (about 8 minutes). Drain and rinse with hot water. While macaroni is cooking, fry bacon until crisp in saucepan. Remove bacon and drain on absorbent paper. Add onion to bacon drippings in pan. Cook gently until onion is tender (about 5 minutes). Blend in flour, mustard, vinegar, salt and pepper. Add water gradually and cook, stirring constantly, until mixture is thickened and smooth. Blend in sour cream and heat to serving temperature. Pour sauce over hot macaroni. Serve topped with crumbled crisp bacon and parsley. Serve with frankfurters, ham or cold cuts.
Makes 4 servings.

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