

Edited by Marion Lowry Fischer

Salem, Oregon, Thursday, January 31, 1957

Published Thursday Each Week

Abundance of Products on Local Markets Make Meal Planning, Cooking Easy



A heavenly honey fruit frosting tops this devil's food cake.

Honey Sweetens and Flavors

By ZOLA VINCENT
(Foods Writer)

Lettuce and honey. Now there's a combination, you'll agree. But we read in another good newspaper that sauerkraut made "conversation piece" ice cream. We haven't tried that yet, but one thing we do know is that lettuce and honey are both mighty important crops on the Pacific Coast; both worthy of a lot of conversation. We also know that honey goes into many a good fruit salad dressing and what's under the fruit? Lettuce.

Lettuce growers of the Imperial Valley, California recently celebrated the harvesting of a \$20 million crop with a three-day festival, and the American Beekeeping Federation chose southern California for its annual convention last week-end, both rejoicing in nature's bounty. Now don't get the notion that bees pollinate lettuce; almost everything else but not lettuce.

Honey bees are almost entirely responsible for the continuance of 50 or more crops important in the economy of the Pacific Coast. Honey bees of southern California are partial to orange trees and sage while northern honey bees pay a great deal of attention to cotton and alfalfa, along with all the other flower-bearers. In fact, if it has a flower, there are likely to be bees about.

Whether you follow a favorite recipe or use one of the tremendously popular and quite satisfying chocolate cake or devil's mixes, you'll find this honey and fruit topping, as pictured, a special treat. It required no cooking; goes on the fresh, cooled cake. Topping must be used day it is prepared.

Honey-Fruit Cake Topping

- 1 egg white
- 1/4 teaspoon salt
- 1/2 cup honey
- 2 tablespoons thick apricot puree or applesauce
- 1/2 teaspoon lemon rind
- Spices, if desired

If you've applesauce or cooked apricots around, use them; otherwise a can of baby food apricot puree or applesauce is ideal. Beat egg white and salt until it stands in a peak. Continue beating and slowly add honey. When mixture stands in stiff peaks, fold in fruit puree and lemon rind. Makes enough to cover top and sides of two 9-inch layers of cake. A dash of nutmeg, allspice, cloves or cinnamon is favored by many.

Honeyed Salad Dressings

Remember that honey loves to be warm; will flow with ease into an oiled measuring cup without sticking to you or the container. Here are two honey salad dressings considered ideal for any combination of fresh or canned fruit salad arrangements.

Mix 1 teaspoon paprika, 1/2 teaspoon powdered dry mustard, 1/2 teaspoon salt, 1/2 teaspoon celery salt. Add 1/2 cup liquid honey, 3 tablespoons lemon juice, 1/4 cup vinegar. Slowly add 1 cup salad oil, beating until well blended. Makes about 2 cups.

For a tart honey salad dressing, combine 1/2 cup liquid honey, 1/2 teaspoon salt, 1/2 cup chili sauce, 1/2 cup wine vinegar, 1 tablespoon grated onion and 1 tablespoon Worcestershire sauce. Slowly add 1 cup salad oil, beating until well blended.

For the information of newcomers to our Pacific Coast, the Salinas-Watsonville-Hollister area of central California is the most important lettuce producing and shipping district in the United States. Each year this district ships approximately 50 per cent of the commercial lettuce. From May through October, Salinas accounts for more than 80 per cent of the total United States carrot shipments. Imperial Valley is the most important district in the country shipping about 70 per cent of all lettuce during January and February. The Blythe area is stepping up production right along.

Western iceberg lettuce is distinguished by firmness of head and crisp texture, is far and away the leader in popularity. Next popular favorite is Cos or romaine which is distinguished by its elongated head, stiff leaves and upright habit of growth. Iceberg and romaine often are combined in the making of the west's famed Caesar salad and all other tossed salads.

Use a light hand in tossing a salad. Never stir or mix with a heavy hand. Have salad greens fresh, clean, chilled and crisp; no moisture clinging to the leaves. Pat dry before using.

We belong to the tear-lettuce-with-hands into bite-size pieces rather than the cut-up or shredded-with-a-knife school. We make salad dressing well in advance so that seasonings can blend well; an exception being the Caesar salad where dressing is done at the table.

Zesty French Dressing

- 1 cup salad oil
- 1/4 cup vinegar
- Popper and paprika
- Dash of celery salt
- 1 teaspoon sugar
- 2 tablespoons catsup
- 1 tablespoon lemon juice
- 1/2 teaspoon Worcestershire
- 2 cloves garlic, split

Measure all ingredients into a bottle or jar. Cover tightly and shake well. Chill several hours; before serving. Makes 1 1/2 cups.

Roquefort Dressing: Add 1/2 cup crumbled cheese to zesty French dressing.

Curried Dressing: Add 1/2 teaspoon curry powder to zesty French dressing.

Olive Dressing: Add 1/2 cup sliced stuffed green or chopped ripe olives to zesty French dressing.

Herb Dressing: Add 1 teaspoon chopped parsley, 1/2 teaspoon chopped chives and 1 teaspoon crushed dried marjoram to zesty French dressing.

Lamb Loaf With Barbecue Sauce and Pineapple Good

Those fanciers of lamb will go for this loaf, and the loaf is especially tasty with its pineapple topping and barbecue sauce.

Barbecue Lamb Loaf, Pineapple Topping

Ingredients for lamb loaf:

- 1-3 cups water
- 1 teaspoon salt
- 2 cup uncooked white rice
- 1 pound ground lamb
- 1 egg
- 1/2 cup water
- 2 tablespoons non-fat dry milk solids
- 1 tablespoon grated onion
- 1 teaspoon salt
- 1/2 teaspoon celery salt
- 1/2 teaspoon black pepper
- About 3 pineapple slices
- 1 cup water

Ingredients for barbecue sauce:

- 1 8-oz. can tomato sauce
- 2 teaspoons sugar
- 2 teaspoons Worcestershire sauce
- 1 clove garlic, minced
- 3 teaspoons vinegar
- 1/2 teaspoon prepared mustard
- 1/4 cup water

Method for loaf: Put the 1-3 cups water, 1 teaspoon salt and rice in a 2-quart saucepan. Bring to a vigorous boil over a high heat. Turn the heat down low. Cover saucepan with a lid and leave over this low heat 14 minutes. Remove the saucepan from

the heat but leave the lid on 10 minutes.

While the rice cooks, mix together the lamb, egg, 1/2 cup water, non-fat dry milk solids, onion, 1 teaspoon salt, celery salt and black pepper.

After the rice cooks, stir into the lamb mixture. Mix well. Place the lamb rice mixture on a baking pan about 2 inches deep. Shape into a loaf about 9 inches long. Cut each pineapple slice into 4 sections. Place the sections over the top of the loaf. Pour the 1/2 cup water around the loaf. Place the loaf in a pre-heated 350 degree F. oven.

Top with some of your favorite barbecue sauce or combine the barbecue sauce ingredients listed along with those for the loaf.

From time to time during the baking, spread the barbecue sauce over the top of the loaf. Bake about 1 1/4 hours. Remove the loaf from the pan. Add about 1/2 cup water to the drippings in the pan. Heat and thicken if desired. Serve as a sauce with the loaf. This recipe makes 8 generous servings.

Pickles Give Zest To Sandwich Filling

Pickles are a fine addition to any sandwich filling. And here are a couple of dandies.

Pickle Easy Sandwiches
(Makes 6 sandwiches)

- 1/2 cup mayonnaise
- 1 teaspoon wet pickle liquid
- 1 teaspoon celery seed
- 6 hamburger rolls, split in half
- 3 hard-cooked eggs, sliced
- 1 cup sweet fresh cucumber pickles
- Salt and pepper

Combine mayonnaise, pickle liquid and celery seed; blend. Spread rolls with half of mayonnaise mixture; arrange eggs and pickles on rolls. Sprinkle with salt and pepper. Top with remaining mayonnaise mixture and tops of rolls.

Toasted Peanut Pickle Sandwiches
(Makes 8 sandwiches)

- 1 cup chunk-style peanut butter
- 1/4 cup drained sweet pickle relish
- 16 slices bread
- 2 eggs, beaten
- 1/2 cup milk

Melted butter or margarine.

Combine peanut butter and pickle relish; mix well. Spread on bread to make sandwiches. Combine eggs and milk. Dip sandwiches in egg mixture. Cook in small amount of butter or margarine over low heat until lightly browned on both sides.

Plentiful Are Numerous

Eggs and Poultry: Yes, eggs and poultry will continue to be "best buys" in protein during February, as hens continue to work overtime. So indulge yourself in fluffy souffles, sponge cakes, meringues and other egg specialties. The quality of February egg production is excellent and temperatures normally are cool enough to keep eggs in top condition. Fryers, broilers and stewers are in good supply and indications are they will continue to be.

Dairy products will be plentiful with special emphasis on canned evaporated milk and easy to use nonfat dry milk. Cheese of many types including cottage cheese and processed cheese will be available at excellent prices to assist the budget minded homemaker.

Plenty of honey, nature's oldest sweet. To make the best use of honey keep it in a tightly covered container in a dry place at room temperature; this means between 70 and 80 degrees. The cover is necessary because honey loses aroma and flavor and absorbs moisture and odors readily when exposed to air. If it crystallizes, just place container of honey in

pan of warm water until crystals disappear.

Rice: This economical staple food is increasing in production and usage as more and more users discover that new methods of preparation are faster, easier and results better than with many of the old familiar ways.

Meat Department

There will be many good buys in beef especially in the higher grades. Lower prices than usual, that is, naturally the bargains will be found in the longer slower cooking cuts. Pork prospects look good for some time to come. The less fancy cuts are surprisingly low in cost; offer the same high protein and good flavor found in loin chops. Lamb is in good supply.

Fruit Buys: Attractive prices mark grapefruit and oranges, fresh or processed. This is the season of the year your family needs the extra vitamin C found in citrus fruits. Loose apples cost the least and there are good supplies of these fine Northwestern apples along with Winter pears.

Vegetable Buys: Cabbage, cauliflower, carrots, lettuce onions, potatoes and squash. Scan advertisements. Note displays.

Good marketing!

Cinnamon Drops One Of Treats

Satisfy that desire for a cookie treat with these molasses drop cookies that have a baked-on coating of cinnamon sugar. Mugs of cold milk are a must with these while they're still warm from the oven. Fine later, too. Five dozen 2-inch cookies.

A Cookie Treat

- 2 1/2 cups sifted enriched flour
- 1/2 teaspoon soda
- 1/4 teaspoon salt
- 1/2 cup shortening
- 1/2 cup sugar
- 1 cup molasses
- 1 egg
- 1/4 cup boiling water
- 1 1/2 teaspoons cinnamon
- 1/4 cup sugar

Sift together flour, soda and salt. Cream together shortening and sugar until light and fluffy. Add molasses and egg. Beat thoroughly. Add boiling water and mix. Add flour mixture to creamed mixture gradually, mixing well. Drop by teaspoonsful into cinnamon sugar made by combining the cinnamon with the 1/4 cup sugar. Bake on greased baking sheet in moderate oven, 350 degrees, 12 to 15 minutes.

Butterscotch Bars Always a Favorite

Favorites for something special in the way of cookies are these chewy butterscotch bars.

Butterscotch Bars

- 1/2 cup butter or other shortening
- 1 cup dark brown sugar
- 1 egg, unbeaten
- 1 teaspoon vanilla
- 1 1/2 cups sifted flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup chopped walnuts

Melt butter with sugar, stirring until well blended; let cool 5 minutes. Beat in egg, vanilla, and 1/2 flour sifted with baking powder and salt. Add walnuts. Spread in greased shallow 6" x 10" or 8" x 8" pan. Bake in 350 degrees (moderate) oven 25 minutes. Do not overbake—cookies should be soft. Leave in pan. Cut into bars or squares while warm. Makes 24 to 36 chewy cookies.

This Cranberry Fluff Bit Low on Calories

We particularly like this because it is low in calories and has just the right amount of tartness to satisfy that craving many people have following a heavy meal.

This light and frothy cranberry fluff recipe features whipped instant nonfat dry milk. That's what brings the calories down but keeps the nourishment up. Eight servings.

Cranberry Fluff

- 2 cups (1 pint bottle) cranberry juice cocktail
- 1/2 cup light corn syrup
- 1-3 cup water
- 1-3 cup instant nonfat dry milk powder

Combine cranberry juice and corn syrup. Pour into refrigerator tray; cover with waxed paper.

Place in freezing compartment until crystals form, around edges of tray. Pour water into deep 1-1/2 quart bowl. Sprinkle milk powder over surface. Beat with rotary beater or electric mixer until stiff, about 8 to 10 minutes. Scrape cranberry mixture into large bowl. Beat until smooth. Fold whipped nonfat dry milk into mixture. Place in 2 refrigerator trays. Freeze until firm, about 2 hours.

Western Cheese Puffs

Blend 1/2 pound medium aged cheddar cheese, grated, with 1/2 cup butter. When well blended, mix in 1 cup flour and 1/4 teaspoon salt. Chill in refrigerator for about an hour, longer if more convenient. Roll teaspoonfuls of mixture into small balls; place on cookie sheet and bake at 450 degrees for 15 minutes.

Rice and Beef in Casserole or Crowd

Is it your turn to feed a crowd? Here is a casserole that keeps, re-heats and pleases all tastes is the answer. This recipe is ample for 55. Cook four pounds of rice; drain. Sauté four pounds of ground beef with one pound each of onions and green pepper, chopped, adding a tablespoon of salt and 6 bay leaves (which are removed after meat is done). Stir into rice along with ten cans of condensed tomato soup, one quart of water and one-half cup of vinegar. Pour into 2 large shallow baking pans (12" by 18" by 1") and bake at 400 degrees for half an hour.

Stuffed Pear Salad

A delightful change in the usual salad routine will please both you and the family. Make stuffed pears this easy way: Blend 1 can (5 ounces) chicken spread, 1/2 cup softened cream cheese (3 ounces), 1/2 cup chopped walnuts, and 1 tablespoon lemon juice. Stuff 8 canned pear halves (drained) with chicken mixture. Put 2 halves together for each salad; chill. Serve on crisp salad greens. Makes 4 servings.

Fine Way To Stretch Ground Beef

A wonderful way to stretch ground beef, and yet provide a hearty main dish is this Russian fluff offering.

Russian Fluff

- 3 tablespoons butter or margarine
- 1 large onion, cut fine
- 1 1/2 pounds ground beef
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1 can peas, whole kernel corn, or mushrooms
- 2 cans tomato soup
- 2 cups cooked celery diced
- 2 cups cooked rice

Preheat oven to 450 degrees. Melt butter in roasting pan; add onion, meat, salt and pepper and cook about 10 minutes. Then add peas, celery, tomato soup and rice. Mix thoroughly. Lay strips of bacon across the top. Bake at 450 degrees for 20 minutes. Reduce temperature to 350 degrees and bake another 40 minutes. Serves 8.

Vegetable Delight

Scalloped onions and green peppers topped with slivered roasted almonds make an excellent vegetable dish to serve with ham or chicken. The almonds enhance the vegetables—offering tempting new flavor and crispness.

Cracker Crumbs Add To Tasty Pudding

As a tasty variation of an old family favorite here is cracker crumb pudding simple to make but providing good eating.

Cracker Crumb Pudding (Serves 6)

- 2 cups milk, scalded
- 4 soda crackers
- 1/2 cup sugar
- 1/2 tsp. salt
- 1/2 to 1 tsp. cinnamon
- 1 cup raisins
- 1 cup cream
- 2 eggs, well beaten
- 1 Tbsp. butter, melted
- 1 tsp. vanilla extract

Pour scalded milk over crackers. Cover and let stand until cold. Combine sugar, salt and cinnamon. Add to milk mixture. Add remaining ingredients in order given. Blend and turn into buttered baking dish. Place dish in pan of hot water and bake at 300 degrees F. for 1 hour and 15 minutes. Serve with cream.

Lemon Pork Chops Are Tasty Dish

There's something about "Lemon Pork Chops" which demands a repeat performance. We like to serve them with scalloped potatoes, buttered broccoli and an apple and raisin salad.

Lemon Pork Chops

- 4 to 5 shoulder pork chops
- Salt
- Pepper
- 4 to 5 slices lemon
- 1 medium-sized onion
- 1/4 cup tomato catsup
- 1/4 cup white table wine

Trim excess fat from chops and sprinkle with salt and pepper. Heat heavy skillet and rub with a bit of fat trimmed from meat. Brown chops slowly on both sides. Place a lemon slice on each. Peel and slice onion, and separate into rings. Sprinkle over meat. Combine catsup and wine, and pour over all. Cover closely, and cook very slowly about 1 hour, until meat is very tender. If necessary, add a little additional wine or water last half hour. Makes 4 or 5 servings.



New aluminum inner-seal keeps taste in, keeps air out... Hills Bros. original TASTE-LOK®

The first instant coffee that smells like coffee!

If you'll just inhale the aroma, then take a taste of our new coffee, we honestly believe you'll find it—new Instant Hills Bros. Coffee—different from any instant coffee you've ever tried. And you'll like the difference.

Coffee aroma, fragrant with flavor

A gentle sniff, when the coffee's steaming in the cup, gives you a heart-warming whiff, a fragrant promise of real coffee flavor. You have the pleasant feeling that you're already tasting wonderful coffee.

Coffee taste, rich and rewarding

A sip, a swirl on the tongue, a swallow gives you the full impact of real coffee flavor. It's that deep, full-bodied coffee flavor that lingers in your taste-buds. You'll probably want to follow your first cup with another—have it again next meal—you'll taste and smell the same rich coffee flavor in every cup you make.

We're finders, keepers

The real coffee goodness you notice and enjoy is in our new instant, because we've found the way to hold the elusive flavor "esters"—the delicate flavor tones that are usually lost in processing. Ours is a new,

special process that is different from anything else in the industry.

We've found the way to keep aroma and flavor for you. We pack our new instant coffee in a flavor-protecting vapor which is locked inside the jar by an inner-seal of aluminum foil that keeps taste in, keeps air out... Hills Bros. original TASTE-LOK®.

It's a happy ending

For many years—twenty, in fact—we've worked and tested. Because coffee is our only business, good coffee, to us, is a matter of pride and reputation. We wanted to bring you an instant that we could call, without a doubt, good coffee. We refused to introduce it until it was right and ready. Now, we've got it for you.

We hope you'll try it

We think you'll agree, when you inhale the aroma and when you taste Instant Hills Bros. Coffee, that it brings you something new and wonderful in coffee drinking enjoyment, as well as convenience and economy. It costs no more than other good instants. You can make it in cup or pot—there's never any waste—you get really good coffee, fragrant and flavorful, in every cup.

Instant Hills Bros. Coffee is on your grocer's shelves right now—in 2-ounce and 6-ounce jars. Our family is proud of it. If good coffee is important to your family, we hope you'll try our product and share our pleasure. Today's a good day to start.

Edward Hills
Gray Hills
Leslie Hills
Lambert Hills
Herbert Hills

HILLS BROS. COFFEE, INC.