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Local Marts Abound with Good Buys, Interesting Variety of Fresh Produce



An All-time favorite fried chicken!

Give Thought to Poultry; Everybody Gives Vote for Fried Chicken and Fixin's.

By ZOLA VINCENT  
(Foods Writer)

Not so long ago Americans were restricted in their choice of poultry by the seasons.

Today, thanks to the frozen foods industry and to homemakers' demands for convenient, easy-to-handle food products poultry freezing has expanded to the point where it is possible to serve any form of poultry . . . any day of the week . . . any month of the year.

Almost one-third of all poultry slaughtered in the United States is brought to the consumer in frozen, ready-to-cook form. Frozen chickens and turkeys are available whole, in halves; in quarters or you can pick up a package of your favorite part such as thighs, breasts, livers or even necks and wings.

Frozen poultry may be cooked with or without thawing dependent upon manner of usage. Once thawed it should be cooked immediately. Never refreeze.

Next to just browning cut-up fryers in butter, salt and pepper, covering and cooking until tender this recipe is just about the easiest way there is to fry chicken. Ideal for the novice cook or new bride, foolproof and the results are gratifyingly succulent. Two to 3 servings.

**Fried Chicken, Corn Gravy**  
1 package (1 pound) quick-frozen chicken thighs  
1/4 cup flour  
1 teaspoon salt  
Dash of pepper  
1/2 cup fat  
2 tablespoons flour  
2 cups light cream  
1 can (12 ounces) whole kernel corn or corn and peppers, drained  
1/4 teaspoon salt  
Thaw chicken until pieces can

be separated. Combine 1/4 cup flour, and 1 teaspoon salt, and the pepper. Roll pieces of chicken in the seasoned flour. Fry in hot fat in heavy skillet until brown on all sides. Reduce heat, cover, and cook until tender, about 35 minutes. Remove chicken to platter and keep hot.

Pour off excess fat, reserving about 2 tablespoons. Add the 2 tablespoons flour and mix well. Add light cream gradually, stirring constantly. Add drained corn to loosen all the tasty browned bits. Cook over low heat until thickened, about 5 minutes, stirring constantly. Add drained corn and the 1/4 teaspoon salt; mix well. When heated thoroughly pour over the chicken or serve from gravy boat on mashed potatoes or biscuits.

**Seasoning Suggestions:** We like to add poultry seasoning or oregano and thyme to the flour for additional flavor. Also chopped parsley and/or pimiento add color and flavor when added to the corn gravy.

Many people feel that chicken wings are too bony to bother with. However, flavor-wise and economy-wise they are tops. Have you noted the low prices marking chicken wings? In this recipe they are fried to a crispy brown . . . just right for picking up with the fingers and dipping into their own special sauce. Makes 4 servings.

**French Fried Chicken Wings**  
1 egg  
1/2 cup milk  
1 cup soft, fine bread crumbs  
1/2 cup flour  
2 teaspoons salt  
1 teaspoon paprika  
1/4 teaspoon cayenne  
2 pounds fryer-chicken wings  
Fat for deep fat frying  
Blend egg and milk, combine

bread crumbs, flour, and seasonings. Dip wings in egg mixture then in crumbs. Lay on rack for a few minutes to dry before frying. Fry in deep hot fat (350 degrees) until brown and tender, 10 to 15 minutes. Drain on absorbent paper. Keep warm in slow oven (300 degrees) until ready to serve with this sauce.

**Special Chicken Sauce:** Combine 1/2 cup cream, 1/2 cup tomato catsup or cocktail sauce, 1 tablespoon horse-radish, 1 tablespoon Worcestershire sauce and dash of cayenne. Simmer 20 minutes. Add more seasoning to taste. Have plenty of paper napkins handy and start dipping.

**Hearty Soup**

Venetian onion soup is just the hearty dish for a winter luncheon.

**Venetian Onion Soup**  
Melt 1/4 cup butter or margarine in large saucepan. Add 2 cups sliced onions and cook gently, stirring frequently until onions are lightly browned. Add 4 bouillon cubes, 1 cup Worcestershire sauce and 1/2 teaspoon salt. Bring to boiling. Add 4 ounces elbow spaghetti and stir about 1 minute, until bouillon cubes are dissolved. Cover and simmer gently about 20 minutes. Serve hot with grated Parmesan cheese. Makes 4 large servings.

**COUNTRY STYLE SPARERIBS**  
Try spareribs country style. Cut the ribs into serving portions and roll in flour mixed with 1/2 teaspoon of poultry seasoning. Sprinkle with salt and pepper, brown well in butter or margarine, cover and simmer in hot water until tender. Result: Spareribs and intriguing flavor dash.

Product Freshness Sought

Americans like to eat, and the foods they like best are those which are freshest, tastiest and best prepared. Constant research is being carried on at all levels of America's life line, from initial production through all the phases of processing, distribution and final use of the product by the home-maker. As a result we get fresher products with less waste at better prices.

**Poultry Processing Innovation**  
One of the newest innovations in processing is in the poultry field. It is the use of Aeronicize, which employs a food grade of the antibiotic Aureomycin to keep poultry fresher longer by holding back bacterial growth. In actual use it augments careful sanitation at the packing plants, careful handling, modern packaging and refrigeration in the race against loss of freshness.

**Meat Department Buys**  
Beef with emphasis on fore-quarter cuts is in good supply. Wisest choices are roasts, pot roasts, stew meat and ground beef. All cuts of lamb are available at reasonable prices. Variety

meats, which include those edible parts of beef, veal, pork and lamb which are not "regular" cuts, are noted for their nutritional value. Try serving one of these at least once a week: liver, heart, kidney, tongue, tripe, brains or sweetbreads.

**Poultry:** Chickens for frying and broiling and hens for stewing are good buys. The bony less desirable parts of chicken such as backs and wings provide lots of good flavor and nutrition at very low prices. Turkeys are plentiful and well priced.

**Vegetable Department:** Excellent supplies of crisp heads of western-grown, vitamin C filled cabbage are available at bargain prices. Cauliflower, broccoli, carrots, celery and squash are in good supply. White potatoes and onions are in the best buy class. For best quality onions pick the ones that are sufficiently dry that the skin crackles. Reasonable prices mark lettuce and tomatoes.

**Fruit Department:** Best buys include apples, oranges, grapefruit, lemons and pears. Bananas continue at their usual steady price. Good marketing!

This Dessert One Of the Dreamy Kind

A dreamy dessert prepared in quick order is this one using frozen strawberries and marshmallows.

**Strawberry Malle**  
1 package frozen sliced strawberries, thawed  
1 cup (8-ounce container) sour cream  
1/2 teaspoon lemon rind  
1 tablespoon lemon juice  
1 cup small-size marshmallows or cut-up regular size

Mash strawberries with a fork in large bowl; add sour cream, lemon rind and juice; mix well; fold in marshmallows.

Pour into ice-cube tray; freeze about 2 hours, or until firm. Serves six.

Sundae Tray

If there are teen-agers in your house, they will love a Sundae Tray. Fill four small clear-glass apothecary jars with ice cream toppings. One jar can hold crushed peppermint candy, another tidbits of semi-sweet chocolate, another shredded peanuts, and another shredded coconut or marshmallow cherries. Arrange the jars on a tray and pass with ice cream!

ZEST FOR OYSTER STEW

Just a pinch of poultry seasoning added to creamy oyster stew brings aromatic zest to this cold weather treat.

Steak and Onions a Favorite

Here's music to the ears of homemakers who like to serve steaks. Occasionally, the more demanded steaks, T-bone, porterhouse and sirloin, will tend to overtax the budget.

This good-to-the-last-bite beef arm steak smothered in onions is a budget saver. Have the steak cut 3/4 to 1 inch thick, and cook the steak by braising, a moist heat method of meat cookery.

Without a doubt, calls for seconds will be heard. Beef Steak with Onions is a wholesome February meat entree that will take the chill out of everyone's bones.

**Beef Steak Smothered With Onions**  
Beef arm steak, cut 3/4 to 1 inch thick  
1/2 cup enriched flour  
Lard or drippings  
6 medium onions, sliced  
Salt  
Pepper

Dredge steak with flour. Brown on both sides in lard or drippings. Cover and cook slowly for 1 hour. Add onions. Season. Cover and continue cooking for about 30 minutes or until meat is tender and onions done.  
Yield: 6 to 8 servings.

Topping Important In Macaroni Dish

A tasty topping improving any macaroni, noodle or spaghetti casserole.

Try this one, made by combining 1/4 cup buttered enriched bread crumbs and 2 tablespoons Parmesan cheese. Or, mix 1/4 cup enriched bread crumbs with 1 tablespoon melted butter or margarine, 2 tablespoons finely chopped parsley, 1/4 teaspoon crumbled basil, 1/4 teaspoon crumbled oregano and a dash of pepper.

Tart Salad for Poultry, Fish

This tart cranberry salad is ideal when served with poultry or fish. The crispness of the cabbage and celery and the chewiness of the nuts are a wonderful texture combination. Makes 4 servings. We usually double the recipe.

**Molded Cranberry Sauce**  
1 can jellied cranberry sauce (12 cups)  
1 envelope unflavored gelatin  
1/4 cup cold water  
1 cup finely shredded cabbage  
1/2 cup diced celery  
1/2 cup chopped walnuts  
Crush cranberry sauce with a fork. Soak gelatin in cold water 2 minutes. Place cup with gelatin in pan of boiling water and heat until gelatin is dissolved. Add to crushed cranberry sauce. Chill until mixture begins to jell. Fold in cabbage, celery and nuts. Pour into a one-quart mold; chill until firm. Serve on bed of crisp iceberg lettuce with desired dressing.

Potatoes and Onions Always Good in Soup

On a cold winter afternoon or evening creamy potato soup will hit the spot. Supplies of both potatoes and onions are good and price-wise they're in the best buy class.

**Creamy Potato Soup**  
Combine 4 cups diced raw potatoes and 1 medium finely minced onion with 3 cups water and 2 chicken bouillon cubes. Boil gently until potatoes are well done, about 15 minutes. Strain, saving liquid. Mash potatoes thoroughly, being sure lumps are out. Add 3 tablespoons butter or margarine, 1/2 teaspoon celery salt, 1/4 teaspoon ground black pepper, 1/2 teaspoon salt, 1/2 teaspoon powdered dry mustard. Beat again. Gradually blend in 2 cups light cream or top milk and the potato stock. Add 1 teaspoon dried parsley flakes. Heat and serve topped with a sprinkle of paprika. Makes 6 servings.

Frost Your Cake Before Baking It!

In the oven and out ready-to-serve—that's what happens when you streamline your cake making methods with one of these two baked-on toppings. Use a cake mix, or your own favorite recipe. The toppings may be used on layers, loaf, or cupcakes . . . with no change in your usual baking procedure.

Perfect with a burnt sugar or spice cake.

**Baked Meringue Topping**  
3 egg whites  
1/4 teaspoon cream of tartar  
1/2 cup brown sugar, firmly packed  
1/2 cup chopped walnuts  
In mixing bowl beat egg whites with cream of tartar until foamy. Add sugar gradually and beat until whites stand in soft peaks. Spread over cake batter. This will cover two 8 or 9-inch layers or a loaf cake 9 x 14 x 2, or 18 cupcakes. Sprinkle nuts over meringue. Bake as usual.

This topping will give your cake a delightful crunchiness and a surprise flavor combination.

**Streusel Topping**  
2 tablespoons cream-style peanut butter  
2 tablespoons beet or cane sugar  
2 tablespoons all-purpose flour  
1 tablespoon strong coffee  
1/4 cup coarsely chopped walnut meats  
Stir ingredients together until a crumbly mass is formed. There will be enough for an 8-inch square cake or 12 cupcakes. Bake according to cake directions.

**SUPPLY OF JUICES**  
Keep canned and bottled juices on hand for appetizers. There are many to choose among: tangerine, blended orange and grapefruit, pineapple, cranberry, a p.i.c.o.t., peach, tomato.

These Cookies Won National Prize for Young Northwest Cook

A Northwest girl, Natalie Rigin of Olympia, Wash., won the second grand prize in the recent National Bake-off of a well known milling company in New York City. Here's her recipe:

**Hoot Owl Cookies**  
2 1/2 cups sifted enriched flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
3/4 cup butter or margarine  
1 cup firmly packed brown sugar  
1 unbleached egg  
1 teaspoon vanilla  
1 1/2 squares (1 1/2 oz.) unsweetened chocolate  
1/4 teaspoon soda  
Chocolate bits  
Whole cashew nuts  
Aluminum foil  
Sift together flour, baking powder and salt. Cream butter; gradually add sugar, creaming well. Blend in egg and vanilla; beat well. Melt chocolate; set aside to cool. Add dry ingredients gradually to egg mixture, mixing thoroughly.

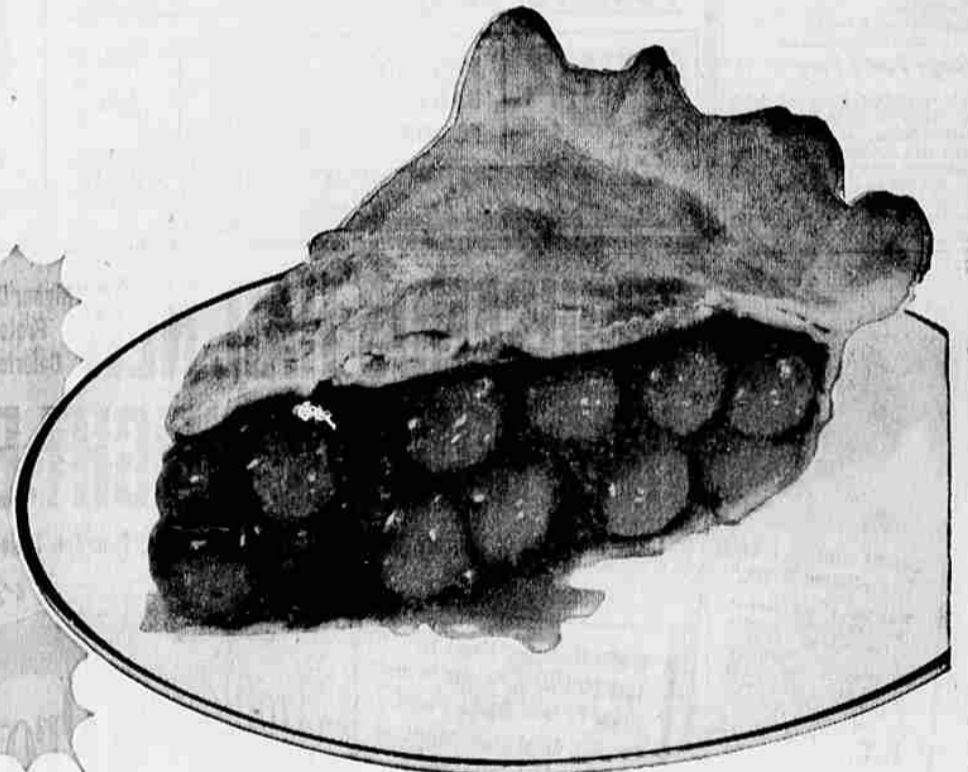
Roll out half of dough to floured surface. Stir soda into chocolate and blend mixture into remaining 1/2 of dough. Chill if necessary for easier handling.

Roll out half of light dough to 10x4 1/2-inch strip. Shape half of dark dough into a roll 10 inches long; place on strip of light dough. Mold sides of light dough around dark; wrap in foil. Repeat with remaining dough. Chill at least 2 hours.

Cut into slices 1/4 to 1/2 inch thick and place two slices together on a greased baking sheet to resemble an owl. Pinch a corner of each slice to form ears. Place a chocolate bit in the center of each slice for eyes; press a cashew nut between slices for a beak. Bake in moderate oven (350 F.) 8 to 12 minutes. Remove from baking sheets at once. Store between layers of foil in a flat, tightly covered container. Makes about 4 dozen cookies.

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