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Read 'Ads' for Late Winter Buys; Interesting Menu Ideas Told Today



Sauerkraut is prized for its flavor and health-giving qualities.

Zesty Sauerkraut Long a Standby Favorite; Many Ways to Serve It....

By ZOLA VINCENT  
(Foods Writer)

Men like sauerkraut and have been enjoying it since the first German pickled cabbage long ago. Methods of preparation remain practically the same. However, American manufacturers and cabbage growers have combined their talents to meet the demand for a milder more delicate product.

Most sauerkraut now goes into cans in several convenient sizes to be purchased according to family needs. Most popular size is the No. 2 1/2 can which contains 6 or 7 servings. Next is the No. 3 can which is ideal for 3 generous servings. As a matter of fact we just keep a supply of the big cans on the pantry shelf and enjoy any leftover re-heated or cold as a salad the next day. The sauerkraut canners tell us there's a tremendous supply available and we know it is very economically priced.

Quickly prepared, one-dish or casserole meals made with nutritious sauerkraut are a perfect solution to feeding the family on busy days. Try these flavorful recipes now and see how quickly they become your family's year round favorites.

We've been serving this for years, oddly enough because it is so good. Add a batch of cornbread and you've got a mighty fine meal.

Sauerkraut and Frankfurters

Melt 3 tablespoons butter or margarine in large, heavy skillet; add medium-size, finely chopped onion, and 1 finely chopped apple. Sauté slowly until onion is yellow. Add No. 2 1/2 size can sauerkraut, 1/2 cup water, 2 tablespoons brown sugar and a sprinkle of pepper. Mix well with a fork. Cover and simmer gently for 1 hour, stirring occasionally. Arrange one pound frankfurters on top of sauerkraut. Cover and simmer 15 minutes longer. Makes 4 generous servings. . . . 6 not so generous.

Here is a sauerkraut casserole that is really something very special, certain to be repeated often, because men and growing boys like hearty, zesty food particularly at this season.

**Lean Pork-Kraut Casserole**  
In a heavy kettle, cook 1 pound diced lean pork shoulder until browned on all sides; add 1 No. 2 1/2 can sauerkraut, 1 cup chopped onions and 1 large sliced, unpeeled apple. Cover and cook 1 hour or until pork is tender. Just before sauerkraut is

done, prepare 1 package corn muffin mix according to package directions or according to your favorite recipe. Turn sauerkraut mixture into 2-quart casserole; drop corn muffin mix in tablespoonfuls around outer edge of casserole. Bake in hot oven, 425 degrees, for 30 minutes or until muffin mixture is done.

A wonderful one-dish meal for sauerkraut lovers.

**Sauerkraut, Beef and Dumplings**  
Cut (or have your butcher do it) 2 pounds brisket of beef into 1/2 pound pieces. In a heavy pan, placed over medium heat, brown beef on both sides in a little hot fat. Add 1/2 cup onion slices and brown slightly. Add 1 1/2 cups water, 1 bay leaf, 1 sliced large carrot, 1/4 teaspoon freshly ground black pepper, 1/2 teaspoon paprika and 2 teaspoons salt. Cover and cook over low heat 1 hour, or until beef is almost tender. Stir in sauerkraut; cover and cook 20 minutes. Remove bay leaf.

In a bowl combine 2 cups biscuit mix with 3/4 cup milk; stir well. Drop by spoonfuls onto meat or sauerkraut in boiling mixture (not into liquid). Cook 10 minutes with lid off and 10 minutes with lid on. Slice beef and serve with sauerkraut and dumplings.

Quoquettes Offer Variety With Carrots

Most abundant of the vegetables, always adding color as well as nutrients, carrots are a satisfactory vegetable "to play with" in thinking up a new way of fixing them. Here are quoquettes:

**Carrot Croquettes**  
6 large carrots  
1/2 cup minced onion  
3 tablespoons margarine  
3 tablespoons flour  
1 cup milk  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 egg  
Dry bread crumbs  
Margarine

Cook carrots and onions in salted water until tender. Drain and mash. Melt the margarine, add flour and stir in milk. Cook, stirring constantly, until very thick. Mix with carrots. Cool. Shape into quoquettes and chill several hours. Roll in bread crumbs, then in egg diluted with water, then in crumbs. Sauté slowly in margarine or other fat, over low heat, brown on both sides. Recipe makes enough for 8 quoquettes.

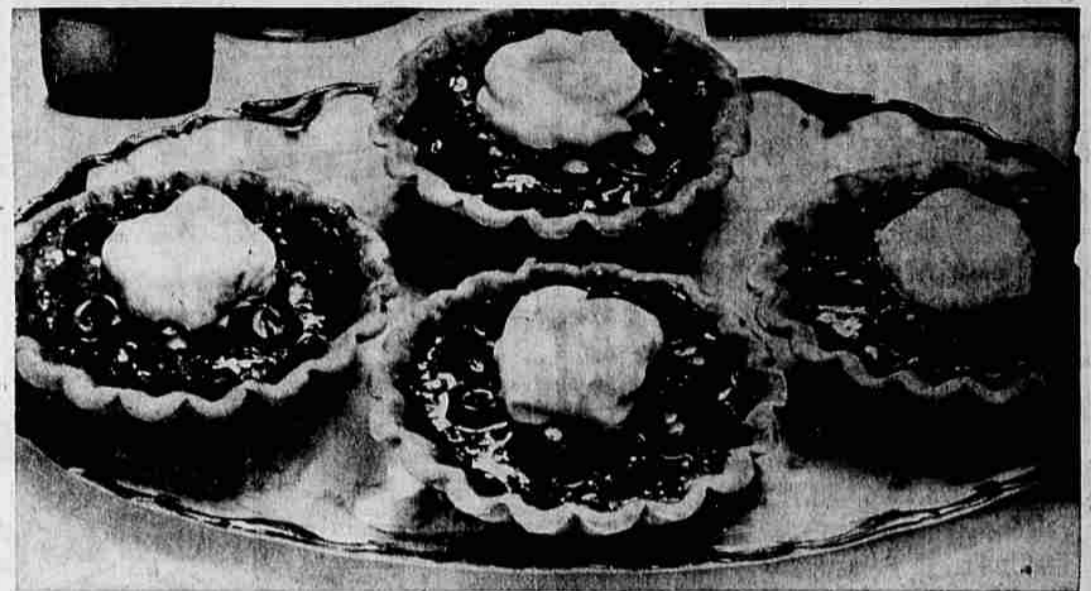
be sure... **CH** and **cane sugar** the pure cane sugar from Hawaii!

Spicy Apple And Nut Loaf Liked

There will be many times you'll give this spicy loaf cake a warm welcome. It's so easy to make and important, too, you can make it somewhat in advance of serving and still find it moist and delicious. The sprinkling of sugar over the top of the batter before baking gives a gay sparkling touch to the finished loaf.

**Apple-Nut Loaf**  
3/4 cup sugar  
1/4 cup brown sugar, firmly packed  
1/2 cup shortening (use part butter or margarine for flavor)  
2 eggs  
1 cup coarsely grated cooking apple (you'll need about 3 for this)  
1 teaspoon pure vanilla extract  
1 1/2 cups sifted all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon nutmeg  
1/2 teaspoon cinnamon  
1/4 teaspoon allspice  
1/4 cup broken nuts

Using a rotary or electric beater combine sugars, shortening, eggs, grated apple and flavorings; beat thoroughly. Remove beaters. Sift dry ingredients. Add flour mixture and nuts to apple mixture. Stir to blend well. Spoon batter into well-greased and floured loaf pan (9 by 5 inches); spreading evenly. Sprinkle generously with extra sugar. Bake in moderate, 350 degree, oven 35 minutes or until done. Remove from pan and cool on rack. Makes one 2 pound loaf cake.



To dress up your George Washington day dinner tomorrow, try these cherry tarts.

Make It Cherry Tarts For a Change

Tomorrow is George Washington's birthday. For many menus of the day that means cherry pie. How about cherry tarts for a change. They have so much eye appeal and give a dinner a party flair. They are really miniature cherry pies.

**Cherry Tarts**  
4 tablespoons quick-cooking tapioca  
1/4 cup sugar  
1/4 teaspoon salt  
Cherry juice plus water to make 2 1/2 cups  
2 cups (No. 2 can) drained canned pitted red sour cherries, water-packed\*  
2 drops almond extract (optional)  
6 to 8 baked 4-inch tart shells

Combine quick-cooking tapioca, sugar, salt, and cherry juice and water in saucepan. Cook and stir over medium heat until mixture comes to a boil. Cool, stirring occasionally. Add cherries and almond extract. Chill.

Fill tart shells with cherry mixture. If desired top with sweetened whipped cream. Makes 6 to 8 servings.

\*Cherries packed in syrup may be used. Decrease sugar to 1/4 cup.

FOR SWEET POTATOES

Lots of butter and honey to taste make mashed sweet potatoes taste especially delicious. Pile the mashed yams into a pie plate and heat and brown in the oven or under the broiler. Nice with chicken, ham or turkey.

Curried Fish Fine Casserole; Seasonings And Cheese Varied

A change for Friday fare would be this casserole of white fish.

**Curried White Fish Casserole**  
3 tablespoons butter or margarine  
1 tablespoon minced onion  
3 tablespoons flour  
1 1/2 cups milk  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/2 teaspoon curry powder  
1/2 teaspoon Kitchen Bouquet  
1/2 cup American cheese, cubed (2 ozs.)

1/2 cup finely diced green pepper  
1 1/2 pounds white fish, steamed  
Melt butter in small saucepan, over moderate heat. Add onion and cook about 3 minutes. Stir in flour. Add milk and cook, stirring constantly, until sauce thickens. Add salt, pepper and curry powder which have been mixed together. Kitchen Bouquet and cheese. Stir constantly until cheese melts. Add green pepper. Place large pieces of white fish in 4 well-greased individual baking dishes. Pour sauce over entire surface of fish. Bake in moderate oven (350 deg. F.) until lightly browned and bubbly, about 20 minutes. Serve in baking dishes with side dishes of vegetables. Serves 4.

Hot Breads Always Make Breakfast Big Occasion

Scones are a treat that will go over big, come breakfast time. Hot breads always are an exciting addition to a breakfast menu. Here is a criss-cross scone loaf:

**Criss-Cross Scone Loaf**  
2 cups sifted enriched flour  
1 tablespoon baking powder  
1 teaspoon salt  
1/4 cup sugar  
1/2 cup shortening  
1 egg, beaten  
1/2 to 3/4 cup milk  
Melted butter or margarine  
Cinnamon sugar

Sift together flour, baking powder, salt and sugar. Cut or rub in shortening until mixture is crumbly. Combine egg and milk and add to flour mixture to make a soft dough. Turn out on lightly floured board or pastry cloth and knead gently 30 seconds. Roll out 3/4 inch thick and cut with 2-inch biscuit cutter. Place in greased 8-inch square pan. Brush lightly with milk and bake in moderately hot oven (425 deg. F.) 15 minutes.

Makes about 16 biscuits.

Hot Breads Always Make Breakfast Big Occasion

Makes 1 loaf.  
**Splify Honey Currant Buns** as a follow-up to hearty bowls of oatmeal:  
**Honey Currant Buns**  
3 cups sifted enriched flour  
4 1/2 teaspoons baking powder  
1 1/2 teaspoons salt  
1/2 teaspoon cinnamon  
1/2 teaspoon allspice  
1/2 cup shortening  
3/4 cup currants  
1 egg, beaten  
1/2 cup milk (about)  
1/4 cup honey

Sift together flour, baking powder, salt and spices. Cut or rub in shortening. Stir in currants. Combine egg, milk and honey. Add to flour mixture and mix only until flour is moistened. Turn out on lightly floured board or pastry cloth and knead gently 30 seconds. Roll out 3/4 inch thick and cut with 2-inch biscuit cutter. Place in greased 8-inch square pan. Brush lightly with milk and bake in moderately hot oven (425 deg. F.) 15 minutes.

CHICKEN NOTE

Small chickens that are to be broiled should be split into halves lengthwise; the backbone, neck and keel bone should be removed.

Potatoes Spotted in News

Potatoes continue to make food news. They are in heavy supply and will continue plentiful and low priced for some time. Processed potato foods are increasingly popular, so much so that one out of every six pounds of potatoes consumed in America today is in processed form. . . . in chips, frozen potato products, dehydrated, canned, or processed into starch or flour.

Eggs and their ever-present counter-part chickens are in excellent supply. Large size eggs are a protein food to feature frequently in your menu planning as are broilers, fryers and stewing hens.

Fish and shellfish in the news are: fresh crab from the cold water of the northern coast; fillets of sole, haddock, cod and rockfish. Nowadays these are also considered staple products in the freezer cabinets of food markets.

Canned foods with emphasis on fruits and vegetables come in for their share of specials. Sauerkraut, blue lake green beans, corn, fruit cocktail, purple plums and peaches are in heavy supply. Penny-wise homemakers will do well to look over

the canned food shelves of their favorite grocery store.

Meat Department

Beef is plentiful with lots of choice quality available. Cows have "shedded" on all cuts. Corned beef, short ribs, ground beef, stewing and roasting pieces are among the best buys. Veal is more abundant. Remember veal has little fat and should be well cooked for best flavor and texture. Lamb is in good supply. Pork supplies are adequate.

**Vegetable Buys:** Cauliflower is one of our choicest winter vegetables; handle it tenderly, cook it quickly, serve it promptly for a bargain in good eating. Plenty of cabbage, carrots, potatoes, onion, squash and lettuce at reasonable prices.

**Fruit Buys:** Avocados are in good supply. The present crop is not a record breaker, but there is a little peak in the harvest of large and extra-large sizes. . . . so look for a treat. Grapefruit is abundant so use lots of them for "added sunshine in your meals." Oranges, pears, apples and bananas are all well priced.

Good marketing!

Homemade Corn Bread Has Appeal

The scent-appeal of freshly baked bread adds as much to its popularity as does its eye and taste appeal. Haven't you found every-when there's baking going on? This quick-cornbread is the perfect accompaniment for sauerkraut dishes.

**Quick Corn Bread**  
2 cups corn meal  
1 1/2 teaspoons baking powder  
1 teaspoon salt  
1 tablespoon sugar  
3 tablespoons shortening  
1 egg  
1 1/2 cups milk

Sift together the corn meal, baking powder, salt and sugar. Melt the fat in the pan in which corn bread is to be baked. Beat the egg and add the milk; pour into the sifted ingredients. Stir only until well mixed. Add the melted shortening and stir it in. Pour batter into hot baking pan. Bake in hot oven, 400 degrees, about 30 minutes. Makes six to eight servings.

FOR MASHED POTATOES

Two pounds of potatoes, cooked and mashed, usually need 1/2 to 1/4 cup hot milk and 3 to 4 tablespoons of butter or margarine.

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