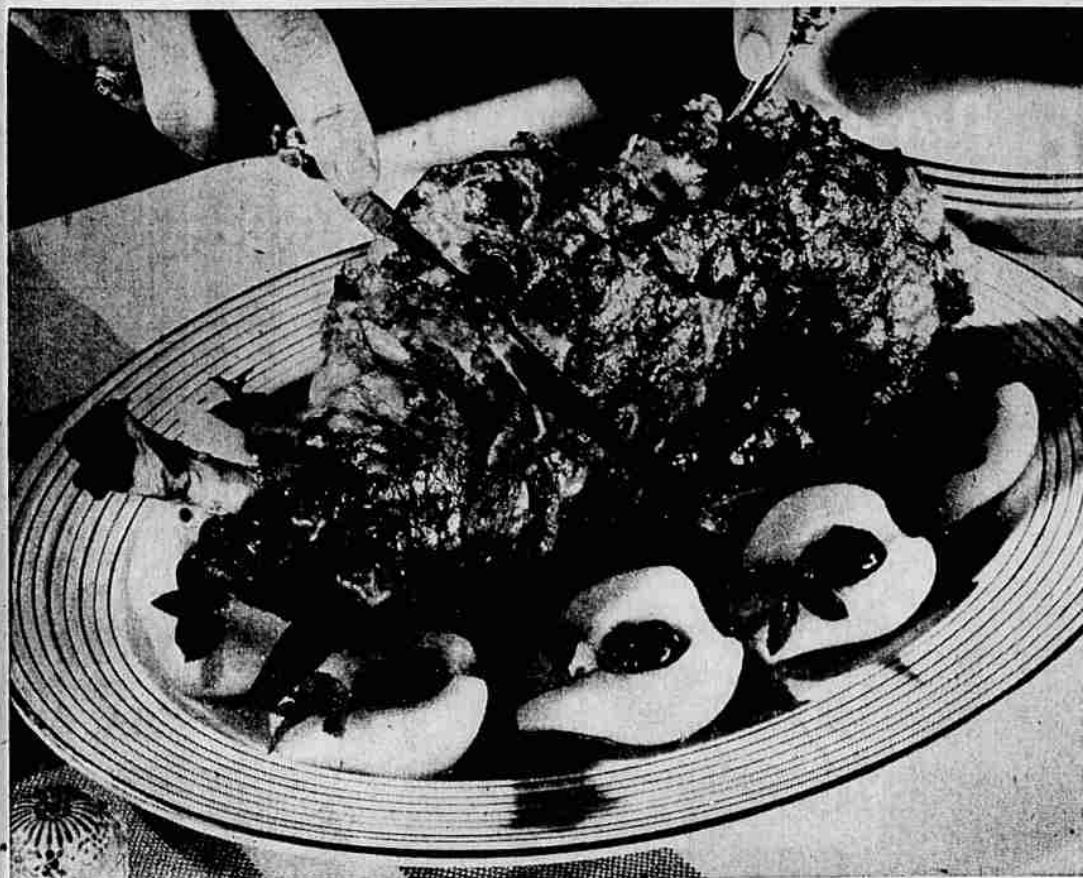


Great Variety of Products Starred in Week's Food Offerings on Markets



Lamb, beef and pork feature in good meat values during early spring.

Early Spring Features Interest in Variety of Meats; 'Buys' Listed.....

By ZOLA VINCENT
(Food Writer)

Springtime meal-planning gets a lift as meat supplies take a turn upward and prices on many cuts go downward. Wake up those spring-lever appetites by trying new cuts and new ways of serving your old standbys.

Luscious spring lamb is not-so-inexpensive legs and in very inexpensive shoulder chops, shoulder roasts (we buy a roast and have the butcher cut chops just the thickness we like), neck slices and breast pieces, is in excellent supply. Or perhaps you'll like the look and the price of lamb shanks which resemble miniature legs of lamb just right for one serving.

The bonanza of beautiful beef and plentiful pork continues with the usual economy cuts very economical and the fancier cuts not too fancy-priced. Take a look at this newspaper's market ads, look at the prices displayed back of the meat counter.

Lamb Likes Company

Lamb likes "company" in the form of tasty mint, currant or grape jelly accompaniments served, perhaps, individually in canned Bartlett pear halves or tiny fanciful dishes artfully decorated with fresh mint leaves, or pear halves filled with American cheese, sprinkled with paprika and heated in a moderate oven until the cheese is melted; or with a currant-mint sauce made simply by crushing an 8-ounce glass of currant jelly and combining it with 1 teaspoon grated orange rind and 2 tablespoons dried or fresh mint leaves. Let this stand an hour or two before serving.

Shoulder Lamb Chops

We think it is too bad that shoulder lamb chops are so often overlooked in favor of more expensive loin or rib chops. You'll find them delicious and tender and, also, much lower-priced. Like loin or rib chops they may be broiled, pan-broiled or braised. If chops are thick, 1 to 1 1/2 inches, we suggest oven-broiling. If thinner, pan broiling is the better method to use. Broil chops on one side, season, and broil other side. Try braising them with thyme for something new and tasty. Just brown the chops, then cook slowly in a covered skillet with a small amount of water and a sprinkling of thyme.

Here is a company-size, gourmet stew which is one of our all-time favorites. Use boneless stewing beef, or have your butcher cut a rump or round into one-inch cubes, or you may prefer yours cut into larger pieces. Serve over hot fluffy rice. Makes 8 servings.

Burgundian Beef Stew

3 tablespoons butter or margarine
3 pounds stewing beef cut in 1-inch cubes
3 cups chopped onion
1 carrot, cut in circles
1 clove garlic
6 peppercorns
2 bay leaves
1 tablespoon tarragon vinegar or crushed tarragon leaves
1/4 teaspoon thyme
2 tablespoons minced parsley
1 1/2 to 2 cups burgundy
Salt to taste

Melt butter in skillet; add beef and brown on all sides. Remove beef to a plate. Add onion, garlic and carrots to fat in skillet and simmer until a light yellow, do not brown. Put beef back in skillet;

add remaining ingredients and cook over a very low flame for three hours. The long, slow cooking brings about a perfect blending of the flavors. Remove excess fat and serve. Like most stews this takes well to re-heating. Let thrifty ground pork help you save a few pennies more for that "tax bill" which is almost due. Believe us, this is no hardship when you serve these pork balls cooked in a zesty tomato sauce. Makes 6 servings.

Perky Pork Balls

2 tablespoons butter or other shortening
1 small onion, chopped
1 clove garlic, chopped
1 1/2 pounds ground lean pork
2 cups fresh bread crumbs
1/2 cup minced parsley
2 1/2 cups grated cheddar cheese
1 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon oregano
2 eggs, beaten
2 9-ounce cans tomato sauce
1 cup water
Dash tabasco
Worcestershire sauce to taste

Brown Onion and Garlic in Melted Butter

Add to meat and combine with bread crumbs, parsley, cheese, salt, pepper, oregano and eggs. Mix well. Shape into balls allowing 1/4 cup mixture per ball. Brown a few at a time in a few tablespoons hot fat over low heat. Drain off fat and place all meat balls in the pan. Combine tomato sauce, water, tabasco and Worcestershire sauce; pour over meat balls. Simmer covered for 1 hour and 45 minutes.

Even Children Go For This Spinach

Perhaps Popeye has something to do with it for more and more children actually ask for spinach. Serve it this way and they'll probably ask for it even more often.

Bacon Wilted Spinach

1/2 pound bacon
2 pounds fresh spinach
1/4 cup finely sliced onion
1 teaspoon salt
1/4 cup vinegar
Fry bacon until crisp. Remove from pan and crumble. Pour off bacon drippings leaving 1-3 cup in skillet. Wash spinach carefully. Remove stems from leaves and cut into small pieces. Place stems and leaves in a kettle; tightly cover and let steam 3 or 4 minutes or until tender. Cook onion in drippings until soft. Add remaining ingredients including crumbled bacon; toss with spinach. Makes 6 servings.

ONION CREAM CHEESE

Onion flavored cream cheese is a fine spread for sandwiches or crackers. Do it the easy way with liquid onion.

Fisher's 27 MIX
FOR THE BEST PANCAKES

Pickled Prunes

Pickled prunes will tickle your palate when served as an accompaniment to meat, salads, and sandwiches.

Pickled Prunes

Combine 1/4 cup brown sugar (packed), 1 cup vinegar, 1 cup cooking liquid from prunes, 1 tablespoon mixed pickling spices; simmer 10 minutes. Add 4 cups cooked prunes and cook 5 minutes longer. Refrigerate. Makes approximately 1 1/2 quarts.

Toasted Onion Bread

Try toasted onion bread. The bread used is, of course, French. Slice it in half horizontally or in slantwise pieces for easier handling. Spread it thin with a "butter" made by adding one cup chopped green onion tops to one-half cup soft butter or margarine. Season with cayenne pepper. Toast in moderate oven, 400 degrees for 10 minutes, or under broiler until brown.

OYSTER TIPS

For gourmet oysters on the half-shell, serve with nothing but wedges of lemon and lots of minced fresh parsley.

Dried Fruits Spotlighted In Food News During March

So large and important has the dried fruit industry become that two weeks, March 16-30, instead of the usual one week have been designated as "Dried Fruit Weeks."

California is considered the world's center of dried fruit production. The leading fruits in the drying industry are raisins, prunes, peaches, apricots, figs, apples and pears. Of these, raisins are the most important economically. Last year 200,000 tons of raisins were dried. Domestic markets accounted for 200,000 tons; export markets took care of the remainder.

The state produces 200,000 tons of dried prunes annually. Incidentally, a prune is a variety of plum which can be dried without fermenting when the pit is left in. In order of tonnage peaches are next with 20,000 tons produced annually; apricots follow with 20,000 tons; figs 12,000 tons; and pears 4,000 tons.

Only completely ripe fruit is used for drying which is not economically possible for fruit which is harvested for canning or to be shipped in the fresh state. For this reason dried fruits have become a symbol of complete flavor and compact good eating qualities.

It is interesting to note that the highest drying ratio is for apples. Because of the variations in peeling and coring the ratio will vary as much as 6-9 to 1. It takes 5 1/2 pounds of fresh apples to produce 1 pound dried. Prunes and peaches run 3 1/2 pounds fresh to 1 dried. Raisins are 3 to 1.

Storage: It is desirable to store dried fruit in a reasonably dry well ventilated place.

Preferred Cooking Method

Newer and scientifically advanced processing methods have done away with the old-time necessity for soaking fruit. To obtain best results, the quick-cooking method is recommended.

In all cases rinse fruit, remove any core from pears or apples, cover with water and boil until tender. Peaches must be removed from water after five minutes in order to remove their skins.

The cooking time varies: Prunes will take 45 minutes to 1 hour. Apricots from 30 to 40 minutes. Peaches 40 to 50 minutes including initial five minutes. Figs from 30 to 35 minutes. Apples take 40 minutes and pears from 25 to 35 minutes. Raisins are given a quick 10 minutes.

Sugar is not necessary, however if your taste buds require it, add it during the last 5 minutes of cooking. Eggs are the exception to the rule. Add sugar to them 15

minutes before end of cooking time. For the very best in flavor and plumpness, let fruit stand in juice for a few hours.

Suggested Dried Fruit Uses

Always a wonderful snack food particularly for hungry youngsters is dried fruit. Here are some other suggestions which will improve any menu and add low-cost nutritional values as well:

Breakfast: Cooked with or added to hot cooked cereals. Top prepared cereal with stewed prunes, apricots or peaches. Make dried fig, prune or raisin muffins. Sauté prunes, apricots or peaches with sausages. Use any of the dried fruits in coffee cakes.

Lunch at Home: In salads with cottage cheese and perhaps other fresh or canned fruits. In fruit gelatin salads. Apricot, peach, prune or fig whip. Prune or raisin bread pudding. Baked apples with raisins. Dried fig or raisin cream cheese sandwich filler. Chopped apricot and honey sandwich spread. Dried fruits stuffed with nuts.

Dinner: Dried fruit conserves. Spiced or pickled dried figs or prunes. Prune or raisin stuffing for meat or fowl. Garnishes for meats. Prune or apricot upside-down cake. Dried fruit candies.

2-Layered Fruit Salad Features Two Popular Type Cheeses

A salad that will give impression of being something special is this two-layered gelatin one. It is really simple to make, however. Two kinds of cheese give added interest.

Roquefort Fruit Salad

1 cup syrup from canned fruit cocktail
3 tablespoons sugar
1/4 teaspoon salt
1 envelope plain gelatin
1/4 cup cold water
1/4 cup lemon juice
1 cup canned fruit cocktail
1 cup cottage cheese
1 1/2 tablespoons Roquefort cheese
Salad greens

Heat syrup with sugar and salt. Soften gelatin in cold water and dissolve in hot syrup. Blend in lemon juice. Place well-drained fruit cocktail in loaf pan (about 8 1/2 x 4 1/2 x 2 1/2 inches), and pour 2-3 cup of gelatin mixture over it. Chill in refrigerator. Cool remaining gelatin and blend in cheese. Pour over firm fruit layer and chill until firm. Unmold and garnish with salad greens. Cut in slices to serve. Serves 6.

Medley of Fruits in Tasty Salad

A delightful medley of fruits and nuts to be served as a luncheon salad or as a dessert is this one.

Orange Fruit Whip
1 tablespoon plain gelatin
1/4 cup cold orange juice
3 tablespoons lemon juice
1/4 cup hot orange juice
1/4 cup sugar
1/4 teaspoon salt
1 cup sliced bananas
1/2 cup chopped walnuts
1 cup diced oranges, drained
Softened gelatin in cold orange juice and lemon juice. Heat remaining 1/4 cup orange juice; add sugar and salt and combine with gelatin mixture, stirring until sugar and gelatin are dissolved. Chill until slightly thicker than the consistency of unbeaten egg whites. Beat with rotary beater until light and fluffy and doubled in volume. Fold in thinly sliced bananas, walnuts and oranges. Turn into one large or 6 to 8 individual molds. Rinse molds. Chill until firm. Garnish with sliced oranges. Makes 6 to 8 servings.

Bouillon Trick

A reader asks how to make the spicy - good hot tomato bouillon served in fine restaurants. Here's the recipe: To two cans of tomato juice add one can of condensed consommé. Add 2 whole cloves, a bay leaf, salt, pepper, one small onion, chopped. Simmer half an hour over low flame. Then strain. Serve garnished with parsley or minced celery tops.

EGG WHITE NOTE

Leftover egg whites will often store well for as long as 10 days if they are refrigerated in a covered container.

Cuts of Lamb, Plentiful Beef, Among Food Arrays

There are many good buys just for the looking in western lamb, particularly shoulders and cuts for stew. Plentiful beef offers values in pot roasts, stew meat and always popular ground beef for the making of hamburgers, meat loaves, spaghetti and meat balls, and a myriad of other ground beef specialties. Pork continues plentiful. Watch this newspaper's ads for the very best buys to be had.

Dried Fruits: We are in the midst of "Dried Fruit Weeks," March 16 to 31 to be exact. So important has this industry become that two weeks instead of the usual one have been designated. Dried fruits are excellent buys, nutritionwise anytime. Ideal for children to snack on as is, full-flavored and plumply-tender when cooked.

Eggs and cheese are plentiful and well-priced. They offer many possibilities for quick nutritious meals. When buying eggs keep in mind that the color of the egg shell does not affect the food value, flavor, or interior quality; but it may make a difference in the price. The smart shopper will take advantage of this. Use cottage cheese and good old cheddar cheese for low-cost protein in your menus.

Fish and Shellfish: Fish supplies are keeping up with the Lenten demand. Excellent buys to be found in halibut. Enjoy halibut steaks or halibut baked in tomato sauce with plenty of lemon wedges on the side. Frozen fish sticks, scallops, shrimp and breaded fish portions are steadily increasing in popularity. Fish that has been frozen hard until ready to cook.

Vegetable buys: It is with increased pleasure that the home-maker wanders through the vegetable department and finds her favorite springtime vegetables there in greater abundance. Good

quality artichokes, broccoli, carrots, green onions, lettuce, celery, cabbage, and cauliflower are well-priced. Rhubarb pie and rhubarb cobbler will bring new season delight to the dinner table. Asparagus expensive now, but becoming less so right along. New potatoes and peas are putting in an appearance.

Fruit Department: The best buy selection is limited to grapefruit, oranges, lemons and loose apples. Bananas continue at their usual almost unchanging price level. Avocados are in fair supply and a few pears are available. Good marketing!

Hamburger Popular In This Stew Dish

Hamburger is used to make a delicious stew.

It's said that hamburger stew is easy to prepare because it was developed by cowboys, who while roaming the Western ranges, didn't travel with a great deal of cooking equipment. For their stew, they simply combined all of the ingredients in a big pot and let them simmer away over a campfire. You'll agree that the cowboys turned out a delicious dish once you've tasted this stew:

Hamburger Stew

1 1/2 pounds ground beef
3 medium potatoes, pared and diced
2 small onions, chopped
2 cups milk
2 teaspoons salt
1/2 teaspoon pepper

Combine ingredients and bake in a covered 3 quart casserole at 325 degrees F. about 1 1/2 hours. Remove cover last half hour of cooking. 4 servings.

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Tasty 2 ways, a salad or a hot luncheon plate