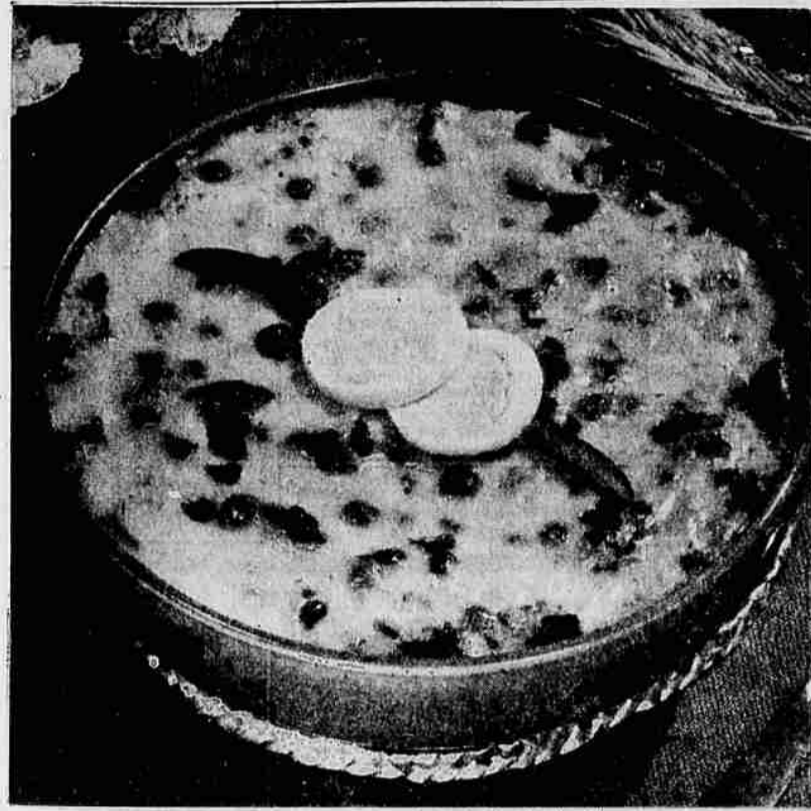


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Early Spring Produce More Plentiful; Read The 'Ads' For Many Good Buys



Try this casserole for a leisurely Sunday brunch.

Eggs Abundant; Excellent
In Variety of Ways; Ideas
Given for Brunch Dishes.

By ZOLA VINCENT
(Food Writer)

Hens are working overtime pre-packaging good nutrition in all those neat little containers for the eating pleasure of young and old. Eggs, one of the most easily digested of all foods, are among the first solids introduced into baby's diet and are a boon to our senior citizens whose digestive systems need extra tender-loving-care.

Long considered among the most efficient of all our suppliers of food, today's hen is a better producer than her ancestors. Thanks to the efforts of breeders to develop sturdier, more disease-resistant birds, egg production this year will smash all previous records. Lower prices make it easy to have egg appeal for any meal.

At Brunch

When Sunday church services are over, a leisurely brunch is a happy occasion for family get-togethers. A time for satisfying appetites with an egg casserole accompanied by hot hot cross buns, lots of steaming coffee, and an abundance of good conversation to stimulate your mental appetite as well.

Hot cross buns are at their best when heated in such a way as to

prevent the icing from melting. It can be done like this: Place a round trivet or wire rack in large skillet, add 2 tablespoons water, and put buns on trivet but do not cover. Now, over medium heat for 5 minutes, or until rolls are hot. Serve immediately with plenty of softened butter.

For speedy brunch service prepare everything ahead of time ready for the final assembling in the casserole.

Egg-Olive Casserole
5 cups soft 1/2-inch bread cubes
1 can condensed cream of mushroom soup
2-3 cup milk
2 tablespoons prepared mustard
1 cup cooked peas
1/2 cup coarsely chopped ripe olives
3 hard-boiled eggs, sliced
2 strips green pepper

Place half of the bread cubes in a greased 1 1/2 quart casserole. Combine the soup, milk, mustard, peas and olives. Pour half the cream sauce mixture over bread. Arrange all but 2 egg slices over cream sauce and repeat with another layer of bread cubes and cream sauce. Bake in moderate oven, 350 degrees, for 30 minutes. Garnish with remaining 2 egg slices and green pepper strips.

Makes 6 servings.

Another good egg casserole combines those two Lenten plentifuls - eggs and cheese. 'Twill really satisfy those brunch or supper-time hunger pangs.

Cheese-Baked Eggs
1/4 cup butter or margarine
1/4 cup flour
1 teaspoon salt
1/4 teaspoon pepper
1 teaspoon dry mustard
1 1/2 cups milk
1 cup grated American cheese
6 eggs
2 cups corn flakes
2 tablespoons melted butter or margarine

Melt 1/4 cup butter in medium sized saucepan over low heat; stir in flour and seasonings. Add milk gradually, stirring constantly; cook until thickened. Add cheese and stir until melted. Pour half the sauce in greased 10-by 6 inch pan; make six indentations in sauce and carefully slip an egg into each. Cover with remaining sauce. Crush corn flakes into fine crumbs and mix with the 2 tablespoons melted butter. Sprinkle over sauce. Bake in slow oven, 300 degrees, about 30 minutes. Remove from oven and let stand a few minutes before serving. Makes 6 servings.

Mushrooms Fixed This Way Sure to Please

Mushrooms are popping out of the ground. Whether you pick them, buy them fresh or turn them out of a can, they make marvelous low calorie eating. You'll like them like this.

Mushrooms Parmesan
1 1/2 pounds fresh mushrooms
2 tablespoons chopped parsley
2 cloves garlic, minced
2 teaspoons oregano
1/4 cup bread crumbs
4 tablespoons grated Parmesan cheese

Salt and pepper to taste
1/2 cup olive oil

Clean mushrooms and place in a greased baking dish. Sprinkle with parsley, garlic, oregano, half of the bread crumbs and grated cheese. Sprinkle with salt and pepper. Pour olive oil over and sprinkle with remainder of bread crumbs. Bake at 350 degrees, moderate oven, for 25 minutes or until mushrooms are tender. If mushrooms become dry, add a little water. Makes 6 servings.

Peanut Butter-Nut Bread Is Liked by the Children

This peanut butter - nut bread will make a hit for school lunches or after-school snacks.

Peanut Butter-Nut Bread
Topping:
2 tablespoons butter or margarine
4 tablespoons brown sugar
1 tablespoon water

Peanuts
Spread the butter on bottom of loaf pan. Cover evenly with sugar and chopped peanuts. Sprinkle water over mixture. Cover with the following:
Batter:
1 egg

Green Salad Dressing A Sauce You'll Like

A smooth, smooth garlic dressing that you will use often in green salads and with vegetable combinations.

Zippy Salad Dressing
Crush 1 clove garlic, add 1 teaspoon each of salt, paprika, dry mustard; 1/2 teaspoon pepper, 2 teaspoons sugar, 3 tablespoons lemon juice, and 2 tablespoons tarragon vinegar. Add 1 egg and beat with beater for 2 minutes. Gradually add 1 cup olive or salad oil and 1/2 cup catsup, beating continually. Makes 1 pint dressing.

Pimiento Biscuits Top This Tasty Casserole

Top your favorite tuna and vegetable casserole with bright Pimiento Biscuits.

Pimiento Toppers
Sift together 2 cups sifted baking powder, and 1 teaspoon salt. Cut or rub in 1/2 cup shortening until mixture is crumbly. Add 2 tablespoons chopped pimiento, mixed lightly. Add 3/4 to 1 cup milk to make a soft dough. Turn out on lightly floured board or cloth and knead gently 30 seconds. Roll out 1/2 inch thick. Cut with floured biscuit cutter or sharp knife. Arrange pimiento biscuits on top of tuna mixture. Place remaining biscuits on ungreased baking sheet. Bake casserole in hot oven (450 degrees) 20 minutes. Bake remaining biscuits 15 minutes. Makes 4 servings.

Tasty Carrots

Fixed like this, carrots will be a top ranking vegetable favorite with the entire family.

Glazed Carrots
Scrape and cut in half lengthwise 12 medium carrots. Cook in boiling salted water until tender; drain. Combine 1/2 cup ketchup, 3 tablespoons brown sugar, 2 tablespoons bacon drippings and 1/4 teaspoon allspice; pour over carrots. Simmer 15 minutes, turning and basting occasionally, until they are well glazed and sauce is thick. Garnish lightly with minced parsley. Makes 6 servings.

Varied Produce on Market

Chicken or the egg? Both come first in Lenten season meal planning. Eggs are in the headlines, but no strikers here; hens are working overtime turning out the year's best buys. In fact eggs are the lowest priced we've seen at this season in ten years. Refrigerated egg storage, both in store and at home, is best. Grade A eggs become grade B in a few days at room temperature. When you buy, select grade As for serving as eggs. Save by using grade B for ingredient purposes.

Chickens, broilers and fryers continue to flood markets at very low prices for frequent menu use. Turkeys are budget stretchers for large families, party-giving, weekend enjoyment for all.

Fish and Shellfish
West coast caught fish and shellfish for fine spring eating include cod, flounder, sole, halibut, rockfishes, salmon, clams, crabs, oysters, shrimp. How about fish sticks, which are so quickly cooked, for breakfast for a change?

Cheese and Dairy Products: Mild, nippy or aged cheddar cheese goes into many a fine main dish. A Welsh rabbit with bits of crisp bacon, with chopped pimiento or green pepper, or with chopped pimiento olives added.

Macaroni and cheese, too, may be dressed up in the more imaginative ways. Cook cheese slowly.

Spring Vegetables
Fair to good quality is evident in all vegetable bin offerings with plenty of lettuce for salad making, celery for relish and cooking delights, cauliflower for steaming whole and serving hot topped with cheese, tomato or pimiento sauce. Mushrooms of good quality make superb luncheon or supper dish over hot toast points. Tart-sweet rhubarb is available in increasing quantity. Asparagus beckons for serving hot with lemon butter, cold with vinaigrette sauce. Potatoes, onions and cabbage are budget buys. Bunched vegetable buys are beets, chard, collards, green onions, radishes, turnips and spinach. Italian squash is vegetable change, steamed or french fried.

Fruit buys: Fruit situation is about the same. Good quality apples still abound, thanks to proper modern refrigeration and handling. Same thing is true of pears. There is grapefruit galore from California and Arizona orchards. Navel oranges for eating out of hand, and sectioned for fruit salads are on the market; and last of the tangerines. Dates, fresh and moist, are abundant.

Lemon and Oatmeal Cookies

Drop cookies are a snap to do. This recipe makes 6 dozen cookies, but you'll have a hard time keeping them on hand once the children know they're about. They have such excellent food value; are tops for a between-meal snack.

Lemon-Oatmeal Cookies
1 cup shortening
1 cup granulated sugar
1 cup brown sugar, firmly packed
2 eggs
2 teaspoons grated lemon peel
1/2 cup lemon juice
1 1/2 cups sifted flour
1 teaspoon soda
1 teaspoon salt
2 1/2 to 3 cups rolled oats

Cream shortening and white sugar until light; add brown sugar gradually, creaming well. Add whole eggs and beat until light. Blend in lemon peel and juice. Sift together the flour, soda and salt; add gradually to creamed mixture. Stir in rolled oats until proper thickness to drop from end of spoon. Drop onto a greased cookie sheet and bake in moderate, 375 degree, oven for 10 to 12 minutes.



Mighty tasty are these buns filled with olives, cheese and crab meat.

Smoky Cheese Dip

Want to make your own smoky cream cheese dip? Here's how:
Smoky Cream Cheese Dip
1 8-oz. package cream cheese
2 tablespoons lemon juice
2 teaspoon liquid smoke
2 tablespoons coffee cream
1/4 teaspoon powdered garlic
Mix well with mixing spoon or electric blender.

SWEET-SOUR SAUCE

Make a sweet-sour sauce for hot roast with cream, lemon juice and sugar.

Dessert Delight

Whip this up anytime for a real dessert-delight.
Apple Sauce Whip
Combine canned apple sauce with crushed peppermint candy. Mix thoroughly and let stand a few minutes while you whip 1/2 pint whipping cream. Sweeten cream slightly and fold into apple sauce mixture. Chill and serve.

Tip on Meat

Uncooked meat should be stored uncovered or loosely covered while in refrigerator. Freezing meat does not appreciably affect the tenderness. Only a small amount of liquid should be added when braising meats. Steaks and chops should be seasoned before broiling.

ON COOKING DUMPLINGS

Cook dumplings without a lid on your skillet for about 10 minutes, then cover and finish cooking in another 10 minutes. New method!

Crab-Filled Buns Delicious

Crab-filled buns are ideal for the "supper on a tray." They combine Swiss cheese, crab meat, and ripe olives in their filling. With some raw relishes, potato chips, and coffee or milk for the remainder of the menu, they provide a satisfying supper dish.

Crab-Filled Buns
1 cup ripe olives
1 cup crab meat (or 6-ounce can)

1 1/4 cups diced Swiss cheese
1 minced green onion
1/2 cup mayonnaise
1 tablespoon lemon juice
Salt and pepper to taste
6 hamburger buns
Butter

and onion. Blend mayonnaise and lemon juice, and stir into first mixture. Add salt and pepper to taste. Split buns and spread with butter. Fill with crab mixture. Wrap each in waxed paper, and place on baking sheet. Bake in moderate oven (350 degrees F.) about 25 minutes. Allow to stand 5 minutes in wrappings before serving. Makes 6 servings.

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