



Make use of those aluminum foil pie dishes when the pie is gone—turn them into individual casseroles.

**Foil Pans Useful for Individual Casseroles**

Make use of those little aluminum foil dishes you have been saving from frozen pot pies and the like. They make fine containers for individual dinner casseroles. Adding further color with such dishes, serve baked stuffed potatoes in foil wrappers.

**Fillet and Fresh Vegetable Casseroles**  
 2 lbs. fresh or frozen fillet of any white fish  
 3 tablespoons lemon juice  
 1 cup cooked carrots  
 1 cup cooked string beans  
 4 tablespoons butter or margarine  
 4 tablespoons flour  
 2 cups milk  
 1/2 teaspoon salt  
 1/2 teaspoon freshly ground black pepper  
 2 tablespoons grated onion  
 Grated parmesan cheese

Place fish fillets in a saucpan with 3/4 cup boiling water, 1/2 teaspoon salt and the lemon juice. Cover and simmer gently until fish begins to flake. Drain off liquid and save. Lightly grease 6 individual aluminum foil casseroles. Remove bones, if any, from fish and arrange in serving size portions in casseroles. Add carrots and string beans which have been cooked to the "crisp tender" stage. Prepare sauce as follows: melt butter in saucpan, add flour, stir and cook until it bubbles. Add 1 cup of liquid from fish and the milk. Stir and cook until smooth, add seasonings. Pour over fish and vegetables, dividing equally and filling to 1/2 inch from top. Sprinkle grated parmesan cheese lightly on each casserole. Cover casseroles with squares of aluminum foil, crimping securely to edges. Store in freezer until needed. To serve, place frozen casseroles on cookie sheet in moderate oven (375 F.) and heat for 35 minutes. Remove foil covers during last 10 minutes to brown lightly. Recipe makes 6 servings.

**Stuffed Baked Potatoes**  
 Foil-bake potatoes. Divide potatoes lengthwise, allowing about two-thirds for the lower half. Scoop out centers and whip up to feathery lightness with hot milk, butter or margarine and seasonings. Heap the filling in the larger potato skin shell, discarding the smaller one. Dot with butter and sprinkle with paprika. Wrap these stuffed potatoes in foil and store in freezer. When ready to serve, place direct from freezer in a moderately hot oven (375 F.) and heat for 35 minutes. Turn back foil during last 10 minutes to brown.

**Clove Stars In Apple Desserts**

Clove is a spice going nicely with apples, along with cinnamon. This recipe for a clove apple dessert is a good one.

**Clove Apple Curry**  
 2 cup sifted all-purpose flour  
 2 teaspoons double-acting baking powder  
 1 teaspoon salt  
 2 tablespoons sugar  
 1/4 cup shortening  
 1 cup milk  
 1/2 cup sugar  
 1/2 cup pure vanilla extract  
 4 medium ripe cooking apples  
 1/4 cup sugar  
 1/4 teaspoon salt  
 1/4 teaspoon ground cloves  
 1/2 teaspoon ground cinnamon  
 2 tablespoons light corn syrup  
 1 tablespoon melted butter or margarine

Sift first 4 ingredients into a mixing bowl. Add shortening and cut it in with a pastry blender or sembles coarse meal. Combine two knives until the mixture is milk, egg and pure vanilla extract and stir into the dry ingredients. Mix well. Drop a tablespoon of batter into each of 12 well-greased muffin tins or custard cups. Peel apples, core and cut into 1/2-inch slices crosswise. Place a slice over each cup of batter. Fill centers with a mixture of sugar, salt and spices. Brush top with mixture of corn syrup and melted butter or margarine. Bake in a preheated oven (350 degrees F.) 20 to 25 minutes or until apples are tender. Serve warm, for dessert, with whipped cream sweetened with 1 tablespoon to each 1/2 cup heavy cream. Dust with cloves and cinnamon. Or, if desired, serve as coffee cake for breakfast without cream. Yield: 12 servings.

**Citrus Fruit One of Musts in Daily Diet**

"C" stands for the common cold these days, but it also stands for citrus and vitamin C which helps build resistance to such infections, and which must be replaced each day because it cannot be stored in our bodies.

Citrus Concentrates: There's no excuse for not getting your glassful of citrus juice every morning—they've even taken the "squeeze" out so that this once-daily chore has literally become child's play.

Housewives have long been acquainted with the goodness and convenience of frozen orange juice and lemonade juice concentrates and now they're making friends with a sister product, frozen grapefruit juice concentrate. To these products you simply add water and mix well. Nothing could be easier for health and enjoyment. Best of all is the assurance of the high vitamin content of the concentrate. With modern processing methods, practically all of the precious vitamin C is retained.

All year round, regardless of season or geography, frozen concentrated citrus products are at your fingertips.



For a bit different, bread pudding type of dessert, try this matzoh pudding.

**Interesting Variety for Vegetables Easy to Attain**

A bit of effort will glamorize any vegetable. Here are three common vegetables made into company-fare dishes.

**Quick Beet Supreme**  
 1 1/2 pound can sliced beets  
 1/2 cup sliced onions  
 2 tablespoons butter or margarine  
 1/4 cup sugar  
 1/2 teaspoon salt  
 1/4 teaspoon pepper  
 1 tablespoon lemon juice  
 1/2 cup beet liquid or water  
 Pour off liquid from beets and reserve. Sauté onions in butter until onions are tender. Stir in sugar, salt, pepper, lemon juice and 1/2 cup beet liquid or water. Add beets and cook until beets are thoroughly heated about 5 minutes, stirring occasionally. Yield: 6 servings.

**Glazed Onions**  
 2 tablespoons melted butter or margarine  
 6 tablespoons brown sugar  
 1/2 teaspoon salt  
 1/2 teaspoon paprika  
 2 teaspoons water  
 Cut cooked carrots into halves or quarters. Dip in melted butter. Place in heavy skillet over low flame. Sprinkle with sugar, salt and paprika. Add water. Cook until well glazed, spooning sugar mixture over carrots occasionally. Yield: 4 servings.

**Cinnamon-Raisin Cake**  
 1/2 cup lard  
 1 1/4 cups sifted cake flour  
 1/2 cup sugar  
 2 teaspoons baking powder  
 1/2 teaspoon salt  
 1 teaspoon cinnamon  
 1 tablespoon vanilla  
 1/2 cup milk  
 2 eggs  
 1/2 cup raisins  
 Line two 8-inch cake pans with wax paper. Cream together lard and 1/2 cup flour. Reserve 1/4 cup flour for raisins. Add remaining flour, sugar, baking powder, salt, cinnamon, vanilla and 1/2 cup milk. Beat until smooth and fluffy. Add remaining milk. Beat again until thoroughly combined. Add eggs, one at a time, beating well after each addition. Combine remaining flour and raisins and stir into batter. Pour into cake pans and bake in a moderate oven (375 F.) for 24 to 25 minutes. Cool and frost with Butter Cream Frosting.

**Scalloped Oysters A Tradition Dish**

Succulent oysters have been scalloped in many ways for many years. This is a simple, satisfying way of preparing this traditional dish. Buy them fresh, canned or frozen.

**Scalloped Oysters**  
 1 1/2 pint oysters and liquor (about 4 dozen oysters)  
 1/2 teaspoon salt  
 Dash of pepper  
 2 tablespoons chopped parsley  
 1/4 cup softened butter or margarine  
 2 cups finely raked cracker crumbs  
 1/4 cup milk  
 1 teaspoon Worcestershire sauce  
 Check oysters to be sure all bits of shell have been removed. Strain off oyster liquor and save 1/4 cupful. Stir salt, pepper and parsley into oysters. Blend together butter and cracker crumbs. Allowable layers of oysters and cracker mixture in greased baking dish. Combine milk, Worcestershire sauce and oyster liquor. Pour into baking dish. Bake in moderate oven, 350 degrees, 24 minutes. If desired, garnish with additional oysters in the last 15 minutes of cooking. Makes six servings.

**Raisin-Apple Cake**

Upside-down apple-raisin cake is a yummy dessert. Arrange sliced apples, chopped walnuts and raisins in the usual butter-brown sugar upside-down cake pan coating. Sprinkle with a couple of tablespoons of sherry wine and top with batter. Bake as usual.

**TO MAKE MEANS**  
 You'll need about one-quarter cup of tangy French dressing for making a box of cut Greek beans. Serve the beans as a relish with meat or fish.

**Meat Loaf Tasty With Seasonings**

One of the everyday meats, namely ground beef, can achieve new elegance with just a bit of imagination.

Piggy bank menus are actually what you make of them and ground beef can provide anything from a hamburger to an artistic Fiesta Meat Loaf.

**Fiesta Meat Loaf**  
 2 pounds ground beef  
 1 pound ground pork  
 1/2 cup minced onion  
 1/2 cup prepared horseradish  
 1 teaspoon prepared mustard  
 2 eggs, slightly beaten  
 2 teaspoons salt  
 1/2 teaspoon pepper  
 1/2 cup catchup  
 1/2 cup chopped green pepper, if desired

Combine all ingredients and mix thoroughly. Pack into a 5 x 9-inch loaf pan or a 2-quart ring mold. Bake in a moderate oven (350 deg F.) 1 1/2 to 2 hours. Yield: 10 to 12 servings.

**Doneness of Meat**  
 Beef may be cooked rare, medium or well-done; pork is always cooked to the well-done stage; lamb is usually cooked to the medium to well-done stage and veal is cooked well-done.



This meat loaf ring is a neat way of using the old favorite ground beef.

**Fish Fillets Baked With Cream Sauce**

Baked fish is always a treat. Here is simple but tasty way to fix it:

**Baked Fish Fillets**  
 1 to 1 1/2 pounds fish fillets  
 Salt  
 2 cups medium cream sauce  
 1/2 cup buttered crumbs  
 Wipe fish with a damp cloth and sprinkle with salt. Lay fish in a well buttered, shallow baking dish. Pour well seasoned cream sauce over fish. Sprinkle buttered crumbs over the top. Cover in a hot oven, 350 degrees F., for 10 minutes; uncover and bake 15 to 20 minutes longer or until fish is tender. Makes 4 servings.

**A Sauce You'll Like**

A dream of a sauce to serve with boiled beef, corned beef, ham, steamed fish or even poached eggs on toast is this one. Recipe makes about 2 cups sauce. Pass it in sauce boat.

**Horseradish Sauce**  
 Melt 3 tablespoons butter or margarine in saucpan. Stir in 3 tablespoons flour, 1/2 teaspoon salt, 1 teaspoon dry mustard, and gradually add 1 1/2 cups milk and 1/2 teaspoon kitchen bouquet. Cook stirring constantly, until sauce thickens and boils. Add 2 tablespoons grated horseradish and serve.

**Fine Fish Sauce**

Brush this tasty sauce over fish before broiling. Combine 2 tablespoons each white table wine and melted butter or margarine with 1 teaspoon each instant minced onion, Worcestershire sauce and lemon juice. Let stand 5 minutes before basting fish.

**EASY DESSERT**

Whipped cream, combined with fruit, makes a simple but delectable dessert. Be sure to freeze the mixture at the coldest temperature for a couple of hours or until solidly frozen, then tuck temperature control back to "normal" so dessert will stay firm but set icy.

**Pudding Of Matzohs Delicious**

Among specialty foods you may find in the markets are the matzohs (unleavened bread). They can be used for a tasty pudding that goes nicely with a light luncheon or a Sunday night supper, or with a cup of tea.

**Matzoh Pudding**  
 3 matzohs  
 4 eggs  
 2 cups milk  
 1/2 cup sugar  
 1 teaspoon cinnamon  
 1 teaspoon salt  
 1/2 cup seedless raisins  
 1 cup apples, sliced thin  
 Break matzohs; soak in cold water 5 minutes. Drain. Beat eggs; add milk, sugar, cinnamon, salt, raisins, apple slices and matzohs. Mix well. Pour into buttered 1 1/2 quart casserole. Set casserole in shallow pan of water; bake in moderate oven, 350 deg. F., 1-1 1/2 hours, or until inserted knife comes out clean. Recipe makes six to eight servings.

**Beef for Breakfast**

It's well to remember that when braising, first, brown the meat on all sides in its own fat or lard or drippings. Second, season the meat with salt and pepper. Third, add a small amount of liquid, cover lightly and cook slowly, or simmer, until meat is tender. Fourth, add vegetables, if included in recipe, just long enough before serving to be cooked, about 15 to 30 minutes.

**Luncheon Salad**

For an extra good Luncheon salad, combine crisp bite-sized pieces of lettuce, chunks of ripe olives, garlic croutons and chunks of tuna. Toss lightly with a wine vinegar and oil dressing and top with sliced avocado.

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<b>AGED CHEESE</b> lb. <b>54¢</b>	<b>PORK SAUSAGE</b> 3 lbs. <b>\$1.00</b>	<b>WIENERS</b> lb. <b>39¢</b>

**GARDEN FRESH FRUITS AND VEGETABLES**

<b>POTATOES</b> 50 lb. <b>69¢</b> U.S. No. 2	<b>ORANGES</b> 49¢ Doxon Tree-Ripened	<b>GRAPEFRUIT</b> 5c Each Texas Pickles	<b>BANANAS</b> 2 lb. <b>29¢</b>
<b>CRAB MEAT</b> 49¢ Reg. Size—Cottage	<b>SNOWDRIFT SHORTENING</b> 3 lb. tin <b>85¢</b>	<b>BISCUIT MIX</b> 39¢ Large Size Fisher's	<b>Hi-C Orange Juice</b> 25c 48-oz. tin
<b>JEFFY MIXES</b> 10c Pkg.	<b>COFFEE</b> All Popular Brands Pound <b>99¢</b> 2 lbs. <b>\$1.98</b>	<b>PEAS Frozen</b> Hi-West Pkg. <b>10¢</b>	<b>FLOUR</b> 5 lb. <b>49¢</b> 10 lb. <b>89¢</b>
<b>Oval Sardines</b> 20c tin La Tomate Source	<b>LARGE SELECTION Dinner Beverages</b>	<b>GALE'S STRAINED BABY FOODS</b> 12 cans <b>99¢</b>	

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