



FOR HARVEST DAYS—Succulent and tender, "Beef Stew with Rosemary" is topped with airy dumplings. Subtly seasoned with rosemary, they are the crowning touch for this hearty meal that is perfect either for the family or company.

Hale and hearty—

Satisfying herbed beef stew aromatic dish in fall weather

By Ila Grant Hopper, Bulletin Staff Writer

A juicy vegetable-meat stew is hale and hearty fare, when the days shorten and the feel of fall is in the air.

Stewing beef, economical and full of flavor, is seasoned subtly with rosemary, thyme and garlic, and let bubble gently till tender.

The dumplings are the crowning glory of Beef Stew Rosemary. The secret is to let the seasonings stand in the liquid for the dough while the stew is cooking, adding the biscuit mix just before time to cook the dumplings.

- Beef Stew Rosemary
2 pounds stewing beef
2 tablespoons butter
1 cup red dinner wine
1 cup water
1 tablespoon Beau Monde seasoning
1/2 teaspoon thyme, crushed
1/2 teaspoon rosemary, crushed
1/2 teaspoon garlic powder

Veal paprikash Hungarian treat

Hungary has for centuries been a land of elegant dishes. Unique flavor combinations, a blending of spices and frequent use of sour cream make their cooking acclaimed at home and abroad.

One national dish, Veal Paprikash, deserves attention at a special meal.

- Veal Paprikash
1/2 pound fresh pork sausage
2 pounds boneless veal, cut in 1-inch cubes
3 tablespoons flour
1/2 cup chopped onion
1/2 cup chopped green pepper
1 1/2 teaspoons salt
1 teaspoon paprika
1/2 cup water
1 cup dairy sour cream
2 cups cooked noodles
1 tablespoon butter or margarine
1 teaspoon poppy seeds
Brown sausage lightly. Remove from frying pan. Dredge veal with flour. Sprinkle any remaining flour over meat. Brown in sausage drippings. Pour off drippings. Add sausage, onion, green pepper, salt, paprika and water. Cover tightly and cook slowly 1 1/2 hours, or until done. Add sour cream and heat through. Mix together hot noodles, butter or margarine and poppy seeds. Serve meat over noodles. 6 servings.

- 1 tablespoon beef stock base
2 cups sliced carrots
4 medium onions, quartered
2 cups sliced green bell peppers
Rosemary Dumplings
3/4 cup milk
1/2 teaspoon Beau Monde seasoning

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School lunch menus given for the week

Monday: Wieners stuffed with cheese, mashed potatoes, buttered green beans, rolled wheat roll with butter, gelatin dessert, milk.
Tuesday: Italian spaghetti, buttered peas, celery sticks, cornmeal yeast roll with butter, pears, milk.
Wednesday: Barbecued beef on bun, tossed salad, yeast roll with butter, blueberry cobbler, milk.
Thursday: Lasagna, buttered peas and carrots, molded sunset salad, whole wheat roll with butter, brownie, milk.
Friday: Tomato soup, egg salad sandwich, cheese wedge, peanut butter cookie, peaches, milk.

Thyme enhances favorite steak

This particular recipe for individual swiss steak calls for the usual tomatoes and onions, as well as celery and thyme for variety.

- Individual Swiss Steaks
1 beef round steak, cut 3/4 inch thick
1/2 cup flour
1/2 cup salt
3/4 teaspoon pepper
3 tablespoons lard or drippings
3/4 teaspoon thyme
1 medium onion, sliced
1/2 cup sliced celery
1 can (16 ounces) tomatoes. Cut steak into 4 to 6 pieces. Combine flour, salt and pepper. Pound seasoned flour into steak. Brown in lard or drippings. Pour off drippings. Add thyme, onion, celery and tomatoes. Cover tightly and cook slowly 1 1/2 to 2 hours or until meat is tender. 4 to 6 servings.

- 1/2 teaspoon Spice Islands Rosemary, crushed
2 cups biscuit mix
Saute beef in butter in a large heavy pot. Combine red wine, water, Beau Monde, thyme, rosemary, garlic powder and beef base. Let stand 10 minutes. Add to browned beef, cover and simmer 1 hour.
Add vegetables and simmer 1/2 hour longer. Remove cover, pushing meat to center of pan.
Drop Rosemary Dumplings by teaspoonfuls into pan juices around outer edge. Cook 10 minutes uncovered with juices boiling. Cover and simmer 10 minutes longer.
Rosemary Dumplings: Combine milk, Beau Monde and rosemary. Let stand while stew is cooking. Stir in biscuit mix just before cooking dumplings. Makes 6 servings.

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Main dish salads high in protein

A crisp main dish salad bowl filled with meat is always a good luncheon suggestion. Here are two recipes that can utilize leftovers, if you wish.

- Corned Beef Salad
2 cups julienne-style cooked corned beef
1 cup chopped fresh spinach
1/2 head lettuce, separated
1 small onion thinly sliced
Italian or French dressing
Toss together corned beef, spinach, lettuce, onion and enough Italian or French dressing to moisten. 8 servings.
Tongue-Tomato Salad
3 cups diced cooked tongue
1/2 cup mayonnaise
1 tablespoon prepared mustard
2 cups cooked peas, chilled
1/2 cup chopped onion
1 cup chopped celery
1/2 cup chopped green pepper
1/4 cup grated sharp cheddar cheese
6 to 8 medium tomatoes
6 to 8 lettuce leaves
Mix mayonnaise and mustard. Scald tomatoes 1 minute in boiling water and remove skin. Chill. Combine tongue, vegetables, cheese and mayonnaise mixture. Cut tomatoes almost through in 6 sections and spread open, flower shaped, on lettuce leaf. Fill with tongue salad. 6 to 8 servings.

Lunch idea real winner

Flavor a sandwich with peanut butter and youngsters come quickly running for lunch. Feature a sandwich of protein-rich ham and your meal will fulfill those noon-time appetites. And, when you combine these two foods, you'll create a sandwich with a double treat.
Peanut Butter-Ham Sandwich
12 ounces sliced cooked ham
6 slices white bread
1/2 cup peanut butter
1/2 cup salad dressing
2 tablespoons coconut
Toast bread lightly on both sides. To make each sandwich, cover each slice of toast with 2 ounces sliced ham. Spread ham with 2 teaspoons peanut butter, then 2 teaspoons salad dressing and sprinkle with 1 teaspoon coconut. Place sandwiches on a cookie sheet and bake in a hot oven (400 degrees F.) 10 to 12 minutes or until lightly browned. 6 sandwiches.
Note: Sandwiches may also be broiled. Broil 3 inches from the heat for 3 to 5 minutes.

Ham 'n' eggs in new style inviting dish

If your family's appetites are not awake enough for a meal, try enticing them with menus with some sparkle. They'll like this inviting variation of ham and eggs. Complete the meal with citrus fruit and milk.

- Ham Slice With Egg Nests
1 ham slice, cut 3/4 inch thick
6 eggs
3 English muffins
3 tablespoons butter or margarine
Salt and pepper

To fry pan: Place ham in frying-pan. Do not add fat or water and do not cover. Cook over moderate heat, turning occasionally, until browned on both sides. Remove drippings as they accumulate. A "cook-before-eating" ham slice requires 12 to 15 minutes; a "fully-cooked" slice, 8 to 10 minutes.
To prepare egg nests: Separate eggs, putting whites in a bowl and each yolk in a cup. Split and toast English muffins. Spread with butter or margarine.
Add seasonings to egg whites. Beat until stiff but not dry and pile on English muffins, making a depression in center of each mound to form a nest. Place 1/2 teaspoon butter or margarine in center of each nest and slip in whole egg yolk. Bake in a moderate oven (350 degrees F.) 12 to 15 minutes, or until egg white is slightly browned. 6 servings.

Liver curry unusual dish; serve on rice

Liver can be easily dressed in fancy trimmings to add greater appetite appeal. Try preparing liver in a mild curry sauce and serving it on rice for a taste-tempting treat.

- Liver Curry
1 pound sliced beef liver
4 to 6 slices bacon
2 tablespoons lard or drippings
3 tablespoons butter or margarine
2 tablespoons finely chopped onion
1 can (2 ounces) mushroom stems and pieces, drained
2 tablespoons flour
1/2 teaspoon salt
1/2 teaspoon pepper
1 teaspoon curry powder
1 1/2 cups milk
2 cups cooked rice

Cook liver slowly in lard or drippings until well browned. Remove from frying-pan and cut into 1-inch pieces. Melt butter or margarine in sautepan. Add onion and mushrooms and cook until lightly browned.
Add flour, salt, pepper and curry powder. Blend well. Add milk. Cook, stirring constantly, until thickened. Add liver pieces and heat.
Cook bacon until crisp. Drain and break into small pieces. Serve liver curry over cooked rice and sprinkle bacon on top. 4 servings.

Recipe features oats, rice cereal

The tradition of the full cookie jar is one that gives youngsters pleasure and provides mothers with easy dessert makings, if canned or fresh fruits are also kept on hand. This is a favorite snack recipe.

- Cereal Crunch Cookies
1/2 cup butter
1/2 cup lard
1 cup granulated sugar
1 cup brown sugar, packed
2 eggs, beaten
2 1/2 cups sifted all-purpose flour
1 teaspoon vanilla
1/2 teaspoon salt
1 teaspoon soda
1 teaspoon baking powder
1 1/2 cups rolled oats, uncooked
1 1/2 cups oven-toasted rice cereal
1 cup coconut
Cream together butter, lard, and sugars. Add vanilla, eggs, continue creaming.
Sift together flour, salt, soda and baking powder. Add to creamed mixture. Stir in rolled oats, oven-toasted rice cereal, and coconut.
Form into small balls and place on greased cookie sheet. Flatten with fork; bake in moderate oven (350 degrees) 12 to 15 minutes. (About 6 dozen.)

Try cauliflower in grape saute

Juicy Tokay grapes, crunchy almonds and chicken stock base make cauliflower an exciting vegetable.

- Cauli-Tokay Saute
1 head cauliflower
2 tablespoons butter
2 teaspoons chicken stock base or 2 chicken bouillon cubes
1/2 teaspoon salt
1/4 cup hot water
1 cup Tokay grapes, halved, seeded
3 tablespoons toasted slivered almonds
Wash cauliflower; slice thin. Melt butter in heavy frying pan; add cauliflower. Cook about 5 minutes, turning several times with spatula.
Dissolve chicken stock base and salt in hot water; pour over cauliflower. Cover and cook about 5 minutes or until cauliflower is crisp-tender.
Add grapes; heat through. Turn into serving dish. Sprinkle with almonds and serve at once. Makes 5 or 6 servings.

Expert gives hunters advice for field care of deer meat

"If you get your deer Saturday, what are you going to do with it?" asks Jane Schroeder, Deschutes County extension agent. Fresh, flavorful venison for the table starts with careful treatment of the meat in the field. Andrew Landforce, Oregon State University extension wildlife management specialist, and a hunter in the true sense, has many tips for the hunter this time of the year.

Keep deer meat at its best by cooling it quickly — the quicker the better, Landforce says. He urges that the deer be skinned as soon as possible.
It's ideal when deer can be field dressed and immediately taken to camp, home or the cold storage locker to be skinned, he noted. Probably the cleanest meat from the woods is handled this way.

However, this isn't always possible and Landforce offers the following suggestions for care of deer that can't be taken back right away:
Here in Eastern Oregon, if you can't get the deer back to camp and skinned immediately, field dress and skin the deer in the field. Hanging the deer in a tree is preferred, but, if this is not possible, remove the hide while the deer is lying on the ground.

Keep Meat Clean
Use the skin and meat sacks to keep meat clean while skin-

Pork tenderloin top-notch meal

Tenderloin patties, sometimes called cutlets, are the most tender cut of pork and are recommended for a topnotch meal.

- Pork Tenderloin Supreme
12 slices bacon
6 pork tenderloin patties
Salt
Pepper

6 slices tomato, cut 1/2 inch thick
6 slices onion, cut 1/2 inch thick
Prepare each serving as follows: Cross 2 slices bacon, place tenderloin patty on center, sprinkle with salt and pepper. Sprinkle with salt and pepper. Place a slice of tomato on the patty, season, and top with a slice of onion. Season. Bring bacon ends up over onion slice and fasten with a wooden pick.

Place in a baking pan, cover tightly and bake in a moderate oven (350 degrees F.) 30 minutes. Remove cover and continue baking 30 minutes or until done. 4 to 6 servings.

Chicken salad buffet dish

How about a change of pace for Sunday? Instead of Monday Sunday dinner, give a Sunday night buffet supper. Can be a very pleasant way of entertaining.

Chickens are inexpensive now. A deluxe chicken salad would be an economical, delicious buffet dish.

Chicken Salad Deluxe

- 2 cups cooked diced chicken
1 cup cooked artichoke hearts, quartered
1 teaspoon grated onion or 1 tablespoon minced chives
1/2 to 1 teaspoon salt, freshly ground pepper
1 tablespoon lemon juice
2 tablespoons salad oil
1/4 cup mayonnaise
1/4 cup toasted shredded almonds
Watercress for garnish
Combine chicken, artichokes, grated onion or minced chives, salt, pepper, lemon juice, and salad oil. Marinate in refrigerator for at least 1 hour. When ready to serve, mix well with mayonnaise and pile into serving bowl or into lettuce cups. Sprinkle with shredded almonds and garnish with watercress. (Serves 6.)

Low-cost shoulder of lamb tasty braised and spiced

When looking for a roast in the economy category, learning about different meat cuts can be a real boon.

One is a rolled lamb shoulder. It's completely boneless, thus, no waste. The meat is rolled and tied in place with string.

Braised Rolled Lamb Shoulder

- 3 to 4-pound rolled lamb shoulder
3 tablespoons flour
1 1/2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon thyme
1 small onion, quartered
3 tablespoons lard or drippings
1/4 cup water

Combine flour, salt, pepper and thyme. Dredge lamb shoulder in seasoned flour. Brown meat and onion in lard or drippings. Pour off drippings. Add water, cover tightly and cook slowly 2 1/2 to 3 hours or until done.

Soup, sandwich, unique meal

Nutritionists have long contended that breakfast should contain at least one-fourth of the day's needs. An offbeat menu does the trick. Spread bread with a peanut butter and banana mixture, and creamy vegetable soup, provide protein, calcium, vitamins, minerals and carbohydrates.

Peanut Butter-and-Banana Spread

- 3/4 cup chunk-style peanut butter
2 medium-size ripe bananas, mashed (about 1 cup)
1 1/2 teaspoons lemon juice
Combine all ingredients; beat with spoon until fluffy and smooth. Chill, if desired. Use as a spread on crackers or bread. (1 1/2 cups)

Creamy Vegetable Soup

- 1 can (10 1/2 ounces) condensed vegetable soup
1 soup can milk
3 tablespoons creamy processed cheese spread
2 slices bacon, cooked and crumbled

In sautepan, combine soup, milk and cheese spread. Heat, stirring now and then, until cheese is melted, soup is hot. Garnish with bacon. (2 to 3 servings.)

Tokays flavor fillet of sole

Here's a new "Friday special," simple, elegant and absolutely delectable.

- Fillet of Sole Tokay
1/2 cup butter or margarine
2 pounds fillet of sole
1 teaspoon salt
2 tablespoons lemon juice
1/2 teaspoon monosodium glutamate
Dash Cayenne pepper
1 teaspoon paprika
1 cup Tokay grapes, halved, seeded

1 teaspoon parsley or chervil
Melt butter in heavy frying pan. Add fillets and saute until fish is golden, about 5 minutes. With spatula, remove fish to ovenproof platter.
Add all remaining ingredients to butter in frying pan. Heat to simmering; pour over fish. Bake in 350-degree (moderate) oven about 10 minutes or until fish flakes easily with fork. Makes 6 servings.

FRESH PEAR DESSERT

Accent the goodness of fresh Bartlett pears with a wine sauce and toasty marshmallow topping. Cut fresh pears into halves, core and place in shallow baking pan. Dot with butter. Combine equal parts Sherry wine and orange juice. Pour over pears and bake in moderate oven about 30 minutes, basting often, until pears are fork-tender. Top with marshmallows about 5 minutes before removing from oven.

Dr. Ross' DOG FOOD advertisement with image of a bag of dog food.

Cash SAVINGS ARE YOUR BEST SAVINGS advertisement for City Meat Market with a list of products and prices.

DON BAGLEY cares more... SO YOU WORRY LESS! Mobilheat advertisement with image of a man and a product.