

Vegetable Plate Gives Pleasant Menu Variant With Healthful Values

(By the Bureau of Home Economics, U. S. Department of Agriculture.)

The vegetable plate is always a pleasant variation in the diet but right now it begins to take on an added importance because local produce is moving to market in increasing quantities and varieties. This means lower priced vegetables for, although fresh vegetables are always on sale in large cities and most towns, the price may be beyond the reach of families who need to economize on their food.

RARE COFFEE WINS COUNTLESS NEW USERS BY FLAVOR

Amazing Popularity of Hills Bros. Coffee Tribute to Roasting Process

Years of experiment by Hills Bros. have resulted in the origination and perfection of the only Controlled Roasting process in the world.

By Hills Bros.' patented process, the degree of roast is positively controlled. The quantity of coffee passing into the roaster—about three pounds at a time—does not vary. The speed of the flow and the temperature remain the same, with the result that Hills Bros. Coffee is absolutely uniform. This roasting method is to a large degree responsible for the frequent question, "Why is Hills Bros. Coffee always the same?"

Comparisons show that Hills Bros. Coffee has a flavor no other coffee has. The ordinary method of roasting in bulk cannot insure a uniform roast because there is a lack of control.

The vacuum can, in which Hills Bros. Coffee is packed, keeps the coffee fresh. Air, which destroys the flavor of coffee, is completely removed from the can and kept out. Coffee does not stay fresh in ordinary cans, even if air-tight. Ask for Hills Bros. Coffee by name and look for the Arab—the trade-mark—on the can. Sold by grocers everywhere.

Hills Bros. Coffee, Inc., San Francisco, California. ©1931

MODEL BAKERY'S SPECIAL

Raised Doughnuts 15¢ doz.

Sponge Cake Squares 15¢ each

Cookies 2 doz., 25¢

Homemade Bread 3 for 20¢

Our Malted Milk Bread and Cakes SATISFY

They Taste Like Homemade

111 W Main

Saturday Specials

500 Fryers, each 40c Fat Hens, lb. 25c

(5c extra for drawing)

- Leg of Lamb, lb. 20c
Lamb Chops, lb. 20c
Tea Bone Steaks, lb. 20c
Sirloin Steak, lb. 20c
Rib Steak, lb. 20c
Pork Steak, lb. 20c
Pot Roast, lb. 14c
Boiling Meat, lb. 10c
Lamb Stew, lb. 6c
Bacon Backs, lb. 20c
Hams, half or whole, lb. 22c
Hamburger, lb. 15c
Sausage, lb. 15c
Pure Lard, 2 lbs. 25c

Ivy Street Meat Market

106 North Ivy Plenty of Parking Space Just Around the Corner from the Postoffice

and the method, out, as a rule, vegetables require much less cooking than they get. The bureau suggests that one reason some children often refuse to eat a dish is that all the chives has disappeared. Serve vegetables as soon as they are cooked. If it is necessary for them to stand for a time they should be removed from the water, no matter how small a quantity, and reheated quickly just before serving.

MENU FOR ONE DAY

- Breakfast: Cooked Cereal With Prunes, Top Milk, Toast, Coffee (Adults)—Milk (Children)
Dinner: Vegetable Plate with Poached Egg, Scalloped Tomatoes with Salt Pork, Seasoned Spinach, chopped fine, Baked Potatoes, Graham Muffins, Iced Tea (Adults) Milk (Children)
Dessert: Creamed Chipped Beef, Toasted Muffins, Fresh Strawberries, Milk for All

RECIPIES: Scalloped Tomatoes: 1 No. 3 can tomatoes, 1/2 cup finely diced salt pork, Salt, 1 tablespoon chopped onion, 1 cup dry bread crumbs, Pepper. Boil the tomatoes and onions about 10 minutes. Cook the salt pork until brown and crisp. Remove the pork and add the bread crumbs to the fat. Stir until well mixed. Mix the tomatoes and salt pork and season with salt and pepper to taste. Put a layer of the crumbs into a greased baking dish and pour in the tomatoes, and cover with the remaining crumbs. Bake in a hot oven until the crumbs are brown. Serve in the dish.

Graham Muffins: 1 1/2 cups unsifted Graham flour, 2 teaspoons baking powder, 1 tablespoon sugar, 3/4 teaspoon salt, 1 egg, 1 cup milk, 1 tablespoon melted fat. Mix all the dry ingredients thoroughly. Beat the egg slightly, add the milk, and stir with the fat into the dry ingredients. Do not stir the muffin batter any more than necessary. Bake in greased muffin pans for 25 to 30 minutes in a hot oven (400 degrees to 425 degrees F.)

Salad Hint From the Ancient Romans

"The old way of serving salads is gone," says Miss Miller. "Women are no longer content to serve one salad dressing on each different kind of salad. They know that each different salad has a unique flavor that suggests a different kind of dressing."

"Salad dressings are now being considered not merely as a flavor that is added but as something that is as important as the salad itself. That is why the modern rule of salad service is to mix a dressing appropriate to the salad. This is nothing new. It goes back to the time when the old Romans discovered that a sour wine made an excellent sauce for meat. Nowadays, when we make so many different kinds of salads, no one salad dressing will suit every salad. Mix a dressing appropriate to the salad."

"When the salad is served between the main course and the dessert, it should be appetizing, light and tart. It should not be too heavy. The fresh simple flavors of greens are most appropriate. Lettuce, endive, cucumbers; or cold vegetables, such as asparagus, Brussels sprouts or string beans. These salads suggest a tart, stimulating dressing such as French dressing."

"To make French dressing: beat together twelve tablespoons of Wesson oil, three tablespoons of vinegar, one teaspoonful of salt, one-quarter teaspoonful of pepper and a dash of paprika."

"Fruits, fresh or canned, have a more pronounced flavor than the simple greens. They call for a dressing less sharp, with perhaps a dash of sweetness or the tang of cheese. The next time you have a fruit salad, try this cream cheese dressing. To make this dressing: Cream two packages of cream cheese with eight tablespoonfuls of Wesson oil; add Wesson oil gradually. When the dressing is smooth and creamy, stir in one-half teaspoon of salt, one-eighth teaspoon of white pepper, one and one-half teaspoonfuls of granulated sugar, one-quarter teaspoonful of paprika and one teaspoonful of lemon juice. Dust the dressing with paprika to give it color. This makes a thick, stiff dressing—if you prefer it thinner, add more oil until it reaches the consistency you want it to have."

"When salad is the main dish at a meal, or luncheon and boasts the full flavor of lobster, crabmeat, or shrimp, the finished salad should be garnished with lemon-aioli (mayonnaise made with lemon juice) or tartar sauce, but the fish should first have been marinated."

"To marinate: Mix twelve tablespoonfuls of Wesson oil and three tablespoonfuls of vinegar, add one teaspoonful of salt, one-quarter teaspoonful of pepper; mix this thoroughly with the salad material and set aside in the refrigerator for several hours."

CHECKED CHIFFONS ARE FASHIONABLE

PARIS—(P)—Checked chiffons are a filmy and fashionable fabric for warm days. The chiffons are of three colors—lime, emerald and beige, or rose, grey and blue—and are generally made on the bias. The checks are three inches square.

State Without Street Cars: No street cars are in operation today in the whole state of New Mexico. Two little lines, which once existed here, lately fallen by the wayside, Collier's Weekly.

Modes of the Moment

PARIS: Patou designs a crisp yellow organdie gown for summer evenings. Yellow tulle is used for the fichu and pleated ruffles. Black patent leather crushed belt tying in back. Rita



Menus of the Day

By Mrs. Alexander George: MOIST CARAMEL CAKE (With mashed potatoes) Breakfast Menu: Grapefruit, Fried Eggs, Coffee, Buttered Toast, Luncheon Menu: Baked Stuffed Tomatoes, Toast, Baked Apples, Gingerbread, Tea, Dinner: Sliced Roast Beef, Mashed Potatoes, Creamed Carrots, Bread, Plum Jam, Asparagus Salad, Caramel Cake, Coffee

Baked Stuffed Tomatoes (Serving Six): 6 large firm tomatoes, 1 cup soft bread crumbs, 4 tablespoons chopped leftover meat or cheese, 2 tablespoons butter, 1 tablespoon finely chopped onion, 1/2 teaspoon salt, 1/4 teaspoon pepper, 1/2 teaspoon celery salt, 1 egg yolk, beaten. Wash tomatoes. Do not peel. Cut out blossom ends and scoop out part of the insides. Mix all rest of ingredients. Stuff tomato cases. Fit into baking pan. Add 1/2 inch water. Bake 25 minutes in moderate oven.

Asparagus Salad (Serving Six): 36 spears cooked asparagus, 1 cup sliced cooked beans, 1 hard cooked egg, sliced, 1 tablespoon chopped onion, 2 tablespoons chopped green peppers, 1/2 teaspoon salt, 1/4 teaspoon pepper. Chill ingredients. Arrange on lettuce and add French dressing.

Moist Caramel Cake: 2-3 cup butter, 2 cups dark brown sugar, 1 teaspoon vanilla, 1/4 teaspoon salt, 1 cup hot mashed potatoes, 4 egg yolks, 1/2 cup milk, 2 teaspoons baking powder, 2 cups milk, 4 egg whites, beaten, 1/2 cup pecans. Cream butter and sugar. Add vanilla, salt, potatoes, yolks and milk. Beat three minutes. Add rest of ingredients. Pour into shallow pan lined with waxed paper. Bake 35 minutes in moderately slow oven. Cool and frost.

Caramel Frosting: 2 cups dark brown sugar, 2-3 cup milk, 2 tablespoons butter, 1/2 teaspoon vanilla. Mix sugar, milk and butter. Cook over moderate fire and stir frequently until soft ball forms in cold water. Set aside 10 minutes. Add vanilla and beat until creamy.

SUNDAY'S MEALS: Breakfast: Fresh Berries, Waffles and Syrup, Broiled Bacon, Coffee. Dinner: Roast Veal and Browned Sweet Potatoes, Creamed Peas, Bread, Plum Jelly, Fresh Vegetable Salad, Pineapple Tart, Coffee. Supper: Cheese Sandwiches, Tea, Maple Sugar Cake, Apple Sauce.

Fresh Vegetable Salad: 2 cups diced tomatoes, 1 cup sliced cucumbers, 1/2 cup diced celery, 2 tablespoons chopped green peppers, 1 tablespoon chopped onions, 1 teaspoon salt, 1/2 teaspoon paprika, 2 tablespoons French dressing. Mix ingredients in glass bowl. Cover and chill. Serve on lettuce and add more dressing.

Pineapple Tart: 1 unbaked pie shell, 3 cups chopped or grated pineapple, 1 cup sugar.

Maple Sugar Cake: 1/2 cup butter, 1 cup soft maple sugar, 1 teaspoon vanilla, 1/4 teaspoon salt, 1/2 cup milk, 1 1/2 cups flour (sifted), 1/2 cup cornstarch, 2 teaspoons baking powder, 3 egg whites, beaten. Cream butter and sugar. Add vanilla, lemon extract, milk, flour and cornstarch. Beat two minutes. Add rest of ingredients. Bake in two-layer cake pans. Frost with any desired white or yellow frosting.

COMPANY FOR SUPPER: Jellied Chicken Loaf, Stuffed Tomato Salads, Hot Biscuit, Grape Jelly, Orange Layer Cake, Coffee. Jellied Chicken Loaf: 2 tablespoons granulated gelatin, 5 tablespoons cold water, 2 cups boiling chicken stock, 1/2 cups diced cooked chicken, 1/2 teaspoon salt, 1/2 teaspoon paprika, 1/2 cup finely chopped celery, 2 tablespoons chopped green peppers, 2 tablespoons chopped pimentos. Soak gelatin in cold water five minutes. Add stock and stir until gelatin has dissolved. Cool. Add rest of ingredients and pour into glass loaf mold which has been rinsed out with cold water. Set in cold place to stiffen. Unmold, cut in slices and arrange on platter. Garnish with parsley.

When making jellied chicken it is best to highly season the stock in which chicken is cooking. Diced celery, finely chopped onion, bay leaf and four cloves give good flavor. After chicken has been removed from stock, pour stock through sieve. It then is ready to use for jellied chicken.

(Breakfast) Grapefruit, Wheat Cereal and Cream, Buttered Toast, Broiled Bacon, Coffee. (Luncheon) Escalloped Tuna and Peas, Bread, Plum Jelly, Fruit Cookies, Tea. (Dinner) Broiled Veal Chops, Buttered New Potatoes, Creamed Beans, Bread, Peach Jam, Head Lettuce and Relish Dressing, Strawberry Angel Food Cake, Dessert, Coffee. Escalloped Tuna and Peas (Serving 6): 1 1/2 cups tuna, 1 1/2 cups cooked peas, 3 tablespoons chopped pimentos, 5 tablespoons butter, 5 tablesp-on flour, 1 teaspoon salt, 3 cups milk, 1/2 teaspoon celery salt, 1/2 teaspoon paprika, 3 tablespoons butter, melted, 1/2 cup rolled bread or cracker crumbs.

Home-makers Bureau

(By Julia Lee Wright) Salad Dressing and Cocktail Sauce

If you would like to make your own Thousand Island dressing and cocktail sauce, you will find the recipes below easily and inexpensively made. They both go so well with any kind of fish mixture, avocados, and most vegetable combinations.

- Thousand Island Dressing: 1 cup mayonnaise, 4 tablespoons chili sauce, 1 tablespoon chives or onion, 1 teaspoon vinegar, 1 tablespoon chopped green pepper, 3 tablespoons chopped red pepper, 1 teaspoon paprika, 3 tablespoons catsup. Add chili sauce, chives, catsup, peppers, paprika and vinegar to mayonnaise. (If peppers are not in season use pimentos and parsley). Cocktail Sauce: 1 cup catsup, 2 tablespoons lemon juice, Dash Worcestershire sauce, 1/4 cup finely chopped green pepper, 1/2 cup finely chopped celery, 1/2 teaspoon grated horseradish. Mix cocktail ingredients with cocktail sauce before serving, or arrange in layers in glasses.

The Home-makers' Bureau invites you to write for any information you desire, be it a recipe, a budget, a party planned. Simply enclose a self-addressed stamped envelope with your request to Julia Lee Wright, Safeway Home-makers' Bureau, care of Safeway Stores Inc., Box 74, Oakland, Calif.

LONG VELVETEENS IN VOGUE AT RACES

PARIS—(P)—Velveteen full length coats are the "dernier cri" for sports wear. Mme. Rene Revillon, who is among sponsors of the vogue, was seen at the races at Longchamps recently in a beige velveteen model worn over a sports frock of lightweight brown wool. Other fashionable women are choosing velveteen coats of a new raspberry red. They are designed along simple straight lines and worn without belts.

Swift Wings: You can now climb into an airplane and within a day arrive wherever you will in these United States.—Collier's Weekly.



SHE WAS ALWAYS LEFT BEHIND

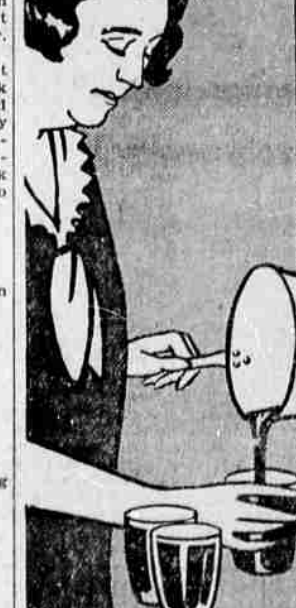
SHE NEVER seemed to have the pep that the other girls had. Nor was she so good-looking either. Her complexion was sallow. Wrinkles had appeared—years too soon. Little wonder that men found excuses when her name was mentioned. What a pity that so many girls lose beauty so soon...

Kellogg's ALL-BRAN sweeps the intestines clean of all poisonous wastes. How much better than taking habit-forming pills and drugs. Serve Kellogg's ALL-BRAN with milk or cream, fruits or honey added. Use for making fluffy bran muffins, breads, omelets, etc. Look for the red-and-green package at your grocer's. Made by Kellogg in Battle Creek. The largest-selling ALL-BRAN.

Kellogg's ALL-BRAN, eaten daily, are guaranteed to prevent and relieve both temporary and recurring constipation. In severe cases, use with each meal.

Kellogg's ALL-BRAN advertisement featuring a circular logo with 'Same Price for 25 cents' and 'PURE AND EFFICIENT' text.

Save 2 1/2¢ PER GLASS on your Strawberry Jam



Make a batch today this amazing short-boil way. 4,000,000 jelly makers are already following it. Saves money. Saves 7/8 of your time. Makes jam more delicious. No other method like it!

LOCAL women by the score are taking advantage of the present low strawberry prices! They are stocking their jam cupboards to overflowing with delicious strawberry jams and jellies. And with an eye towards economy they're using Certo, the amazing bottled fruit pectin that saves as much as 2 1/2 cents on every glass. With Certo, you see, only one minute's boiling is necessary, and hence no fruit juice boils away. You usually get, as a result, half again more glasses of delicious jam from the same amount of fruit.

More than that, if you follow directions, you take no chance of failure. Your jam will come out full flavored, colorful and with a daintier texture than you've ever known before. Now please remember! Only through the use of Certo and the Certo recipes can you follow this short-boil method of jam making. So order a bottle today. 4,000,000 women, among them many State Fair jelly champions, swear by it. Put up strawberry jam... and lots of it. Put up strawberry jelly, too. With Certo it is easy. Certo is a pure fruit product—a concentrated fruit pectin. And pectin, you know, is the substance in fruits which makes jelly "jell." Certo is a product of General Foods Corporation. At all grocers.

Certo advertisement featuring a bottle of Certo and the text '93 RECIPES GIVEN' and 'SEE RECIPE BOOK UNDER LABEL'.