



SAUERBRATEN TREATMENT—This is the season of the year when plentiful, economical stewing beef gets savory, lip-smacking sauerbraten treatment surrounded by flavorful vegetables. The recipe for this and other good things is included in today's food columns.

Feeding the Family

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Food Editor

Let's Enjoy Fine Flavors in New Ways

November, the frost on the pumpkin, the root vegetables in the bins offering flavor treats neglected by many because we don't know how to fix them or have a notion that the family won't like them.

Prepare the good distinctive flavored roots in ways suggested today and open up a whole new world of good eating for the family and for "company," too. Such good things as parsnips, rutabagas, turnips along with the more popular carrots, yams and sweet potatoes which are increasingly plentiful. Then, too, there are long white potatoes, onions for cooking as a vegetable and for seasoning particularly everything except dessert. Garlic is another root considered indispensable by many.

Give Parsnips Try

When properly cooked, and this means steamed or boiled, parsnips have a sweet, nutty flavor. To obtain the full flavor, parsnips should be steamed in their skins until tender. Then peel and slit lengthwise. If the core is large, scoop it out with the point of a knife.

Parsnips are now ready for the ricer or may be mashed and served like potatoes. Or they may be sliced and glazed like sweet potatoes, pan-fried, creamed or French fried.

Glazed Parsnips. Steam ten parsnips and cut into wedges; place in greased casserole and dot with three tablespoons butter or margarine. Sprinkle with two tablespoons brown sugar mixed with three-fourth teaspoon powdered dry mustard and dash of freshly ground pepper. Bake 20 minutes or until glazed and browned, in preheated 400 degree oven. Six servings.

Rutabagas, Turnips

In Ways Like These

Rutabagas and turnips, which are relatives, are sadly neglected in menu planning and it seems too bad because they have genuine character and distinctive flavor. Give the family new flavor treats by fixing them in any of these delicious ways:

Turnips and rutabagas must be peeled before cooking, unlike most other roots. Scrub them, peel them as thinly as possible and cut in large pieces if they are to be mashed, or dice if they are to be creamed or prepared in similar fashion.

Cook in large quantity of boiling salted water, uncovered, until tender. Young turnips will cook tender in 20 to 30 minutes; older roots will take longer. Drain liquid off, mash the vegetable and season with salt, pepper and butter or margarine.

Bake Them Whole. Turnips

and rutabagas are also good baked like potatoes.

Casserole Bake. Peel thinly and slice turnips or rutabagas one-fourth inch thick; arrange in layers in greased casserole and dot each layer with butter or margarine. Sprinkle with salt and pepper. Cover and bake in 450 degree oven for 45 minutes. Or if oven is set at lower temperature for another dish, bake turnips longer time until tender.

Other Ways. Turnips and rutabagas make an admirable addition to stews and soups, enhancing flavor of the dish while improving their own flavor. They may be served in fritters, in puddings and pancakes; may be fried, glazed or added to casserole dishes.

Garlic Atom Bomb

Garlic has been called the "atomic bomb of the vegetable world." We can't overlook it when we talk about roots because it is indeed a powerful one. Favored by Italians and those of Spanish descent, garlic is used to flavor meats, vegetables, stews, soups, salads, dressings, tomato dishes, spaghetti, sauces and in preparation of pickles and sausages. A tossed salad without garlic is unthinkable by most.

California is country's leading garlic grower with 16,900,000 pounds produced during an average year. There's little difference between the red and white varieties.

Plentiful Beef, Vegetables

In Savory Sauerbraten Stew

Beef stewing meat continues on list of best buys and there are plenty of potatoes and onions at small cost. Secret of this savory dish is 24 hour marinade in cider vinegar and spices followed by long, slow cooking. Light generous servings.

Place Two Pounds Beef

stewing meat in a bowl. In a saucepan, combine one cup cider vinegar, two cups water, one whole bay leaf, six whole cloves, six peppercorns, one teaspoon salt, one medium onion, sliced. Bring to simmer. Pour over meat in bowl. Cool and then place in refrigerator to marinate for 24 hours or so. Drain, reserving liquid.

Dredge meat in one-half cup flour mixed with two teaspoons salt and one-half teaspoon ground black pepper. Brown meat in one-fourth cup shortening or cooking oil. Add the marinade and two cups boiling water. Cover and let simmer 1 1/2 hours. Add six carrots, six medium size potatoes and six onions cut in quarters or left whole as you like; cook gently another 30 minutes or until vegetables are done. Thicken liquid with one-fourth cup flour mixed with

Forest Industry May Add Quarter Billion To Output in 1957

Corvallis—Oregon's forest industries are expected to add more than a quarter of a billion dollars to their annual output by 1957, but it won't take many more trees from the state's forests than it does today.

J. B. Grantham, managing director of the Oregon Forest Products laboratory, predicted the value of the state's forest products will amount to about \$1,252,000,000 by 1957. That is an increase of \$276,000,000 over 1954, latest year for which complete information is available.

Most of the increase will come from big users of wood residues, pulp, paper and wood composition board industries, he said. However, improved manufacturing methods will also add to productivity.

Grantham expects the pulp and paper industry to boost its output 83 per cent, to \$266,000,000. Wood composition boards, including softboard and hardboard, would be up 50 per cent to \$30,000,000, Grantham said.

Plywood Industry

The Oregon plywood industry is expected to increase its output by 40 per cent, to an annual

one-third cup water. Pour gravy over meat and vegetables. Anticipate exclamations of pleasure.

Glazed Sweet Potatoes

Nutritious and Delicious

One of the most complete foods known, sweet potatoes are high in energy, high in vitamins and have good quantities of minerals. Whether you choose the dry-fleshed sweets or the moist-fleshed yams, they're good boiled, baked, roasted, glazed, candied, mashed, fried, in patties and in pies, puddings, rolls and biscuits.

Sweets and yams should be cooked in their jackets if possible, conserving the nutrients and also making the vegetable much easier to peel.

Glazed Sweet Potatoes. For each six servings, wash six medium sweet or yams and boil in jackets until tender; drain, halve lengthwise and peel. In saucepan, combine one cup brown sugar, firmly packed, one-third cup water and one-fourth teaspoon ground nutmeg and bring to a boil.

Dip each potato half into syrup and place in greased baking dish. Dot with two tablespoons butter. Pour remaining syrup over potatoes. Bake in moderate, 375 degree, oven 20 to 30 minutes or until potatoes acquire rather transparent look. Baste frequently with pan syrup.

Bake, Pan-Fry, Scallop

Dry Onions More Often

A glance through any cookbook reveals few recipes other than desserts which do not include at least a suspicion of onion for seasoning. They're also good boiled, steamed, fried, baked, roasted, casserole, pickled and raw.

Onion culture goes back into antiquity and chances are these have been favored ways with them since biblical times.

Baked Onion Slices. For each five servings, peel five large onions with care removing only the

value of \$270,000,000. Lumber production, which accounts for more than half of the value of Oregon's forest products, would increase 12 per cent to \$675,000,000. Only decreases would be in shingles and miscellaneous products, he predicted.

This added value could mean some 27,000 new jobs by 1957, Grantham estimated. Even with automation, about 20,000 new jobs would be created.

He noted that of wood residues in Oregon grew from 1,500 tons in 1944 to 860,000 tons in 1954. The figure is expected to double by 1957, he said.

Despite this increased use, Grantham says about 12,000,000 tons of residues are available annually that can be better utilized.

The OFPL is concentrating its efforts on use of residues, particularly on chemical utilization of bark, high-yield pulping of mill leftovers, barking and chipping of logs in the woods and on seeking ways to use sawdust and bark in agriculture.

The forest products laboratory at Oregon State college is a state research agency supported mainly by a timber harvest tax.

delicate paper-like covering. Slice one-fourth inch thick and arrange in buttered baking dish using two tablespoons melted butter. Dissolve two bouillon cubes in 1 1/2 cups hot water and pour over onion slices. Bake uncovered in moderate oven, 375 degrees, 45 to 60 minutes or until tender. If they become dry, add more water.

Pan-Fry Onions. Either white or yellow onions may be used. For five servings, choose one to 1 1/2 pounds mild, sweet-flavored onions. Peel carefully to preserve shape. Wash, remove thin slices from root and stem ends and slice onions one-fourth inch thick. Heat three tablespoons butter to sizzling in skillet; add the onions, then sprinkle with one-half teaspoon salt. Cover, reduce heat and slowly cook until they are soft and translucent, from 8 to 10 minutes. Stir occasionally while cooking. Serve piping hot. Delicious with pan fried liver or hamburgers.

Escalloped Onions. For five servings, peel two pounds medium-size onions carefully. Wash and slice about one-fourth inch thick; cover with boiling water (one teaspoon salt to one quart water) and boil gently, uncovered, until onions are tender, from five to seven minutes. Drain, add two cups thin white sauce and turn into buttered shallow casserole. Sprinkle with one-third cup buttered bread crumbs or one-half cup grated cheese and place in hot oven, 425 degrees, until golden brown. Serve immediately.

Country Cole Slaw. Plentiful tomatoes, cabbage and green onions go into this unusual salad. In salad bowl, combine one cup shredded cabbage, two ripe tomatoes, diced, three-fourth cup sliced green onions. Blend one-half teaspoon salt, one-eighth teaspoon black pepper with one tablespoon vinegar and three tablespoons top milk or cream. Pour over vegetables and toss lightly.



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