

IF YOU'RE NOT SHOPPING AT THE GROCETERIA YOU'RE PAYING TOO MUCH

Armour's Star or Medford Meat Co.

Tasty Brand

Short Shank

Tenderized

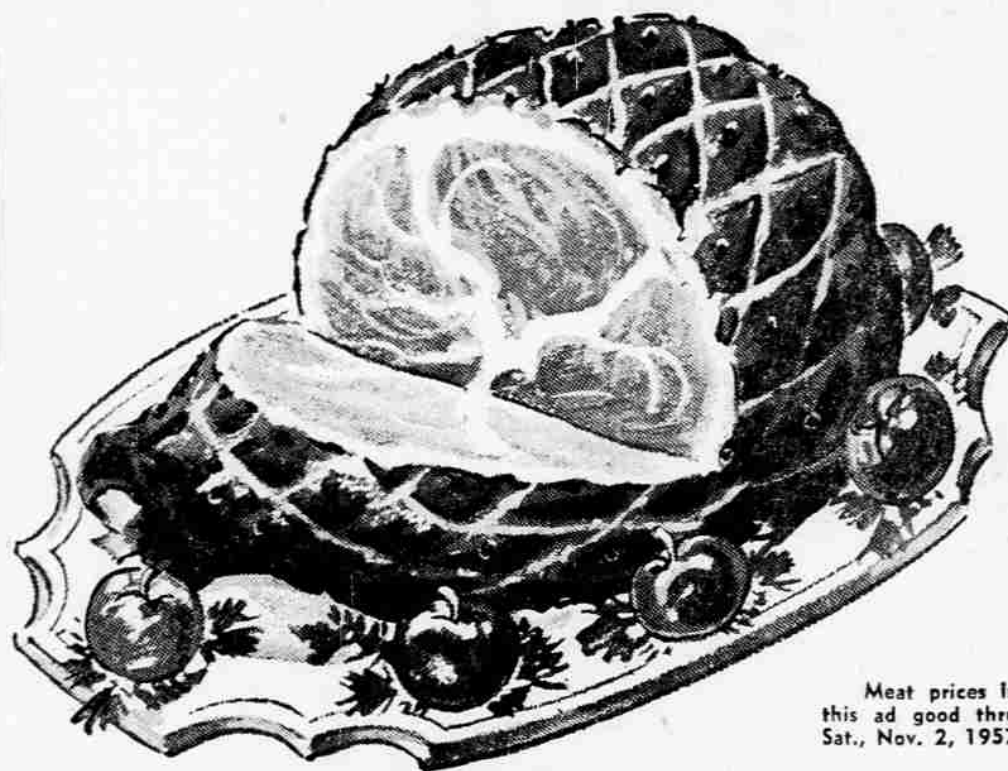
Shank Half

or

Whole

Small Size

**HAM**  
**49<sup>c</sup>**  
lb.



Meat prices in this ad good thru Sat., Nov. 2, 1957

SWIFT PREMIUM BRAND — BONED AND ROLLED

**VEAL ROAST** NO WASTE — IT'S SOLID MEAT **53<sup>c</sup>** lb.

LEAN — FRESH MADE

**GROUND BEEF** **35<sup>c</sup>** lb. **3 Pounds** **\$1<sup>00</sup>**

U.S. GRADED CHOICE — WASTE REMOVED

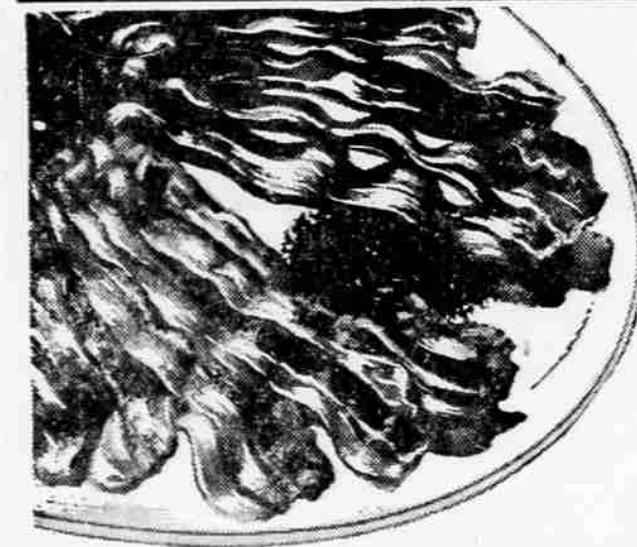
**LEG-O-LAMB** **69<sup>c</sup>** lb.

SWIFT PREMIUM BRAND — SEALED CELLO WRAPPED

**SKINLESS FRANKS** **49<sup>c</sup>** lb.

U.S. GRADED CHOICE STEER—Short Cut—Chime Bone Removed

**PRIME RIB ROAST** THE ROAST OF DISTINCTION **79<sup>c</sup>** lb.



ARMOUR'S STAR OR NEBERGALL'S — Sealed Cello Wrapped

**SLICED BACON** TWO FAMOUS BRANDS TO CHOOSE FROM **57<sup>c</sup>** lb.

**GROCETERIA FRESH PRODUCE** HELPS YOU TO EAT BETTER FOR LESS

HAM and YAMS



No. 1 **Red Yams** Mouth-Watering Goodness—Baked, Mashed or Candied  
No. 1 **Sweet Potatoes**

YOUR CHOICE **2 lbs.** **19<sup>c</sup>**

Pacific Brand—Fancy

**Oregon Cranberries** **2 ONE POUND PACKS** **39<sup>c</sup>**

EXTRA FANCY DOUBLE RED **YAKIMA DELICIOUS** **2 LBS.** **29<sup>c</sup>**

NEW CROP CALIFORNIA **DATES** **2 -LB. PACK** **59<sup>c</sup>**

NEWTOWN OR ORTLEY **APPLES** **5 -LB. BAG** **45<sup>c</sup>**

U.S. No. 1 IDAHO **POTATOES** Where the Good Baker Grows **10 LB. MESH BAG** **59<sup>c</sup>**

EXTRA FANCY **CELERY HEARTS** **PACKAGE** **29<sup>c</sup>**

**OYSTER PLANT** Makes Good Soups or Stews Better **BUNCH** **19<sup>c</sup>**

**Feeding the Family**

By ZOLA VINCENT  
Food Editor

**Skillet Supper, Japanese-Style Lends Itself to Table-top cooking**  
Our skillet supper, Japanese-style, otherwise known as sukiyaki, is a quick dish of Japanese origin that lends itself to table-

greatly. Many orchardists are growing apples especially for processing, setting high standards of consistency. News items here really is that, in response to popular demand, apple sauce



**SKILLET SUPPER, JAPANESE STYLE**—For a party menu that takes little time, serve sukiyaki with rice and tall glasses of light, sparkling beer. Strips of round steak, chopped spinach and sliced mushrooms, scallions, bamboo shoots and celery are among the ingredients that go into the Oriental specialty.

top skillet cooking. If you have an electric skillet, so much the better; but if not, improvise a cooking unit by placing an ordinary large skillet on a hot plate.

When serving sukiyaki it is usual to start the meal with a clear soup, perhaps garnished with chopped chives and a twist of lemon peel, and end it with almond cookies. The main course features rice served in individual bowls over which the savory juices from the sukiyaki are spooned. In Japan and other Oriental countries, any season of the year, beer is a long established favorite beverage served to complement the subtly seasoned foods. Now for the recipe.

**Skillet Supper, Japanese-Style**  
The festive cooking ceremony is part of the charm of this unusual company repast. Arrange the uncooked food on a large platter or two chop platters in orderly rows after cutting it as artistically and carefully as possible. The meat should be cut crossgrain into paper thin slices about two inches long, the mushrooms into downward slices from tops to stems to retain their decorative shape, the celery into diagonal slices, the scallions into thin crosswise slices or in strips about four inches long, and the spinach into pieces of uniform size. When the meat and vegetables are all arranged and ready to cook, you may not think they'll fit the pan, but you'll find they cook down rapidly.

1 pound round steak  
3 tablespoons olive or peanut oil  
2 medium onions, sliced  
1/2 pound fresh mushrooms, scrubbed and sliced  
12 green onions or scallions, sliced  
6 stalks celery, sliced  
1/2 pound fresh spinach, chopped  
1 can (8-oz.) bamboo shoots  
1/2 cup beef consommé  
1/4 cup soy sauce  
1/4 teaspoon monosodium-glutamate  
1 tablespoon sugar

Cut meat crossgrain into paper-thin slices. Heat oil in skillet. Add meat and saute until browned. Add vegetables; cover and saute about five minutes, stirring occasionally. Or, if you want to do it in true Japanese style, keep the vegetables in their own places and gently lift and turn them. If you happen to know how to use chop sticks they are ideal for this job. Pour in combined beef consommé, soy sauce, sugar and monosodium-glutamate. Cook uncovered over low heat 15 minutes or until vegetables are just tender, stirring or gently turning vegetables occasionally. Do not overcook. Serve with lots of hot fluffy rice. Have extra soy sauce handy for those who might like more. Makes six servings.

**Processed Apples Gain in Popularity**  
Apple sauce, apple slices and apple juice, processed in glass and in cans keep breaking their own records as production and distribution grows by leaps and bounds, according to the Processed Apples Institute reporting to the foods editors conference a while back. Reasons are many including the fact that people just naturally like apples, are using them far more often in recipes and the price is surprisingly low. Principal reason, this writer thinks, is that the flavor of apple products has improved

now comes in the "family size," 25-26 ounce sizes in jars and 29-30 ounces in cans.

**Two Hot Breads To Delight You**  
These fluffy-textured breads, different enough to pique the interest, and delicious enough for seconds all 'round, are made moist and rich with evaporated, inexpensive, nutritious smooth milk.

**Date Oatmeal Bread**  
This health giving combination of rolled oats and dates makes for wonderful snacking. 1 1/2 cups sifted all-purpose flour  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
3/4 teaspoon salt  
1 tablespoon vinegar  
1/4 cup unsulphured molasses  
1 cup evaporated milk  
1/4 cup shortening  
1/3 cup sugar  
1 egg  
3/4 cup uncooked rolled oats  
1 cup cut-up dates

Sift together flour, baking soda, baking powder and salt. Add vinegar and molasses to milk. Cream shortening with sugar; add egg and beat until smooth. Stir in milk mixture, rolled oats and dates. Add dry ingredients, mixing only until blended. Turn into greased 9x5x3-inch loaf pan. Bake in slow oven (325 degrees) 1 hour or until it tests done. Note: Delicious with cream cheese, or toasted and buttered.

**Suprise Orange Muffins**  
Orange sections make these most unusual muffins indeed. 2 cups sifted all-purpose flour  
3 teaspoons baking powder  
4 tablespoons sugar, divided  
1/2 teaspoon salt  
1 egg  
1/2 cup evaporated milk  
1/2 cup orange juice  
1 tablespoon grated orange rind  
1/4 cup salad oil  
12 orange sections

Sift together flour, baking powder, two tablespoons of the sugar and the salt. Beat egg; stir in milk, orange juice, orange rind and salad oil. Add all at once to dry ingredients, stirring only until all the flour is dampened. Fill greased 2 1/2-inch muffin pans two-thirds full. Press an orange section into top of each and sprinkle with remaining two tablespoons sugar. Bake in hot oven (425 degrees) 20 to 25 minutes. Makes 12 muffins.

**Hot Applesauce Sundae**  
Apples and vanilla ice cream are tasty togeth'er. Particularly when the apple part is hot and the ice cream melts into it for a perfect blending of flavors.

Heat sweetened applesauce with a dash of fresh lemon juice and perhaps extra cinnamon, ginger, and/or nutmeg. Serve on vanilla ice cream. Vary this idea by melting red cinnamon candies in the applesauce. Finely chopped apples, incidentally, will cook into sauce in approximately five minutes.

**MISCUE**  
Huntington, W. Va. — (AP) — Gaylord C. Martin, 18, Chesapeake, Ohio, was a marked man when he dropped across the Ohio river here for a game of pool while on leave from the Navy. Alert police spotted his hopped up car as the one that eluded them on a 100 m.p.h. chase through downtown Huntington last July and put him in jail on a charge of reckless driving.

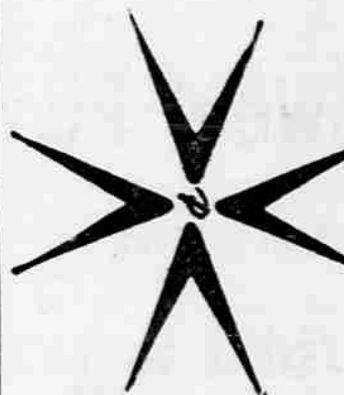


THE HIGH PROTEIN PET FOOD



\*pets love Bonnie\*

'58 **Plymouth**



Star of the Forward Look

On Display Friday at

**DICK KNIGHT CO.**  
33 South Riverside at 8th St.