



**CROPS BEING 'SPECIALED'**—Last year's bumper crop of America's favorite foods went into cans and are now being "specialized." Shown is a satisfying casserole using plentiful tuna, a medley of plentiful canned corn and peas, an asparagus salad and tart red cherry muffins.

### Feeding the Family

By ZOLA VINCENT  
Food Editor

**Smart Shoppers Take Advantage of Sales**  
We never write a story on canned foods but that we are reminded of the classic story of the Englishman who came to our part of the country many years ago, surveyed our vast acreage of orchards and truck farming and asked how in the world we could eat it all. The reply was, "Well, we eat all we can and what we can't eat, we can."

Today we not only "can" but we also freeze tremendous quantities of fresh fruits, vegetables, fish and shellfish. Now is the season of canned foods sales; a time of clearing out warehouse stocks of last year's canned crops of seasonal products . . . to make room for this year's harvests which will begin again in the spring.

Watch this newspaper's market advertisements. Note canned foods specials as you wheel your shopping cart up and down those aisles. Buy the dozen, buy the case of those products favored by the family. Save money. Enjoy convenience of having variety of canned foods handy for quick meal planning, family enjoyment.

**Waffles, griddle cakes.** Make a main dish by combining corn with meat, fish or eggs in a corn omelet, corn and ham casserole, chipped beef and corn, corn ring with creamed seafoods, corn and beef balls, corn fritters, corn pudding or make a sturdy corn chowder.

**On Tomato Products**  
Our tomato crop runs into millions of tons and 1957 was a big crop year with California producing 39 per cent of the nation's canner crop. Seventy six per cent of tomatoes grown up go into cans as whole or pureed tomatoes, tomato juice, tomato sauce, tomato paste, tomato soup.

**Canned Food Leaders**  
Market shelves and displays are stacked high with canned peas, corn, tomato products, peaches, tart red cherries, pineapple, pears, tuna and sardines. Juices, especially the large sizes, are bargains. See today's market report for more complete list of good canned food buys.

**Use any tomato product** to add flavor and color-richness to meat loaf, meat balls, egg dishes, cheese dishes, spaghetti sauce, rice dishes, gravies, stews, soups, fish and vegetable dishes.

**Heat and Eat Peas**  
Seventy per cent of all the peas grown go into cans. Oregon and Washington are major growing areas. We'll venture the opinion that more than 90 per cent of canned peas are simply seasoned, ready to heat and eat, so we'll suggest new seasonings.

**Herbs and other flavorings** designed to add flavor distinction to canned peas include basil, chili powder, cinnamon, onion, mushrooms, olive oil, marjoram, savory, tarragon, thyme.

**Many favor the addition of fresh or dried mint leaves.** Canned peas often are combined with diced carrots, with whole kernel corn, diced pimiento or chopped mushrooms.

**Tomato Juice Seasoning**  
Almost everyone "doctors up" tomato juice; adds lemon juice and Worcestershire sauce. We suggest other variations: basil, bay leaf, celery salt, curry powder, flavor salt, garlic salt, mace, marjoram, onion, oregano, rosemary, tarragon, thyme.

**They're also good creamed;** in vegetable salads; in soups and stew and in combination with many vegetables in other dishes.

**Sauerkraut Favored For Winter Eating**  
Ideal with any pork dish, we combine plentiful sauerkraut and plentiful apples. Peel and core three tart cooking apples and cut into eighths. In a 2½ quart saucepan, alternate apples and layers of sauerkraut from a No. 2½ can. Add water barely to cover; if necessary, bring to boiling point; reduce heat, cover and simmer until apples are tender (20 to 25 minutes. Add three tablespoons butter and four tablespoons sugar; cook rapidly until almost all liquid has evaporated. Six servings.

**Take a Can of Corn**  
It may surprise some to learn that our western states grow 14 per cent of the country's corn; that 55 per cent of the crop goes into cans.

**Drain one No. 303 can** sliced or diced beets, saving liquid. Combine 1¼ cups orange juice and one-half cup seedless raisins and heat to boiling. Mix three-fourths teaspoon salt, one-fourth cup of sugar and two tablespoons cornstarch. Add beet liquid and stir to a smooth paste. Add orange juice and raisin mixture. Cook, stirring constantly, until thick and clear. Add one tablespoon lemon juice, two tablespoons butter and drained beets; heat. Six servings.

**Symptoms of Distress Arising from STOMACH ULCERS DUE TO EXCESS ACID QUICK RELIEF OR NO COST**  
Ask About 15-Day Trial Offer!

**WILLARD TREATMENT** has been sold by relief of symptoms of distress arising from Stomach and Duodenal Ulcers due to Excess Acid—Poor Digestion, Sour or Upset Stomach, Gasiness, Heartburn, Sleeplessness, etc., due to Excess Acid. Ask for "Willard's Message" which fully explains the home treatment—free—of

**CASH DAVIS PHARMACY CENTRAL DRUG WAINSCOTT'S PHARMACY WESTERN THRIFT STORE**  
Phoenix: GIER'S DRUG STORE

### Elaine Soule Sanity Trial Scheduled Today

Redwood City, Calif.—Elaine Soule, 20-year-old typist from Freeport, N.Y., went on trial today on her plea that she was insane at the time she killed her roommate. Miss Soule appeared before the same jury of seven men and five women who on Tuesday found her guilty of second degree murder for bludgeoning and stabbing to death Catherine Marie Elvins, 19.



**WORKING AS UNIT,** 42 doctors and technicians, with aid of artificial heart successfully complete five-hour operation, during which machine took place of Johanne Lazorbak's heart for nine minutes. Dr. John Y. Templeton III, attending surgeon, checks normal heartbeat of Johanne, 8, after operation in Philadelphia hospital. (International)

**Realizes Break**  
"I realize I got a break," Miss Soule said of the verdict. "Wherever they send me, I'll try to make the best of it."

**Be a Label Reader**  
There's much to be learned and money to be saved by reading labels on canned foods. The label takes the guesswork out of buying. All labels state the quantity of food in the can; many indicate number of average servings. The style of pack is given so you can choose the one that best serves your purpose. Use fancy pack for "show"; "choice" or "standard" for ingredient use.

### Home May Be Symbol of Social Status in Few Years



**Elmer C. Walzer** outlook for business and the market in 1958, indicating two important complementary trends in our economy in affecting important groups in the stock market in the next several years.

**By ELMER C. WALZER**  
United Press Financial Editor  
New York — In time the home rather than the automobile may become the accepted symbol of social status, according to Walter Maynard, partner in Shearson, Hamill & Maynard made that remark in his business and the market in 1958, indicating two important complementary trends in our economy in affecting im-

### 'Gibraltar of Asia' Fortress for Nationals

Matsu — This rocky point of an island off the coast of Red China is a sort of Gibraltar of Asia. Generalissimo Chiang Kai-Shek has more than 18,000 of his crack Nationalist Chinese troops dug in here and armed to the teeth. They have vowed never to surrender.

The entire 6½ - square - mile island is a maze of mine fields, trenches, gun emplacements, barbed wire and pillboxes. The few beaches where a landing might be made are covered with scullies—heavy cement blocks embedded with pointed cross-crossed iron rails to halt tanks.

**Facing Matsu from the opposite shores** only 10 miles away are several hundred Red gun positions and more than 100,000 Communist Chinese soldiers. The Nationalists have 155

**Yet with all this, the value of bristling little Matsu** to Chiang today is political—not military.

**Cook egg noodles** according to package directions. Meanwhile, combine one large can undiluted evaporated milk, one-half teaspoon salt, 1½ teaspoons dry mustard and one tablespoon steak sauce in saucepan over low heat to just below boiling. Add two cups grated American cheese; stir over low heat until the cheese melts. Add two cans chunk-style tuna, one-half teaspoon oregano and cooked noodles; mix well. Turn into greased 2½ quart casserole. Sprinkle with Parmesan cheese. Bake in moderate oven, 350 degrees, 30 minutes.

**American strategists doubt the value of Matsu** as a stepping stone for any Nationalist counterattack of the China mainland.

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**Several days of bombing** would take a heavy toll despite the underground shelters.

**There's an abundance of tangy, zesty sauerkraut** for steaming with frankfurters, pork spare ribs and for baking with pork chops as well as for eating as a vegetable, either hot or cold.

**Chiang's troops and the more than 10,000 civilian** landers are completely dependent upon Formosa. A cut in this supply line would cripple Matsu, possibly within four weeks.

**Heat and season with salt, pepper and butter.** For variety, try bay leaf, caraway seed, cloves, dill seed, lemon, mustard, pickling spice, tarragon or vinegar. Or serve them like this:

**Why then do the Nationalists place so much emphasis on this tiny island?**

**There is no mistake that Matsu** is a thorn in the side of major propaganda value to the Nationalists. A few critical days of survival might be enough to mobilize American officials and public opinion

**into U. S. action against Red China.**

## Budget Balancing Food Buys!

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If you are not completely satisfied with any item purchased here, bring it back and your money will be cheerfully refunded.

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**CAKE MIXES**  
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**Cre'm Style Corn**  
KOUNTY KIST  
8 CANS FOR 1.00

**AA Large EGGS**  
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**CABBAGE** 10¢ Head  
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**SUNKIST Lemons** 29¢ dz

**Potatoes** 10 LBS 39¢

**Cauliflower** 19¢ Head  
LARGE HEADS SNOW WHITE  
STRAUSS CHOICE GUARANTEED MEATS

**PORK SHOULDER**  
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PICNIC STYLE  
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YOUNG EASTERN PORKERS

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Del Monte Sweetheart Brand — Those Who Have Eaten It . . . LIKE IT!

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