

# Shamrock Cakes Lend Motif For St. Patrick's Day



Shamrock cup cakes in harmony with St. Patrick's Day.

St. Patrick's day, March 17, calls for spring colors on the table and food with a tribute to Eire's patron saint in the decoration scheme. These cup cakes are perfect with their candied shamrocks on top.

eggs, well beaten, 1 cup milk, 1 teaspoon vanilla.

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs and beat well. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in greased cup cake pans in moderate oven (375 degrees F.) 20 to 25 minutes, or until done. Decorate with your favorite boiled frosting, putting candied shamrocks on top of each cup cake; or, if desired, shamrocks may be made with pastry tube. Makes 24 dozen medium or 14 dozen large cup cakes.

Fresh green rhubarb pie (a sign of spring) is another good dessert for March 17:

**Rhubarb Pie**

Three cups rhubarb, 3 tablespoons flour, 1 cup sugar, 2 teaspoons salt, 2 tablespoons butter, pastry.

Cut rhubarb in half-inch pieces. Coat rhubarb with flour, and combine with sugar and salt. Turn into a pastry lined pie plate, dot with butter, and cover with a top crust of with strips of pastry. Bake in a very hot oven (450 degrees F.) for about 30 minutes.

**Toasted Green Plum Shortcake**

(Serves 4 to 6)

Six slices whole-wheat bread, 6 tablespoons butter or margarine, milk.

**Menu**

**BREAKFAST:** Sliced fresh pineapple, oatmeal, toast, coffee, milk.

**LUNCHEON:** Toasted cheese sandwich, Romaine salad, apple sauce, shamrock cup cakes.

**DINNER:** Broiled halibut steak, mustard sauce, parsley potatoes, spinach, dandelion salad, rhubarb pie, coffee, milk.

**Supper:** 1 can green gage plums, brown sugar, 1 cup plum syrup. Spread slices of bread with butter or margarine (crusts may be removed if desired). Arrange bread on shallow baking pan and cover each slice with the pitted plums cut in half. Sprinkle with brown sugar, add syrup and bake in a hot oven (450 degrees F.) until edges of bread are browned.

## Check Family's Food Habits to Insure Health

When the family gathers around the Sunday dinner table, ask each member to check on his daily food habits. The national defense drive for better diet and better health can begin right in your own home with you as domestic defense commissioner.

The bureau of home economics says a normal adult should have the following every day to keep healthy:

**MILK:** One pint or more.

**LEAFY GREEN, OR YELLOW VEGETABLES:** One or more servings.

**TOMATOES, ORANGES, GRAPEFRUIT:** One or more servings.

**POTATOES, OTHER VEGETABLES, OR FRUIT:** Two or more servings.

**EGGS:** One, if possible.

**LEAN MEAT, POULTRY, FISH:** One or more servings.

**CEREALS AND BREAD:** At least 2 servings of whole-grain products.

**FATS AND SWEETS:** As needed to satisfy the appetite.

**WATER:** Six glasses or more.

The following recipe is an example of a Lenten dish which will fit both the limited budget and the nutritional requirements of the normal adult. Use it for Sunday night supper or for a sturdy luncheon main dish.

**Rice Croquettes With Cheese Sauce**

(Serves 4 to 6)

One-half cup rice, 1 cup milk, 1 cup water, 1 teaspoon salt, pepper, 1 tablespoon butter, 1 tablespoon minced green pepper, egg and crumbs.

Add the rice to the milk and water which have been heated in a double boiler. Add the salt and cook until the rice is tender and the liquid absorbed. Season with pepper, and add the butter and pimiento. Cool and shape into croquettes. Roll in fine dry crumbs, dip in beaten egg, and roll in crumbs again. Let stand 15 minutes or longer to allow the coating to harden. Fry in deep hot fat until delicately browned.

**Cheese Sauce**

Two tablespoons butter, 21 tablespoons milk, 1 1/2 cups milk, 1 to 1 1/2 cup grated American cheese, salt, pepper, paprika.

Melt the butter and stir in the flour. Add the milk gradually and cook until thickened, stirring constantly. Add the cheese and stir until melted. Season with salt, pepper and paprika.

**Menu**

**BREAKFAST:** Orange juice, oatmeal, country sausage, cinnamon buns, coffee, milk.

**DINNER:** Stuffed shoulder of pork, brown gravy, apple sauce, sweet potato pudding, spinach timbales, hearts of celery, steamed marmalade, suet pudding, lemon sauce, coffee, milk.

**SUPPER:** Rice croquettes with cheese sauce, cole slaw, preserved apricots, sponge cake, tea, milk.

## Oregon May Get Plant After War

PORTLAND, Ore., March 14 (AP)—Oregon may get an aluminum fabrication plant "when the war emergency ends," the president of the Reynolds Metals company, which selected a Longview, Wash., production site this week, said yesterday.

"Fabrication always follows production," R. S. Reynolds said. "If and when we decide to erect a fabrication plant, we will want to locate near a large reservoir of skilled labor. It is obvious that Portland, being closer to our Longview operation than the other big labor centers of the northwest, will receive most favorable consideration."

Reynolds also disclosed that deposits of alumina near Spokane led the company to consider a location there. The plan was dropped in favor of the Longview site, which afforded harbor facilities.

# Hoarding Will Only Send Prices of Food Soaring

The instinct to "hoard" food may be natural. But it usually results in unjustified price rises and artificial scarcity. American housewives today must guard against this tendency.

The advisory committee, consisting of representatives of 52 national retail trade organizations and the consumer commission, developed a four-point program to check unjustified price jumps on food and other commodities:

1. Price reporting at the pre-retail level to detect unfair increases.
2. Prevention of "scarce" advertising and speculative buying by retailers and the public.
3. Prompt information to the public about quality changes or substitutions in consumer goods.
4. Publicizing the work done by the government and retail buyers to prevent disruption of production facilities for consumer commodities.

Prices Closely Watched In the pre-retail price-reporting program, business organizations are investigating price movements in accordance with self-control methods recommended by the consumer division and the retailers' advisory committee. Price increases are reported to the proper retail trade association by merchants and by the advisory committee.

The trade associations then confer with the manufacturer, determine whether the increase is warranted or unwarranted, and try to adjust the situation then and there. The associations have reported that the cooperation of manufacturers generally is very satisfactory.

**Some Rises Justified**

However, housewives should realize that there may be justified but slight price increases.

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in certain foods, due to seasonal and other normal causes. If you want to know if prices at your local shops are justified, read market reports in your newspaper and study regular reports on food prices compiled by the bureau of labor statistics.

Confer with friends and relatives in nearby towns and cities and learn from them whether the same price increases have taken place in their markets, or whether your own merchants have just arbitrarily marked up prices.

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**Oxydol** Lge. pkg. 18c, Giant 49c  
**Ivory Flakes** 20c  
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**GUEST SOAP** 6 bars  
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