



PORK STEAK DINNER is easy and economical and you will want to serve often. Pork shoulder steaks, one of the thriftiest pork buys, are baked with a colorful vegetable-rice topping and served with buttered green peas.

—Photo Courtesy American Meat Institute

THRIFTY PORK TREATS FOR HEARTY APPETITES

Pork is one of the budget's best friends these days and offers an abundance of economy buys to delight the pocketbook and the palate. One of the most economical cuts is pork shoulder, in the form of either roasts or steaks.

Here's a tempting pork shoulder steak dish in which the steaks are baked with a tasty topping of rice and vegetables.

- PORK STEAK STACKS**
 4 pork shoulder steaks
 Salt, pepper, flour
 1 cup cooked rice (1-3 uncooked)
 4 slices tomato, (1/2 inch thick)
 4 slices onion (1/4 inch thick)
 4 teaspoons chopped green pepper
 Marjoram, thyme (optional)
 1 can sliced mushrooms (optional)

Trim a little fat from the edges of the pork steaks and fry out in a large skillet. Remove pieces. Sprinkle steaks with salt and pepper; flour and brown in the hot fat. Remove steaks to a roasting pan. On each steak place 1/4 cup cooked rice, 1 slice tomato, 1 slice

onion and a teaspoon chopped green pepper. Sprinkle with salt, pepper, marjoram and thyme. Top with well-drained mushrooms and add water to cover bottom of pan. Cover and bake at 350 degrees for one hour. Add more water as needed. Bake steaks several times during cooking with liquid in bottom of pan. Serve with some of the drippings spooned over meat and vegetables. Serves four.

Better Breakfasts Make Better Days

Better breakfasts are being promoted throughout the country to remind everyone of the importance of this first meal of the day. One good habit is to arise a little earlier. This helps get into the mood for food and provides more time for eating it.

Remember that the first meal of the day is not the one that adds weight. You need that extra fuel for the day's activities.

A good way to improve your family's breakfast eating habits is to plan menus with plenty of variety. Serve grape juice, pineapple juice, tomato juice as an alternate to orange juice. Or stewed apples or stewed prunes make a variety.

Choose a variety of breakfast breads — doughnuts, coffee cake, English muffins, or different breads for toast. Never let the breakfast get dull — keep giving your family surprises along the way.

Last, but not least, serve a substantial main course for breakfast. Studies have shown that the protein foods for breakfast (meats and eggs) make and children more alert at school and help the man of the house put in some highly productive morning hours. Furthermore, the feeling of morning well being often affects the way the family feels the whole day through.

Sausage is a favorite breakfast meat. Bacon adds interest to the breakfast eggs as well as to French toast or pancakes. If your family is not already in the better breakfast habit, try them out on a few tempting menus, with plenty of nourishing meat and eggs included.

POTATOES

A letter from Malcolm C. Smith, eastern manager of West-Holiday Co., Inc., in New York, says, in part:

"We can't get Klamath Nettle Gains back here but from time to time they do have Idaho potatoes. Last Saturday, I bought 10 pounds of Idaho No. 1's for 49 cents. Maine or Long Island potatoes, in the same market, were selling 10 pounds for 27 cents."

Also in the mail was a note from Frankie Coykendall, vice president of Botsford, Constantine & Gardner agency in Portland, who cooperates with Ray Andrews on the Idaho potato account. She calls attention to three full pages of pictures in color of potato dishes in the February issue of Woman's Day. The pages of pictures of potato dishes are followed by nine pages of recipes.

Caption is: "POTATOES — You Never Had 'em so Good."

From Walt Jendrzewski, county extension agent, comes a copy of "People and Potatoes," put out by the U.S. Department of Agricultural Economics, Washington, D.C.

Quoting from it:

"The potato is a valuable food. Next to bread it is one of the foods most used in this country. Yet most people interviewed indicated they eat potatoes just because they like them or because they are accustomed to them. When asked about the food value, very few seem to know that potatoes have any food value other than starch. Most of the housewives, when asked to name any special food values, left the impression that they pay little attention to the nutritive qualities of potatoes.

"As a matter of fact, a helping of potatoes has about as much iron

Buying and Storing Self-Service Meats

Your meat dollar is an important item in the food budget. Protect your investment by proper care of the meats you buy. Here are some pointers to remember in storing prepackaged (self-service) meats:

All meats should be stored in the coldest part of the refrigerator immediately upon your return from the store.

Prepackaged smoked or cured meats and packaged sausage may be stored in the original wrapper.

However, prepackaged fresh meats should have the wrapper loosened at both ends before refrigeration.

If small cuts of fresh meat are not to be used within a few days, they may be frozen. Remove the self-service wrapper and re-wrap in special freezer paper. Although meats may be frozen in the freezing section of the refrigerator if they are used within one week.

VARIETY IN MEALS

Variety in shapes and textures, as well as kinds of food, is important to keep appetites from lagging. Serve some foods raw, some creamed, some whole. Serve hot foods really hot; cold foods, cold. Salad greens should be crisp and fresh. When making a hearty macaroni salad, raise the macaroni with cold water before mixing with other salad ingredients.

as two slices of enriched bread or about half as much as in one egg; and one medium-sized boiled potato has as much vitamin C as a small glass of tomato juice. Also potatoes contain appreciable amounts of vitamin B-1 (thiamine) and niacin."



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—Photo Courtesy Helena Rubinstein

CABBAGE SALAD

A crisp cabbage salad can be dressed with any one of numerous dressings. Try combining 1/2 cup mayonnaise with 1-3 cup ripe olive chunks, 1 chopped hard-cooked egg, 2 tablespoons tomato catsup and 1 tablespoon pickle relish.

PICTURE FRAMING

Underwood's
 200 Main St., Phone 7000

Attention Legionnaires!

The party planned by Klamath Post No. 8 and Auxiliary for Saturday, February 20th, has been postponed. Next regular meeting March 2nd.

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PEAS Success brand Picnic Tins 10c
PEACHES Halves No. 2 1/2 tins 19c
GINGERBREAD MIX Dromedary 2 pkgs. 45c
WHITE STAR TUNA Bite size No. 1/2 tin 35c



FORM-FOLLOWING SUIT of navy worsted rep from Harry Frechtel's collection for Spring, 1954. The hipbone length jacket has navy-stitched white linen collar and cuffs, and is fastened with gilt disc buttons. A kick-pleat eases the back of the slim skirt. (Sally Victor Hat). Photograph courtesy Couture Group of the New York Dress Institute.

New hope for single women

Marcia was 29, stuck in a small town and afraid of remaining single. Then one day she held her baby nephew in her arms and came to a quiet decision. Six months later, she had found a new personality and was happily married! You'll enjoy the thrilling report of the work done in the Marriage Readiness Course initiated by Dr. Paul Popenoe. Don't miss "How to be Marriageable" in the March Ladies' Home Journal. On newsstands now.

Working Wives Are Telling Their Friends

"Remember how I used to envy women who had time to bake cakes? Well, no more. Now I bake the best cakes you ever tasted—with just 10 minutes' mixing time. Duncan Hines Cake Mixes—that's what I use. They're terrific!"



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