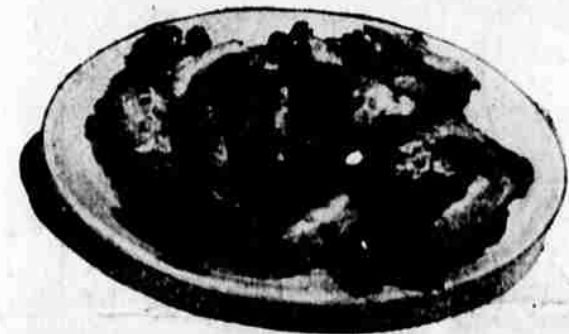


# upstairs and downstairs In Milady's Kitchen

FLORENCE JENKINS, Editor  
Herald and News



LAST SATURDAY at Emil's Supermarket was turned into an all-day party by two "tramps," Paul Stewart (left), local manager of Swift & Company, and Bill Kunz (right), superintendent of the packing company. Emil E. Albrecht (center) chuckled over the antics of the pair while shoppers heard the cry go up: "Here comes ANOTHER load of Swift's Premium fryers!" There was no doubt in anyone's mind (or shopping basket) that Emil was having a special on fryers. The "tramps" insisted they were going broke at the price and would have to leave town on the next freight (SP, no doubt) but everyone had a wonderful time.



CHICKEN is on the Department of Agriculture's "Best Food Buys" list. Grocers and markets are offering broilers and fryers at the lowest prices in a long time. It's a good time to serve your family a big platter of fried chicken and save money and a wonderful time to stock up the freezer with fryers for summer picnics.

## Fried Chicken With Gravy

Chicken is a low-calory, high-protein food. It is all lean meat. Today's commercial broilers and fryers are a lot better birds than those grandmother served. The modern chicken is the result of careful breeding to produce more meat and smaller bones. You get more meat for your money today. You can buy packages of all white meat, all drumsticks, thighs, wings, or of course, whole chickens and halves. This makes it easy to serve the family just what each one likes best.

**CHICKEN 'N GRAVY**  
1 1/2 cups evaporated milk  
2 1/2 to 3-lb. frying chicken, cut in pieces  
1/2 cup flour  
2 1/2 teaspoons salt  
1/2 teaspoon pepper  
2 tablespoons flour  
Pepper  
1 cup water

Put milk into a bowl. Dip pieces of chicken into milk, then roll them in a mixture of 1/2 cup flour, 1 1/2 teaspoons salt and 1/2 teaspoon pepper. Save milk for making gravy. There should be 1 cup. If not, add enough to make 1 cup. Brown chicken slowly in 1/4 inch

## POT ROAST OF BEEF

Season beef pot-roast with salt and pepper, dredge with flour, and brown it well on all sides in hot lard. Add 1 1/2 cup water, tomato juice or sour cream. Cover closely and simmer gently for about three hours, or until tender. As the liquid cooks away more may be added a little at a time.

there's only one  
**SKIPPY**  
TOPS IN QUALITY!

BEWARE OF IMITATIONS LOOK FOR THE HAPPY DOG

**LOW IN PRICE**

## Potato Pancakes

1 cup grated raw potatoes  
1 egg  
1 teaspoon grated onion  
teaspoon salt  
Pepper  
2 tablespoons flour, bread crumbs or Matzo meal  
1/2 teaspoon baking powder

Peel one or more potatoes. Soak for an hour in cold water, then grate. Drain thoroughly, pressing out excess liquid. Use one cup grated potatoes. Beat egg, add to potato, with onion, salt, pepper, flour and baking powder. Drop by tablespoons on a hot griddle with a generous amount of butter or shortening. Fry until golden brown on both sides, turning only once. Serve with hot toast (sauerkraut, brown, applesauce, or, for lunch, with bacon and applesauce). Makes eight cakes, 2-inches in diameter.

## BROILED STEAK

Have porterhouse, club or sirloin steak cut thick, at least one inch. Set oven regulator to broil. Place steak on rack so that there is a distance of from two to three inches between top of steak and heat. When one side of steak is nicely brown, season with salt and pepper, turn, and finish cooking on second side. Season the second side and serve immediately. Steaks cut one inch thick require from 10 to 20 minutes, depending on how rare you wish them. Season with garlic salt, if desired.

**TABLE TREATS**  
FROM THE FAMOUS  
**M.C.P. KITCHEN LABORATORY**  
COPY. 1953 MUTUAL CITRUS PRODUCTS CO. ANAHEIM, CALIF.

## THIS AMAZING NEW WAY TO MAKE JAM IS SIMPLY SENSATIONAL!

YOU DON'T COOK OR BOIL jams made with the original, exclusive uncooked jam recipe developed and introduced just a year ago by M.C.P. JAM AND JELLY PECTIN. As a result, you get jam with 100% fresh fruit flavor (and color), for nothing is cooked away. For the same reason, you use less fruit and sugar, yet get more jam - a pint from each cup of fruit! And how much more comfortable a procedure - no working over a hot stove! IT'S FRESH BERRY TIME NOW... and whether you make uncooked or cooked jams, there's one thing certain - you'll be sure of success every time with dependable M.C.P. PECTIN. (Important Note: Complete recipes for both cooked and uncooked jams are now being packed in the M.C.P. PECTIN package. If the Recipe Folder you get does NOT include the uncooked jam recipe, write Mutual Citrus Products Co., Anaheim, Calif., and they'll be sent promptly.)

## WANT CREAMY FRENCH DRESSING THAT WILL NOT SEPARATE?

MAKE IT WITH PECTIN... but not just any pectin... for it can't be done except with M.C.P. JAM AND JELLY PECTIN and the unique recipe developed by the M.C.P. Kitchen Laboratory. It's just one of the numerous plus values you get when you buy and use M.C.P. PECTIN. And, not only is non-separating feature of this fine dressing so appealing, it is so economical, too, and so easy to make. Women from all over the country have sent in for this fine M.C.P. French Dressing recipe, and many letters have been received expressing approval of its wonderful qualities. If you'd like to have this recipe, too, simply send a request to the M.C.P. Kitchen Laboratory, Anaheim, Calif.; it will be sent you promptly without charge.

## IT'S A REAL THIRST-QUENCHER - AND QUICK AND EASY TO MAKE!

OLD-FASHIONED LEMONADE... made in seconds without the least bother, and so inexpensive, too... with ready-to-use M.C.P. CANNED LEMON JUICE! One small can makes 12 glasses at less than 1/2 the cost of 12 bottles of more soft drinks. And how much better for the children, for everyone! For, M.C.P. LEMON JUICE is pure, undiluted, full-strength juice, rich in Vitamin C. It's NOT "reconstituted"... contains no preservatives of any kind, such as unwholesome sulphur dioxide or benzoate of soda. (It's a wise precaution to read the label carefully when you buy lemon juice, canned or bottled.) Pure, wholesome M.C.P. LEMON JUICE is so convenient, so economical, so useful in so many ways you'll never want to be without it. Write for a FREE Recipe Folder to the M.C.P. Kitchen Laboratory, Anaheim, Calif. (And there's M.C.P. FROZEN LEMON JUICE, too. If your grocer hasn't got it, he can easily get it for you.)

## Recipes from Basin Cooks

From Bonanza and Langell Valley, by way of our excellent cook, Mrs. Cora Levitt, come a number of recipes that are highly recommended.

### CHOCOLATE BUTTERMILK CAKE

Beat into a bowl 2 cups flour, 1 teaspoon soda, 1 1/2 cups white sugar, 1/2 teaspoon salt. Add 1 1/2 cups buttermilk (sour), 1/2 cup butter or other shortening. Beat two minutes, low speed with electric beater. Add two whole eggs and two squares of melted chocolate or two big tablespoons of cocoa. Beat 1 minute. Bake 35 minutes

at 350 degrees. This recipe makes two large loaves.

### PORCUPINE MEAT BALLS

1 1/2 lb. ground beef  
1/2 cup raw rice (soak 20 minutes in cold water)  
1/2 minced onion (medium size)  
1/2 minced bell pepper  
1 1/2 cups water  
1 can tomato soup  
Shape mixture into small balls. Mix tomato soup and water and pour over balls that have been placed in casserole. Cover and bake at 350 degrees for 1 1/2 hours.

### BROWN SUGAR UPSIDE DOWN PUDDING

Boil 1 cup brown sugar and 2 cups water for 10 minutes. Add 2 tablespoons butter. (Boil it in a deep pan and pour the pudding right in on top and bake - saves a pan). Pour in the following batter; do not stir after you pour in the batter: 1/2 cup sugar, 1 cup flour, 1/2 cup raisins, 2 teaspoons baking powder, vanilla, pinch of salt, few nuts and enough milk to make a batter. Bake 25 minutes at 375 degrees. Serve hot or cold with thin cream.

### PRUNE CAKE

Make this in layers, a loaf or sheet or cup cakes. Cream 1/2 cup shortening, 1 cup sugar, add 2 eggs and 1 cup cooked pitted prunes. Add 2 cups flour, sifted with 1 teaspoon cinnamon, 1 teaspoon soda, 1/2 teaspoon salt. Add alternately with 1/2 cup prune juice. Serve with whipped cream or brown sugar frosting. Bake 40 minutes at 350 degrees.

### MINCE MEAT DROP COOKIES

Cream 1 cup shortening, 1 1/2 cups sugar. Add 3 eggs, 2 cups mince meat, 3/4 cups flour sifted with 1 teaspoon soda, 1 teaspoon baking powder, 1/2 teaspoon salt, 1 teaspoon allspice and 1 cup walnut meats. Bake on greased cookie sheet at 350 degrees for 12 minutes. (Drop the cookies onto the cookie sheet by teaspoonfuls).

### SOUR CREAM PIE (very rich)

1 cup raisins  
1 cup sugar  
1 cup sour cream  
3 eggs  
1 teaspoon cinnamon  
1/2 teaspoon salt  
1/2 teaspoon nutmeg  
3 tablespoons cloves  
3 tablespoons flour  
1 tablespoon vinegar  
Walnut meats  
Vanilla

Beat egg yolks in heavy kettle or top of double boiler. Add sugar, flour and spices, etc., which have been mixed together. Add cream, vinegar, vanilla. Cook until thick. Pour into baked pie crust. Use egg whites for meringue.

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RATES FROM \$5.

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OAKLAND, CALIFORNIA



"I SCREAM, you scream, we all scream for ice cream," runs the children's chant. Right in tune is this ice cream bonanza with a maple-blended, date-nut sauce. Combine 1 tablespoon cornstarch, 1/2 teaspoon salt, 1 1/2 cups maple-blended syrup, 2 tablespoons butter in saucepan. Bring to a boil and simmer 3 minutes, stirring constantly. Remove from heat and add dates. Cool. Then stir in 1/4 cup chopped nut meats. Makes 2 1/4 cups sauce. — Photo Courtesy Log Cabin Syrup

# ALL BEEF AND BIG IDAHO RED BEANS

ONLY **Dennison's**  
CHILI CON CARNE OFFERS SUCH QUALITY



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You look better, feel better, are better, when your diet includes plenty of tasteful, nutritious dairy foods. Milk and its products do more for you than other foods...and do it more economically. Dairy foods furnish you with 30 percent of your food needs for just 15 percent of your food dollar. Next time you shop, buy Oregon dairy foods, for taste... for health...for economy.

## IT'S JUNE DAIRY MONTH!

This month, feature Oregon's unsurpassed dairy products in your menus—they're healthful, delicious, and economical!

**DEVILED STEAK**  
Make a sauce of 4 tablespoons lemon juice, 1 teaspoon Worcestershire sauce, 1 tablespoon grated onion, 3 teaspoon melted butter or bacon drippings, 4 tablespoons chili sauce. Rub 1-inch thick blade steak (or steak of your choice) well with dry mustard and marinate one hour in the sauce. Dredge with flour, brown in hot lard, add a few tablespoons of the marinade and cover. Cook slowly for about an hour or until tender.

# Block's Frosty White FOR SUMMER



White calf pump. High or Cuban heel.



Genuine nylon mesh with Mitas straw. High or Cuban heel.



White calf dress pump. High or Cuban heel.



Genuine nylon mesh wedge. Foam construction.



Faded blue or charcoal denim with bouncing crepe soles. Sizes 3 to 9.



Faded blue or charcoal denim with bouncing crepe soles. Sizes 3 to 9.

**Block's**  
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