



HOT SPICED CARAMEL MILK is an easy refreshment for chilly days. Make caramelized sugar syrup by heating 1 1/2 cups sugar in a heavy skillet over medium heat until it is a rich gold brown, stirring constantly. Slowly add 3/4 cup boiling water and simmer until sugar is dissolved and about 3/4 cup syrup remains. Combine syrup with 3/4 teaspoon cinnamon, pinch of salt and 6 cups of hot milk. Serve in large mugs and sprinkle tops with nutmeg. Photo and recipe courtesy National Dairy Council.

Caramel Squares Recipe Complete

The September 30 issue of the Herald and News carried a recipe on the food pages for Caramel Squares. From Mrs. Carey M. Ramsby.

Mrs. Ramsby reports she has had several phone calls asking if the liquid was inadvertently omitted from the recipe.

The only liquid necessary to make these chewy delicacies is the amount of egg yolks in the first part of the squares.

FISH TIP
A fish salad sometimes needs something extra with it. Try taking a Bermuda onion, slice very thin and marinate in 1/2 cup French dressing. Let stand for several hours. Just before serving, add one tablespoon of light cream, mix well and pour over thinly sliced cucumbers.

PUDDING TOPPING
Try adding one tablespoon of cocoa, one tablespoon of sugar and a dash of salt to a chilled 1/2 cup of whipping cream for topping for puddings, pies or cake.

"Ready-Mix" Cakes & Desserts are extra-good when you add Schilling!

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Thrifty Liver Good Eating

Excellent supplies of beef now coming to market make beef liver a better value than ever.

Beef liver offers not only distinctive, full flavored eating goodness, but is an outstanding source of Vitamin A, iron, copper and the B vitamins, Riboflavin, Thiamin and Niacin. Small wonder this meat is called a gold mine of nutrition.

Budget-wise fresh liver may be purchased in the exact amount you need. It should be kept loosely wrapped, in the coldest part of the refrigerator and used within 24 hours of purchase. For longer keeping, it's wise to select frozen beef liver which may be kept in the home freezer at zero or colder for six to seven months.

- LIVER-VEGETABLES**
- 1 pound beef liver
 - Flour
 - 2 slices bacon
 - 1 large onion
 - 1 bouillon cube
 - 1/2 cup water
 - 1/2 cup catsup
 - 1 teaspoon salt
 - 2 cups cooked mixed vegetables

Roll liver, which has been cut in 1-inch strips, in the flour. Pan fry bacon which has been cut into pieces, in a heavy skillet. Add liver and sliced onions. Cook until lightly brown. Stir in remaining ingredients. Cover. Cook over low heat for 30 minutes. Recipe was developed using Swift's Premium Beef Liver.

LOOK AT THE MATERIAL

When you're buying that school jacket for Junior, or the snow suit to keep little Susie warm this winter, you can't ask too many questions about how such a garment will perform in wear and cleaning, according to the National Institute of Drycleaning. Be sure that the jacket lining does not contain any plastic sheeting as it causes excessive shrinking in drycleaning.



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- Apricots** "Red Tag"—Whole Unpeeled, No. 2 tins **2 for 35c**
- Pumpkin** Standby No. 2 1/2 tins **2 for 25c**
- Wax Tex** Heavy Waxed Paper, 100 ft. rolls **19c**
- Fruit Mix** For salads or cocktails No. 1/2 tins **4 for 99c**
- Peas** Hunt's, tender No. 300 cans **6 for 79c**
- Tuna** Royal Club, fancy Solid Pack No. 1/2 tins **3 for \$1**
- Bleu Cheese** Appetizers Tavern, 8-oz. **19c**
- Radiant Fruit Mix** Lyons—for mince meat or fruit cake lb. **49c**
- Salad Dressing** Durkee's, Whipped qt. **49c**
- Corn** Hunt's Cream Style No. 300 cans **6 cans 79c**

Fresh PRODUCE **10c** 1 lb. pkg.

CARROTS

- Crisp Portland **CABBAGE** lb. **5c**
- Sno-White Heads **CAULIFLOWER** 2 heads **29c**
- Fancy Fresh Cape Cod **CRANBERRIES** 1-lb. pkg. **25c**
- Full Tender **SWEET CORN** ear **5c**
- Tender Shoots All Green **BROCCOLI** Bunch **19c**
- Ripe Sweet and Juicy **TOKAY GRAPES** lb. **10c**

- Mission, Long **Spaghetti** 14-oz. pkg. **2 for 35c**
- Mission Italian Style **Spaghetti Sauce** 7 1/4-oz. can **15c**
- Nabisco **Ritz Crackers** lb. **35c**
- Nabisco **Snowflake Saltines** lb. **27c**
- "Yes" **Facial Tissue** Pkg. of 400 **2 for 65c**
- Lou-Z-Ana Broken **Shrimp** 5-oz. tins **4 for \$1**
- Borden's American or Pimiento **Cheese Spread** In "Old Fashioned Glass" 6-oz. jar **25c**



- Mild Cheddar Cheese** Borden's **39c** lb.
- Dennison's 14-oz. bottles **2 for 29c**
- Derby Brand, 3 1/2-oz. **3 for 20c**

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- Hearts and Tongues** Fresh **25c** lb.
- Beef Roasts** USDA Grade "Good" **35c** lb.

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***MARTHA MEADE'S QUICK CORNED BEEF BAKE**

TRY this easy Corned Beef supper dish (shown above). Sift into mixing bowl: 1 1/2 cups sifted SPERRY DRIFTED SNOW FLOUR, 3 teaspoons double-action baking powder, 1/2 teaspoon salt. Add 1/2 cup mayonnaise, 1/2 cup milk. Mix to moderately stiff dough. Roll dough to about 8 x 12 inches (1/4 inch thick). Place on ungreased baking sheet and cover with thin slices of canned Corned Beef. Spread most lightly with mayonnaise and mustard. Top with thin slices of tomato and cheese. Bake in preheated hot oven 425°, for 15-20 minutes. Cut into squares. Serve hot with crisp cole slaw or relishes, 6 servings.