

# upstairs and downstairs In Milady's Kitchen

By Florence Jenkins Editor  
Herald and News

## Chef's Special

The American housewife is taking more and more to Norwegian sardines packed in light, shiny aluminum cans, according to Aluminum Limited, of Montreal, leading suppliers of primary aluminum to the United States and other countries.

Special mild sardines, a Norwegian delicacy, are exported to many countries throughout the world, more than 50 per cent going to the United States. Aluminum officials, quoting Norwegian sources, said that the United States last year imported 128,000 cases of the sardines packed in aluminum cans and estimated that this would jump to 150,000 cases by the end of 1955.

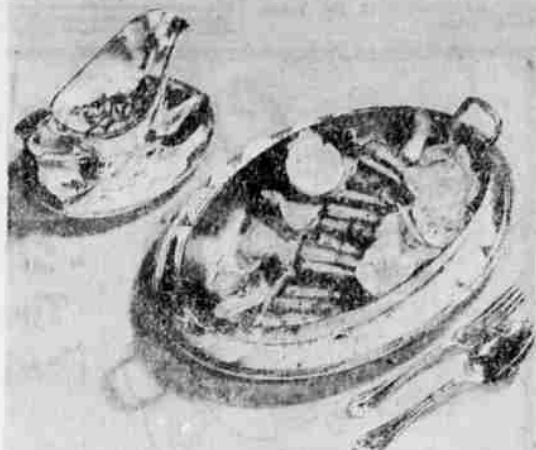
For four servings you will need two 3 1/2 ounce cans of Norway sardines, a medium size eggplant and two tablespoons bread crumbs. Drain the oil from two cans of Norway sardines and roll the sardines in bread crumbs. Broil until well browned. Bread four slices of eggplant and fry in oil. Dress the sardines on the eggplant.

We like to peel the eggplant, cut it in 1/2-inch thick slices, dip in beaten egg and then in fine cracker crumbs and fry in lots of butter. Keep the heat low enough so it browns nicely and cooks through before turning, then brown the other side.

**SAUCE BEARNAISE**  
1 tablespoon tarragon vinegar  
2 tablespoons chopped green onions  
3 crushed peppercorns  
3 egg yolks  
1/2 pound melted butter  
1/2 teaspoon capers  
3 stalks chopped tarragon (if available)

Put the vinegar, onions, peppercorn and all but one teaspoon of tarragon in skillet. Cook until liquid has been reduced to about one-fourth its original volume. Cool slightly and add the yolks of three eggs gradually. Put skillet back on stove and cook over low flame while gradually adding the melted butter. Continue stirring until liquid reaches consistency of cream sauce. Strain sauce through a sieve. Stir in teaspoon of chopped tarragon and 1/2 teaspoon of capers. Serve in a bowl to accompany the platter of sardines and eggplant.

The growing of herbs is becoming more popular among housewives. We have a big bush (it is a bush) of rosemary growing in the garden which was nurtured in a pot in the basement all last winter. Chives thrive in this climate and reseed themselves.



**BROILED NORWAY SARDINES** on eggplant with Sauce Bearnaise comes from Joseph Castaybert, executive chef of the famous St. Regis Hotel in New York. He complements the natural zesty flavor of sardines with a rich French sauce to create an unusual, satisfying sea food dish.

**Khaki Pants**  
If your husband wears khaki pants and you wash them at home, add a little collee to a solution of Vano Liquid Starch when starching them. It adds much to the appearance.



**BONNIE**

By the makers of Dog-E-Stu

## Free Booklet

The latest edition of "Modern Methods of Preparing Baby's Formula" is available without charge from The Pyramid Rubber Company, Ravenna, Ohio, according to announcement by Mrs. Elaine Evans, director of the company's Baby Service.

The booklet, frequently revised, has been deemed so practical and instructive that it is ordered on a regular basis and used in Red Cross baby classes throughout the country. Hundreds of hospital maternity divisions make this booklet available to their patients without charge.

It places before the mothers and prospective mothers accumulative experiences and procedures of formula preparation and sterilization as recommended and found worthwhile by leading pediatricians, hospital maternity wards, nurses and other specializing in baby care research.

Write direct to The Pyramid Booklet.

## Rice Dainty

Mrs. E. R. Nelson of Summer Lake has consented to share a favorite family recipe with our readers.

1 1/2 cups cooked rice  
1 cup grated pineapple  
1/2 cup powdered sugar  
1 cup whipping cream

Carefully drain all the juice from the grated pineapple. Add

rice and sugar. Whip the cream, garnish with maraschino cherries and fold into mixture. Chill. Serve, ripe.

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## The Best Meats

IN TOWN!

|                 |                                           |            |     |
|-----------------|-------------------------------------------|------------|-----|
| Sliced Bacon    | Morrell's Frontier                        | 2 lb. Pks. | 79c |
| Ground Beef     | 100% Pure, Lean                           | 3 lbs.     | \$1 |
| Spare Ribs      | Country Style                             | 49c lb.    |     |
| Cheesefurters   | Morrell's—Something New—They're Delicious | 59c lb.    |     |
| Baby Beef Liver | Sliced                                    | 39c lb.    |     |

## Hunter's Specials!

|                          |                            |        |
|--------------------------|----------------------------|--------|
| Morrell's Canned HAMS    | 9 to 11-lb. Average        | 79c lb |
| Imported Danish PICNICS  | 2 lbs. Each                | 189    |
| Morrell's Canned PICNICS | 3 1/4-lb. each             | 249    |
| Swift's Premium HAMS     | Ready to eat 10 to 12 lbs. | 63c lb |

Famous Hubbard Cured Bacon and Sausage—You'll Agree There's Nothing Like It!

**CARL'S SUPERIOR MARKET**

|               |                 |                  |         |               |
|---------------|-----------------|------------------|---------|---------------|
| P R O D U C E | Seedless Grapes | 2 lbs.           | 25c     | P R O D U C E |
|               | Jonathan Apples | Crisp, good      | 15c lb. |               |
|               | Grapefruit      | 8-lb. bag        | 59c     |               |
|               | Oranges         | Choice 5-lb. bag | 59c     |               |
|               | Lemons          | lb.              | 15c     |               |
|               | Potatoes        | US No. 2 10 lbs. | 39c     |               |



Makes 8 Quarts

Shasta Way and Merrill

# GRIGGS SUPERIOR FOODS



|                              |                                       |                                    |                                                      |                                       |
|------------------------------|---------------------------------------|------------------------------------|------------------------------------------------------|---------------------------------------|
| Detergent All 10 lbs. 2.49   | Del Monte Orange Juice 46-oz. can 35c | Mission Peas 303 cans 2 for 25c    | Guaranteed by Good Housekeeping Trend Giant pkg. 49c | Gerber's Baby Food Strained 4 for 29c |
| Sunshine Fig Bars 20-oz. 45c | Del Monte Grapefruit Juice 46-oz. 29c | Standby Grape Juice 46-oz. can 59c | Del Monte Blended Juice 46-oz. can 33c               | IVORY SOAP Large Size 2 for 25c       |

## OPEN ALL NIGHT Thursday and Friday!

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Our Restaurant will be Open  
All Night - Both Nights

|                        |                                           |     |
|------------------------|-------------------------------------------|-----|
| Large Slicing Tomatoes | 22-25 lb. Lugs                            | 129 |
| Prunes                 | Direct from Roseburg, tree fresh! 55 lbs. | 299 |
| Gravenstein Apples     | Ripe and good 25 lbs.                     | 119 |
| Pears                  | Medford 25 lb. Lug                        | 100 |
| Hale Peaches           | 22 to 25 lb. Lugs                         | 159 |
| Grapefruit             | 8 lb. Bags                                | 59c |
| Oranges                | 5 lb. Bags                                | 49c |
| New Potatoes           | 10 lbs. 29c 50 lbs.                       | 129 |
| New Crop Onions        | 10 lbs.                                   | 59c |
| Large Frankfurters     | Swift's 3 lbs.                            | 100 |
| Hunter's Bacon         | By the piece lb.                          | 49c |
| Rib Steaks             | Good and tender lb.                       | 49c |

OPEN DAILY

and SUNDAYS

# MALLORY'S MARKET

Merrill-Lakeview Junction

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