

# upstairs and downstairs In Milady's Kitchen

By Florence Jenkins Editor  
Herald and News

## Beef on the Menu

A busy Cow Belle is Rose Babson. Her husband, Denny, is a rancher and runs cattle at Aspen Lake and Langell Valley. Their four children are Anne, nine, in the fourth grade; Stephen, seven, in the second grade this year, and Joan, who will soon be four, and Marla, two, who are at home.

Naturally they are a family which likes beef. Here is Rose's recipe for Barbecued Short Ribs:

"Take three or four pounds of short ribs and brown them slowly but well in two tablespoons of bacon fat. For this day, I use my pressure cooker," Rose says.

"Add 1/2 cup diced onion. Combine and heat and pour over the meat 1-3 cup catsup, 1/4 cup vinegar, 2 tablespoons water, 2 teaspoons chili powder and 1/2 teaspoon salt."

"Adjust cover. Cook at 15 pounds pressure for 20 minutes. Reduce pressure immediately. Thicken sauce and correct seasoning to taste. Serves five."



COW BELLE of the week is Mrs. Denis Babson of Crystal Springs Road, who is sharing her recipe for Barbecued Short Ribs with our readers.

## Foremost Price Cut

Good news for local homemakers was announced this week.

Southern Oregon has been chosen as the first test market for the new price of fresh-tasting Foremost evaporated milk.

The exclusive fresh-tasting process used by Foremost is more expensive than the usual method of canning evaporated milk, its manufacturers state. Despite this difference in the cost, Foremost has selected our area as the first where Foremost will be offered at a competitive price.

On your grocer's shelves, the price of Foremost will be the same as competing brands of evaporated milk.

Foremost has the fresh milk taste. Foremost whips as easily as fresh whipping cream—just whip it as the same cold temperature you would keep whipping cream. Foremost also has all the nutritious value of whole milk with some of the fat solids removed, making it less "fattening."

**KITCHEN APRON**

To make a convenient kitchen apron, take one gay bath towel, one strip of inch wide cotton tape, and one length of cotton cord.

Stitch the tape flat along the long side of the towel to form a casing, draw the cord through this with enough extra to tie, and presto! An easy-to-suds protective apron, good for wiping wet hands while working.

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STUFFED EGGPLANT, Iranian style, is a romantic dish. Here it is made to please the American taste with the addition of wheat and barley kernels, which provide greater nutrition and an improved texture to the true Iranian recipe. Photo and recipe courtesy of Post Grape-Nuts.

## Romantic Dish

It was long ago, in the fabled land of Persia, that Aladdin commanded savory meals to appear before him on platters of exquisite silver. Today, from Iran, as Persia is now known, these same romantic dishes that appealed to Aladdin, seasoned with unusual spices and nuts, continue to tempt all who love exotic foods.

Eggplant is among the most common of their foods; and we in the West can also enjoy one of the most appealing of their national dishes... "Iranian Stuffed Eggplant."

Here is the recipe with one slight change made to please the American taste... the addition of wheat and barley kernels, better known to cereal lovers as Grape-Nuts. This cereal provides extra nutrition—in fact, wheat and barley kernels give more energy per spoonful than any other cereal, hot or cold.

Also, this American breakfast treat improves the texture of the eggplant stuffing. And, its malty nut-like flavor combines perfectly with all the other products. Naturally, the best proof is in the "trying."

### STUFFED EGGPLANT

- 1 large eggplant
- 3 to 4 tablespoons olive oil
- 1/2 cup chopped onion
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 clove garlic, minced
- 1/2 pound ground meat
- 2-3 cup Grape-Nuts
- 3/4 cup drained canned tomatoes

toes  
1 egg, slightly beaten  
1/4 cup wheat and barley kernels (Grape-Nuts)

portion and saute in oil with onion, salt, pepper and garlic. Stir in meat, 2-3 cup cereal, tomatoes, and egg. Mix thoroughly. Fill shells with mixture. Sprinkle with 1/4 cup cereal. Bake in hot oven (400 degrees F.) 25 minutes. Makes 4 servings.

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