



SIMPLE FOODS, even for entertaining, are welcome after the festive meals of the holidays. A fine choice for supper for guests are the loin luncheon steaks which you can buy fresh or frozen, ready to cook. Photo and recipe suggestions are courtesy of Martha Logan Test Kitchens, Swift and Company.

Loin Luncheon Steaks

The loin luncheon steaks are part of a quality branded, frozen ready-quick line that brings new convenience to homemakers. Directions for preparing the meals with or without pre-hawing are right on the attractive packages so there will be no guess-work for you.

For gala supper service, pan broil the steaks quickly at the table if you have an electric skillet or a sandwich grill. And serve a variety of exciting, "help-yourself" toppings so that guests may choose their favorites.

Follow these easy directions for your buffet steak supper. Grill or pan-fry frozen loin luncheon steaks according to the directions on the package. Heat several of the Martha Logan Sauces and serve with steaks. Let guests choose one or two sauces to top their steaks. All of the sauces may be prepared a day in advance and stored in the refrigerator until ready to use.

BARBECUE SAUCE
Combine in a saucepan 1 small onion, finely chopped, 1 tablespoon vinegar, 1 tablespoon Worcestershire sauce, 1/2 teaspoon chili powder, 1/2 cup water, 1/2 cup catsup and 1/2 teaspoon salt. Cover and cook slowly 15 minutes.

PIMENTO OLIVE SAUCE
Heat together 1/2 cup cooked salad dressing and 1/4 cup sliced pimento olives. Add a few drops of Tabasco sauce for real hot stuff.

MARTHA LOGAN'S ONION SAUCE
Stir and heat together until thickened 1 can onion soup and 1/2 teaspoon curry powder mixed with 2 tablespoons flour. Reduce heat and cook 5 minutes. A packaged onion soup mix may be used. For a package which makes 1 1/2 pint soup, use 1 teaspoon curry powder and 4 tablespoons flour.

MUSTARD SAUCES
Combine in a saucepan 1/2 cup vinegar, 1 tablespoon butter or margarine, 1 beaten egg, 1 tablespoon sugar, 2 tablespoons prepared mustard and 1 tablespoon paprika. Stir and cook over low heat until thickened.

Winter Care Of Parakeets

Cage birds, particularly parakeets, love birds, canaries, and others from warm climates, should be kept in a room of moderate temperature—about 70 degrees is best. Rooms where the temperature varies greatly—such as the kitchen or the bedroom—should be avoided. Usually a spot in the living room or some other general living area, not in line with outside doors and windows, provides the best location for the cage.

Be sure to keep the cage away from window areas. Glass does not provide good insulation from outside cold and drafts may come in around the sills. Keeping your bird in front of a cold, drafty window is a good way of giving it a cold.

If the temperature in the room is lowered at night, be sure to cover the cage with a cloth for extra protection. On the other hand, don't leave your bird on the radiator, or in a very hot room. Any bird will molt during the winter if it is kept consistently too hot. And with canaries this means the loss of song for the male.

Don't worry about special foods in the winter. If your birds have been receiving a good basic diet throughout the year, they shouldn't require any special foods during the winter months.

If you are fond of birds, you might want to share your parakeet's food with the wild birds during the winter months. Commercially packaged parakeet seed, plus a little chopped up suet, and maybe a few sunflower seeds will be a treat for the birds in your back yard.



BEWARE OF DRAFTS in winter to insure the health of your bird pets. Although parakeets, canaries and other cage birds are generally hardy, they are susceptible to drafts, according to G. Buell Culver of French's Pet Bird Institute.

Frost The Cake Before Baking

Into the oven and out and ready to serve—these before-baking toppers streamline cake methods and are suggested by Nancy Haven, consumer service department, Western Beet Sugar Producers, Inc., Salt Lake City.

Use a cake mix, or your own favorite recipe, the toppings may be used on layers, loaf or cupcakes.

MERINGUE TOPPING
Try this with a burnt sugar or spice cake:
3 egg whites
1/4 teaspoon cream of tartar
3/4 cup brown sugar, firmly packed

1/4 cup chopped walnuts
In mixing bowl beat egg whites with cream of tartar until foamy. Add sugar gradually and beat until whites stand in soft peaks. Spread over cake batter—this amount will cover two 8 or 9-inch layers or a loaf cake 9x14x12 inches or 18 cupcakes. Sprinkle nuts over the meringue. Bake according to the cake directions.

STREUSEL TOPPING
This topping gives your cake a

delightful crunchiness and a surprise flavor combination. Sprinkle it on top of cake batter just before it goes into the oven. It will not alter baking directions. Stir the following together until a crumbly mass is formed:
2 tablespoons cream style pea-

nut butter
2 tablespoons sugar
2 tablespoons all purpose flour
1 tablespoon strong coffee
1/4 cup coarsely chopped walnuts
Recipe is enough for an 8-inch square cake or 12 cupcakes.

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Syrup Del Rogue 23-oz. 29c
Cake Flour Softasilk 37c
Jello all flavors 4 for 35c
Cheerios 10 1/2-oz. 24c
Quaker Oats 3-lb. 43c
Kleenex white or colored 400 29c

Niblets W. Kernel corn 2/37c
Tomato Juice Hunts 46-oz. 25c
Orange Juice above per 46-oz. 29c
Prune Juice Del Monte qt. 37c
Hot Sauce State Fair qt. 5c
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Campbells Soups Meat variety 2/35c

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Spaghetti Franco-American 15-oz. 15c

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Sardines in Sherry wine 29c

Book Matches pkg. 15c

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