

upstairs and downstairs In Milady's Kitchen

By Florence Jenkins

Editor

Herald and News



SCRAMBLED EGGS, Iowa Style, is a good breakfast suggestion during January, national Egg Month. Start the meal with a good cup of coffee, of course, say Chase & Sanborn Coffee people — and says almost everybody.

GOOD BREAKFAST

Somebody once said, "What can you expect of a day that begins with getting up?"

"A good cup of coffee" might be a satisfactory answer in almost any home today... and a breakfast, once in a while that's not just the same old thing.

Regardless of the type of coffee maker you use, the makers of Chase & Sanborn Coffee suggest that you follow these four rules:

Use plenty of coffee, at least as much as your equipment directions call for.

Use good coffee and see that it's fresh, fresh as a pressure-packed coffee can be.

Keep your equipment spotlessly clean and if you use a canister, keep it spotlessly clean, too.

Serve your coffee as soon as possible after you've made it.

And with that good cup of coffee,

here's a change from the usual scrambled eggs — eggs scrambled with corn:

IOWA STYLE EGGS

8 slices bacon
1 12-oz. can vacuum packed kernel corn, well drained
4 eggs, beaten
1 tablespoon milk
1/4 teaspoon salt
1/2 teaspoon pepper
Buttered toast triangles

In skillet, fry bacon and remove it to paper towels to drain. Drain off all but about 1 tablespoon bacon drippings, and to this add the well-drained corn. Cook, stirring until slightly brown, then add the eggs, milk, salt and pepper. Cook over low heat until eggs are set, stirring occasionally. Serve on heated plates, garnished with toast triangles and bacon strips. Makes 4 servings.

POINSETTIA

Some time this month your Poinsettia will start to rest. If you are an experimenter, you may want to keep your plant over for another year. After the leaves have turned yellow and dropped off, set your plant in a warm place until late spring. Then cut it back to within three inches of the pot and grow it on for another season's flowers. If you learn nothing else from the experiment, you'll end up with a good deal of respect for the florist who can produce such beautiful ones every year.

McINTYRE
TRAVEL SERVICE
Your Experienced Agent
WILLARD HOTEL
Phone 3088

Corn Flakes For Waffles

Waffles are good for any meal, any time of the year. But during winter months they take on added appeal for a nutritious, appetizing breakfast. Serve the waffles with lots of butter and honey, along with your favorite fresh or preserved fruit.

WAFFLES

1 1/2 cups sifted flour
4 teaspoons baking powder
1 teaspoon salt
2 tablespoons sugar
3 cups Corn Flakes
2 eggs, separated
1 1/4 cups milk
1/4 cup melted shortening

Sift together flour, baking powder, salt and sugar. Crush Corn Flakes into fine crumbs. Mix with sifted dry ingredients. Beat egg whites until stiff but not dry. Beat egg yolks until thick; add milk, dry ingredients and cooled melted shortening, stirring only until combined. Fold in stiffly beaten egg whites. Bake in hot waffle iron until brown and crisp. Yield: seven waffles, 6 1/2 inches in diameter.



FRENCH COOKS have lauded the delicate flavor of veal for centuries, featuring it in their most elegant recipes. American homemakers, too, are adding veal to this list of family food favorites as they discover the flavor and versatility of this meat. Photo and recipe suggestions are from Martha Logan Kitchens, Swift & Company.

VEAL

One of the most popular ways of serving veal is the veal cutlet. This is an individual cut of boneless veal steak. Veal cutlets may be Frenched to make them extra tender, and you can buy them either fresh or frozen.

When preparing veal, remember that it is a lean meat which has little fat marbling. Veal cutlets should be covered with a coating of flour or a cracker and egg mixture, and then cooked slowly in a moist heat. For the liquid you can use water or perhaps tomato juice or a canned condensed soup for something a bit different.

Cook the "breaded" veal cutlets over low heat on top of the range, or brown them and then cook them in the oven. If you oven-cook the cutlets, try topping each piece with browned mushrooms, a slice of bacon, or slices of tomato and green pepper. This adds to the attractive service and complements the subtle veal flavor. You also may use a topping of shredded cheese

or sliced ripe olives, if you prefer.

This veal cutlet recipe features a tangy sauce. It will make a hearty family meal.

NIPPY VEAL CUTLETS

(Serves four)
4 veal cutlets, cut 1-inch thick
2 tablespoons fat
2 tablespoons vinegar
1 teaspoon dry mustard
2 tablespoons catsup
2 teaspoons sugar
2 teaspoons salt
2 tablespoons cooking oil
1/2 cup water
1/4 cup fine cracker crumbs

Brown meat well in fat. Make a sauce of vinegar, mustard, catsup, sugar, salt, oil and water. Pour over meat. Sprinkle cracker crumbs over meat. Cover and cook slowly on top of the range or bake in a moderate oven (350 degrees) about 30 minutes or until veal is fork tender. Serve hot.

ST. JOSEPH
ASPIRIN
FOR CHILDREN

THE MOST
TRUSTED
ASPIRIN FOR
CHILDREN

LOOKING for the Best Hotel BUY
LOCATION
PRICE
with both from 1.00 to 1.50
CONVENIENCE
Best of everything
J.F. JAMESON

PIGGLY WIGGLY HAS 'EM ALL!



LOOK NO FURTHER FOR THE BEST FAMILY PLEASING FOODS

Eggs	"AA" Large—Guaranteed Strictly Fresh	doz.	63¢
Peaches	Bagley's Freestone No. 2 1/2 Cans	5 for	\$1.00
Catsup	Standby, Fancy 14-oz. bottles	2 for	35¢
Prunes	Oregon Date 2 lbs.	35¢	2 lbs. 45¢
Peaches	Del Monte Clings, Sliced or halves No. 2 1/2 cans		29¢
Pinto Beans	2 lb. pkg.		23¢
Spaghetti	and Meat Balls, Chef Boy-Ar-Dee 15-oz. cans	3 for	69¢
TUNA	White Star, fancy Solid Pack No. 1/2 tins		29¢
TUNA	Van Camp's Grated No. 1/2 tins		19¢

PORK LOIN		IOWA CORN FED	
ROASTS	Beef	lb.	35¢
ROASTS	USDA "Good"	lb.	39¢
CRABS	Fresh Ocean Fresh!	lb.	39¢
SLICED BACON	Morrell's Cello pkg.	lb.	39¢
RABBITS	Fresh Dressed	lb.	59¢



5¢ OFF GIANT SIZE
SPECIAL PRICE INCLUDES 3¢ OFF REGULAR PRICE

White King Liquid	Economy Size - 10¢ off	59¢
BAKER'S COCOA	1/2-lb. pkg.	35¢
TOMATO SOUP	Heinz 11-oz.	6 for 65¢
SPAGHETTI	Heinz 14-oz.	3 for 45¢
KETCHUP	Heinz 14-oz. bottles	25¢
SPECIAL "K"	Kellogg's New High Vitamin and Protein Cereal Large pkg.	25¢
HYDROX COOKIES	Sunshine 12-oz.	39¢
KRISPY CRACKERS	Sunshine 1-lb.	25¢
MARSHMALLOW P-NUTS	Sunshine 11-oz.	29¢
PEANUT BUTTER	Peter Pan, smooth or crunch 18-oz.	55¢
CHILI CON CARNE	Derby 16-oz.	2 for 49¢
DEVILED MEAT	Derby 3 1/2-oz.	2 for 17¢
BEGMORE DOG FOOD	1-lb. tins	15¢ 6 for 85¢
SMALL SHRIMP	Large 5-oz. tins	3 for \$1
SPRY SHORTENING	3-lb. tins	85¢
CHET'S FROZEN PIES	Beef, chicken, turkey	4 for \$1
TV DINNERS	Just heat and eat	Each 79¢

Sweet, Juicy Navels		5¢ lb.
ORANGES		5¢ lb.
Rutabagas or Turnips		5¢ lb.
Onions	U.S. No. 1 Yellow 3 lbs.	10¢
Grapefruit	Arizona 8-lb. Bag	49¢
Apples	Fancy Winesap 2 lbs.	25¢

LUX TOILET SOAP	Regular 3 for 27¢	
Bath	2 for 27¢	
LIFEBUOY SOAP	Regular 2 for 19¢	
LUX LIQUID	12-oz. can	39¢
LUX FLAKES	Large Pkg.	31¢
Rinso Soap, Rinso Blue, Surf, Breeze	Large Pkg.	31¢
Grapefruit Sections	Del Monte No. 303 cans	19¢
Bake an angel food cake! Swansdown Angel Cake Mix	pkg.	39¢
Minute Man Instant Frosting		19¢

Binder
PAPER Reg. 39¢
3-hole, 100 sheets,
SPECIAL

29¢ PIGGLY WIGGLY
7th and Pine
Open Sundays and Evenings



POTEET'S MKT.
Owned & Operated By
Bob & "Peanuts" Poteet

Swift's Oriole
SLAB BACON
Lite 35¢ lb.
Lean
Sides

Center Cut
Pork Roasts
29¢ lb.

Swift's Premium
Ready To Eat
Picnics
6 to 8 lb. Average 37¢ lb.

Pure Pak
Sausage
\$1
With That Country Flavor 3 lbs.

Depend On
Us For
QUALITY

Parson's Ammonia	Quarts	29¢
Durkee's Margarine	2-lbs.	49¢
Chinese Noodles	La Choy 303 can	15¢
Wesson Oil	Pints	29¢
Wilson's Chopped Beef	3 cans	\$1.00
Dainty Dimple Peas	Royal Club 2 cans	25¢
Marshmallow Creme	Royal Club 7 1/2-oz. Jar	29¢

Garden Fresh Produce		
NAVEL ORANGES	8-lb. tote bag	69¢
DELICIOUS APPLES	25 lb. box	1.89
WINESAP APPLES	25 lb. box	1.49
SNOWBOY DELICIOUS	2 lbs.	29¢
GRAPEFRUIT	8 lb. bag	49¢

CARNATION MILK	2 cans	25¢
Bonnie DOG-E-STU	2 cans	29¢
Zee Towels	Roll	19¢
Chiffon Tissue	2 in Beautiful Cello Wrap	25¢
ARGO CORNSTARCH	2 pkgs.	25¢
GLOSS STARCH	2 pkgs.	25¢
Karo Syrup	5-lb. Pail Crystal White	59¢

Prices Effective Friday Through Friday
JURGENSEN'S
GROCERIES • PRODUCE • FROZEN FOODS
1710 Oregon Ave. - - - Phone 3860
ROYAL CLUB
FOOD STORE