



DEL MONTE WEEK is a typical observance as a prelude to the holiday season. Shown is an assortment of just part of the line of holiday specialties including whole spiced cling peaches (with centers cut for easy serving and eating), seeded and seedless raisins, canned pumpkin with a pie recipe on the can, fruits for salads in several sizes (containing sliced peaches, sliced pears, halved apricots, pineapple tidbits and whole cherries in heavy syrup), and a full line of pickles. There is also the popular Pineapple-Grapefruit Drink which is a wonderful breakfast fruit juice and serves as an excellent base for gelatin salads.

FUTURE FOODS

From time to time the U.S. Department of Agriculture researchers release previews of pilot studies on new food processes.

This month, the department notes several items which are not yet produced commercially but are in the future picture for homemakers.

Convenience foods — those which can be kept in the package at room temperature for an indefinite period of time—seem to hold the spotlight with the agricultural researchers.

Potato flakes are being tested, for example. When the flakes are restored with hot water or milk they are taken to the table as mashed potatoes. These potato flakes are expected to follow the potato granules which are already on the market, being produced commercially by at least two plants in Idaho.

Some new sweet potato products are aimed at the snack shelf. Deep-fat fried sweet potato dice, julienne strips and chips for flavorful nibbling are being tested.

Two new ways of preserving fruit juices are under experimentation. In the near future, we will see super-concentrates and powders, the USDA says, on our grocers' shelves. Apple and grape juice super-concentrates under test are reported to yield fresh-tasting juice after being kept at room temperature for a year. Orange juice powder is manufactured for such wholesale users as the Armed Forces and institutional food services. Lemonade and pineapple powders have also been developed. Tomato powder will probably be the next new item to appear at your grocer's, according to USDA.

Another processing method under test is dehydrofreezing, which will reduce the bulk by half in freezing fruits and vegetables. The resulting product will be so low in moisture that you can just spoon out the amount to be reconstituted for the meal and return the package to the freezing compartment. Dehydrofrozen foods are not yet on the market, but when they become universal, you can double the amount of processed food in the home freezer.

Oregon's population is expected to show a gain of 72 per cent in the next 20 years. Your grocer will be able to at least double his stock by means of the new bulk-reducing processes without increasing sales area in his store.

One thing is a sure bet, however. The Department of Agriculture's polysyllabic words will probably be cut to "instant" by the food manufacturers and distributors by the time you and I see the product.



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HOLIDAY FOODS

Wonderful kitchen aromas are part and parcel of the joy of holidays. The homemaker who gets her ideas early and gets much of the chores of making fruit cake, candy, cookies and puddings out of the way in advance has more time for last minute things that come along. It is year around good advice to plan a little leisure into every day—if we could only follow it!

Lists are a nuisance, but if you sit down with your holiday recipe file and figure out what you are going to need for the family baking and a little extra for gifts, you'll be able to have materials on hand and make what you want to at the time you want to make it.

Del Monte, for example, suggests some easy recipes. Del Monte seedless raisins are good for eating out of hand, for between meal snacks and TV munching. They are traditionally high in iron and taste good. Mix raisins with nuts in the nut bowl. Or make raisin clusters:

RAISIN BARS
For the filling, mix 2 tablespoons cornstarch with 1/2 cup sugar, add 3/4 cup water, stirring until smooth, and 3 tablespoons lemon juice and 2 1/2 cups Del Monte seedless raisins. Cook over low heat, stirring constantly until thickened (about 5 minutes). Set aside to cool.
For the crumb Mixture:

1/2 cup soft margarine or butter
1 cup brown sugar, well packed
1 1/2 cups sifted flour
1/2 teaspoon salt
1/2 teaspoon soda
1 1/2 cups rolled oats.
Mix margarine or butter with sugar. Sift flour, salt and soda together, stir into sugar mixture. Mix in rolled oats. Press and flatten with hands half of this mixture in a well-greased and floured oblong pan (13x9x2 inches). Spread cooked filling on top, cover with remaining crumbs, patting down lightly. Bake in hot oven (400 degrees) 25 to 30 minutes or until lightly browned. While warm, cut into bars. Remove from pan to cool. Makes about 30, 1 1/2x2-inch bars.

CHOCOLATE RAISIN CLUSTERS
Melt 8 ounces semi-sweet chocolate in a bowl over hot water. Remove from heat, add 2 cups Del Monte seedless raisins and stir well. Drop in clusters from teaspoon onto waxed paper. Let set until hardened. Makes approximately 36 small clusters.

APPLE-CELERY STUFFING
For your Thanksgiving or Christmas turkey, toss together 6 cups soft stale bread crumbs, 2 cups chopped raw apple, 1 cup finely chopped celery, 1/2 cup finely chopped onion, 1 1/2 teaspoons salt, 3/4 teaspoon sage, 1/2 cup melted butter or margarine. Makes 6 cups of dressing.

SANDWICHES
A friend likes to grind hard-cooked eggs and leftover weiners for sandwich filling for school lunches.

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Lux Soap Reg. 3/29¢ Bath bars **2/29¢**

Lifebuoy Soap Reg. bars 3 for **35¢**

Lux Liquid 22-oz. **73¢**

Lux Flakes 1ge. size **37¢**

Breeze, Surf Giant size **87¢**

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