



**HEARTY DISHES** make a hit for Saturday or Sunday night suppers. If you get the dessert made in advance, then there is plenty of time for the preparation of baked beans and meatballs and a rich, filling soup. Relishes and pickles may be substituted for salad. The photo and recipe suggestions are from Campbell Soup Company.

**Do-Ahead Dessert**

With a do-ahead dessert, the problem of finishing off a meal is easily solved and out of the way. Asking guests in for dinner, therefore, becomes less of a project and more a matter of enjoyment. Here, a heavenly chocolate roll, easily made early in the day, fills the bill. A chocolate cake roll mix is used. If there's time, a maple nut filling (recipe given) might be substituted for variety.

Husky baked beans and meatballs provide a hearty main meal dish, and are easy to prepare. The quantity given is in ample supply for active appetites should they "stretch" at the last minute. A plate of raw relishes nearby helps add a crisp touch.

Accompanying the main meal are mugs of hot buttered toast, a hearty and welcome addition to the menu. For soup is not only warming and soothing, but requires no time-consuming preparation. A festive touch is achieved by serving the soup from a chafing dish or soup tureen. Ladle it into

**Barbecued Ribs**

"Peachy Barbecued Ribs" is a hearty, colorful dinner entree for crisp winter days. Beautiful-canned cling peach halves spark the meat with golden color and luscious, naturally sweet flavor; their syrup is included in the sauce surrounding the meat. The mouth-watering aroma of the ribs baking is bound to bring the family to the dinner table with hearty appetites and smiling faces. Once they've tried "Peachy Barbecued Ribs" they'll surely ask for repeats!

- PEACHY BARBECUED RIBS**  
 3 pounds spareribs  
 Salt and pepper  
 1 (No. 2½) can cling peach halves  
 1 cup catsup  
 2 tablespoons Worcestershire sauce  
 1 tablespoon instant minced onion  
 2 tablespoons flour  
 2 tablespoons prepared mustard  
 ½ teaspoon cloves  
 1 teaspoon salt  
 ½ teaspoon pepper

Have ribs cut in serving size pieces. Rub with salt and pepper. Place ribs in shallow baking pan, meaty side up. Drain peaches, reserving syrup. Combine 1 cup of syrup with all remaining ingredients except peaches; beat to blend. Heat to boiling. Pour over ribs. Bake in moderately hot oven (375 degrees) 1½ hours, turning once. Last 5 minutes arrange peaches alongside ribs to heat through, basting with sauce. Serve with ribs.

**CRANBERRIES**

The tumult and the shouting over cranberries has subsided.

Back at Hanson, Massachusetts, however, the testing of Ocean Spray cranberry sauce continues for the complete protection of the public, according to Ambrose E. Stevens, general manager of the Ocean Spray Company.

Here is what he has to say:

"In the six weeks that cranberries have been under fire from the Department of Health, Education and Welfare, coded lot numbers of Ocean Spray cranberry sauce from all five Ocean Spray processing plants now on grocers' shelves have been tested and proven pure and free from any chemical residue.

"To complete this testing in time for Christmas, Ocean Spray retained the services of accredited commercial laboratories across the U.S.A. The project involved 20 laboratories, an army of 200 technical people and an estimated 60,000 hours of expert laboratory effort. Results have been reviewed by Arthur D. Little, Inc. of Cambridge, Massachusetts, one of the nation's leading industrial consulting research companies.

"In all of these cases, Ocean Spray cranberry sauce showed no evidence of any residue of aminotriazole, the weed control compound challenged by Food and Drug.

"Ocean Spray will continue to test stocks of cranberry products remaining in the cooperative's warehouses, as well as fruit in frozen storage not yet processed.

"The health of the American consumer is the first concern of cranberry growers the country over," General Manager Stevens continues. "For thirty years, the cranberry growers' cooperative has been conscientiously fulfilling its responsibility to the public by producing cranberry products as healthful as they are festive and appetizing.

"Although we are convinced by the statements of eminent medical authorities that the minute traces of aminotriazole found in a few lots of cranberries produce no health hazards, Ocean Spray has forbidden any use whatsoever of the controversial weed control compound by member cranberry growers and all have pledged complete cooperation.

"We at Ocean Spray eat and enjoy our own products and now that the retail supply of Ocean Spray has passed laboratory test, the American public can serve cranberry sauce with confidence for the holidays and in the years ahead."

**AVACADO**

Mashed avocado adds a delightful flavor to salad dressings. Prepare your favorite French dressing and just before you're ready to dress the salad combine equal parts dressing and mashed Calavo avocado. Crumbled bacon or chopped anchovies add a hearty and distinctive touch if you want to experiment with flavor variations.

mugs or cups for easy sipping and relaxed informal serving.

- CELERY CONSOMME**  
 2 cans (10½ ounces each) condensed cream of celery soup  
 2 cans (10½ ounces each) condensed consommé  
 1½ cup chopped celery  
 2 soup cans milk  
 Butter  
 Chopped parsley

- BAKED BEANS AND MEATBALLS**  
 1 pound ground beef  
 2 tablespoons chopped parsley  
 1 teaspoon salt  
 ¾ teaspoon pepper  
 1 tablespoon shortening  
 ¼ cup chopped onion  
 2 cans (1 pound each) pork and beans with tomato sauce  
 ¼ cup ketchup  
 ¼ cup sweet pickle relish  
 2 tablespoons brown sugar  
 ¼ teaspoon chili powder

Combine beef, parsley, salt, and pepper; shape into 14 or 18 tiny meatballs. Brown meatballs in melted shortening. Add onions; cook until tender. Meanwhile, in a 2-quart casserole, combine beans and remaining ingredients. Stir in meatballs and onion. Reserve a few meatballs to form pattern on top. Bake in moderate oven (350 degrees) for 30 minutes. Makes 6 to 7 servings.

**CHOCOLATE CAKE ROLL**  
 Use a chocolate cake roll mix, following package directions. Note: If you prefer to make your roll from a favorite recipe, here is a delicious maple nut cream filling you can make.

- MAPLE NUT FILLING**  
 ¼ cup sugar  
 1 tablespoon cornstarch  
 ¼ teaspoon salt  
 1 cup milk  
 1 egg yolk, slightly beaten  
 ¼ to ½ teaspoon maple extract  
 ½ cup chopped almonds, pecans or walnuts

In saucepan combine sugar, cornstarch and salt; gradually add milk, cook slowly, stirring constantly, until mixture comes to a boil. Boil one minute. Stir small amount of hot mixture into egg yolk; add to remaining hot mixture; boil one minute more. Remove from heat; add maple flavoring. Cool and fold in nuts. If desired, cake roll may be frosted with sweetened whipped cream, sprinkled with chopped nuts.

**upstairs and downstairs  
In Milady's Kitchen**

By Florence Jenkins, Food Editor

**Herald and News**



**DON'T WAIT** until the anniversary of the birth of our first President to serve cherry pie. A deep-dish cherry pie makes a wonderful wintertime dessert and it is so easy to make if you thicken the juice with Minute Tapioca. General Foods Kitchens sent the photograph and recipe.

**Cherry Pie**

Visitors to the home of George Washington in Fredericksburg, Virginia, have an opportunity to see the stump of the cherry tree he cut down when he lived there as a boy. Although historians discount the incident and the tree stump looks a little tall for a boy's reach, the legend has inspired the choice of Cherry Pie as the most appropriate dessert with which to celebrate the birthday of our First President.

This version — a Deep-Dish Cherry Pie — is a simple variation on this delicious theme. It's made with quick-cooking tapioca so the filling bakes to perfection right in the oven... no cooking beforehand. Since tapioca has no flavor or color it helps the fruit stay cherry bright and full of tart-sweet flavor. The juice, glistening and clear, is just the right consistency.

- CHERRY DEEP-DISH PIE**  
 3 tablespoons quick-cooking tapioca  
 1 cup sugar  
 ¼ teaspoon salt  
 3 cups drained canned pitted

red sour cherries (water-packed)  
 1 cup cherry juice  
 2 tablespoons butter  
 Pastry for one-crust pie

Combine quick-cooking tapioca, sugar, salt, cherries, and cherry juice. Turn mixture into deep 8-inch square baking dish. Dot with butter. Let stand about 15 minutes. Roll pastry ¼ inch thick and cut several 2-inch slits or fancy designs near center. Fold pastry in half or roll loosely on rolling pin; center on filling. Open slits with a knife. (Well-opened slits are important to permit escape of steam during baking.) Trim pastry, allowing it to extend ½ inch over rim. Fold pastry over edge of dish and press it to rim. Bake in hot oven (425 degrees) 45 to 50 minutes, or until syrup boils with heavy bubbles that do not burst. Serve warm, if desired. Makes 8 or 9 servings.

If syrup-packed, use ¾ cup sugar.

**ORCHIDS**

The first 500 customers at the two Market Basket supermarkets on Friday morning and again on Saturday morning will each receive an orchid.

The free orchids in January are announced by Norm Duffy and Dick Hicks, partner-owners of the two stores. Announcement was delayed until the air express shipment had actually been received from Hawaii.

Use white pepper in a white sauce, salad dressing (mayonnaise type) and other foods where black pepper would "show."

**MOLDED SALADS**

Add a gay, festive touch to winter meals by serving "Spicy Fruit Salads." These pretty individual gelatin salads can conveniently be made in advance, and are ready to serve without any last minute flurry.

Five colorful fruits of canned fruit cocktail — cling peaches, pears, grapes, pineapple and cherries, contribute delicious flavor and attractive color to appetizers and desserts as well as wintery salads.

**SPICY FRUIT SALADS**

- 1 cup syrup from canned fruit cocktail  
 6 whole cloves  
 Stick of cinnamon  
 Hot water  
 1 package lemon-flavored gelatin  
 3 tablespoons vinegar  
 ½ cup chopped celery  
 1½ cups drained canned fruit cocktail  
 Salad greens  
 Mayonnaise
- Heat syrup and spices together, and allow to boil slowly 5 minutes. Strain syrup, measure and

add hot water to make 1½ cups. Dissolve gelatin in hot liquid and blend in vinegar. Cool until slightly thickened. Fold in celery and drained fruit cocktail. Turn into individual molds and chill until firm. Unmold on salad greens, and serve with mayonnaise.

Makes 6 to 8 molds.

**BROIL IT LIGHTLY**

Broiling flank steak? Remember that it needs the shortest time — four to five minutes on each side — under the heat. If there is membrane on the steak, pull it off before cooking.



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- ★ Other Finishes

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