



YOU CAN MAKE A MEAL of Herbed Beans. The simple ingredients are Great Northern Beans, those large white grown-in-Idaho variety, plump, tender, full of flavor and a magic blending of herbs with a ham bone cooked in or meat drippings added just before serving. Ham bone is

best. Have you discovered these unusual Idaho grown beans? Obliging they become salad, soup, meat accompaniment, main course dishes. They have a flavor all their own and come straight from the deep loam fields of Idaho to you.

Sunny Idaho Grows Great Northern Beans

Great Northern beans, with other among foods of plant origin. High in the bean family (quite a in food energy, beans are also number in fact, successfully grown good suppliers of B-vitamins and in Idaho), are some of our rich-some of the important minerals, est common sources of protein iron especially. Where can you find

such good eating at this price? These beans, unique to Idaho, may also be purchased in cans—a mighty handy item on your food storage shelves. Use your favorite bean recipes. You can't go wrong.

HERBED BEANS, IDAHO STYLE

You'll need, for 6 substantial servings

- 2 cups Idaho Great Northern (large white) dried beans
- 5 cups water for soaking and cooking
- 1½ to 2 teaspoons salt unless ham bone or rind is used
- 1 large onion stuck with 2 cloves
- 1 small bay leaf
- 2 fat cloves of garlic
- fresh or dried herbs, your choice
- pan juices from roast, or butter

To prepare beans: dry beans without soaking take longer to cook and are not so tender as those soaked overnight or by the hot water method. Overnight method: cover washed beans with the measured amount of cold water. Allow to stand overnight—12 to 15 hours. Or morning method: cover washed beans with the cold water. Bring to boiling point. Boil briskly 2 minutes only. Remove from heat; cover; let stand for 1 hour. Use heavy pot with tight-fitting cover.

To cook the beans: for full nat-

ural flavor and to save vitamins and minerals, use the soaking water for cooking. Place over high heat. Add 1 teaspoon butter to keep down the foam, and all ingredients except herbs and drippings. Bring to boiling point; cover and reduce heat to slow-simmer. Cook beans about 2 hours or until tender but not mushy. Then stir in 2 to 4 tablespoons snipped fresh parsley and herbs of your choice from garden or jar. Winter savory, marjoram, thyme make a good combination—about ¼ teaspoon each dried crushed herbs, double for fresh. Or try thyme, oregano or basil. Stir in pan juices from roast leg of lamb or other roasted or barbecued meat, or use 3 tablespoons or more of butter. Serve piping-hot.

Using a ham bone with some meat on it will make this a meal in itself. Have it cook along with the soaked beans. A nice complement to this meaty casserole or Herbed Beans as a meat accompaniment would be a menu which includes a crisp green salad, corn bread sticks, relishes, beverage of your choice, a deep dish fruit pie. These beans may be made yesterday and refrigerated until ready to use. They actually improve with standing. If using canned Great Northern beans, add the herbs to the beans in a saucepan and heat slowly, adding roast drippings just before serving.



TANTALIZE weather-weary appetites with a mug of hot soup. Combine canned condensed green pea and tomato soup . . . lace with Chianti and Italian seasoning for a "please-all" treat. Accompany with "cracker pizzas."

Soup 'N Crackers Warming Goodness

Drinking soup from mugs is becoming an established custom. What could hit the spot more on a cold winter evening than mugs of piping hot soup. As a starter for dinner, warmer-upper after outdoor activities, or as a late evening snack before a blazing



SINCE PUTTING UP lunches is frequently a bug-a-boo for the busy housewife, a new sandwich filling is welcomed with open arms. Try a tuna-pineapple filling, nutritious and delicious. Mix tuna, pineapple, celery and cream cheese. Add a banana, some fig newtons and a bottle of milk or a hot drink for grownups.

ing. This is just one of the many tempting treats you can make with canned condensed soups. Just as sipping soup from mugs is custom, mixing canned condensed soups is accepted and fun. Mix up your favorites. Crackers are "naturals" with soup. With Green Pea and Tomato Italian pass "cracker pizzas" . . . crisp crackers topped with Mozzarella cheese and sprin-

GREEN PEA AND TOMATO ITALIANNE
1 can (11¼ ounces) condensed green pea soup
1 can (10½ ounces) condensed tomato soup
1½ soup cans water
2 tablespoons Chianti or other soup.

dry red wine
¼ teaspoon Italian seasoning
Blend soups in saucepan; add remaining ingredients. Cook over low heat for 10 minutes, stirring now and then. Makes 4 servings.
CRACKER PIZZAS
Top saltines with sliced Mozzarella cheese. Sprinkle with crushed leaf oregano. Broil until cheese melts. Serve with hot soup.

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A PRODUCT OF GENERAL FOODS



CATCH A WHIFF of this spicy Sears Roebuck and Co. Diamond Jubilee Applesauce Cake while it is baking. Taste the rich flavor and you'll list this delicious dessert at the top of all your best recipes. Lucky folks who visited Sears retail stores across the country were treated to little cupcakes from this recipe on Feb. 1.

Sears Diamond Jubilee Cake Recipe Story

Folks may scoff at the "good old days," but never do they laugh about grandma's cooking. The taste-tantalizing treats that came from her big old-fashioned cook stove are remembered with nostalgia.

Can't you see her wondrous biscuits, high, flaky and tender? Her pies, too? The pastry was always so crisp it melted in your mouth. And not to be forgotten, grandma's applesauce cake.

Now through the courtesy of Sears, Roebuck and Company you can savor this latter treat once again. In honor of its Diamond Jubilee, currently being celebrated, luscious old-fashioned applesauce cupcakes were served to customers in each of Sears 749 retail stores across the country on the night of Feb. 1.

The recipe, which was developed by the General Mills kitchen, was adapted from an old favorite used widely throughout rural Minnesota in 1886. It was originally brought to the United States by European immigrants. And so that you may also recreate this old-fashioned favorite in your streamlined 1961 kitchen, the family-size version has been developed.

If you remember the wonderful spicy aroma that wafted from grandma's kitchen on baking days then you'll want to make this Sears Diamond Jubilee applesauce cake. Besides, like all of grandma's recipes, it has that never to be forgotten ambrosial flavor. Try it soon; your whole family is sure to like it.

SEARS DIAMOND JUBILEE APPLESAUCE CAKE

- 2½ cups sifted "kitchen-tested" enriched flour
- 2 cups sugar
- 1½ teaspoons baking powder
- 1½ teaspoons soda
- 1½ teaspoons salt
- 1½ teaspoon cinnamon
- 1½ teaspoon cloves

- 1½ teaspoon allspice
 - ½ cup soft shortening
 - ½ cup water
 - 1½ cups unsweetened apple sauce
 - 2 eggs
 - 1 cup chopped nuts
 - 1 cup raisins, cut up
- Sift dry ingredients together. Add shortening, water and apple sauce. Beat two minutes using medium speed or 300 vigorous hand strokes. Scrape sides and bottom of bowl constantly. Add eggs. Beat two more minutes (scraping bowl) constantly. Fold in nuts and raisins. Pour into two greased, floured round layer pans (8½x11½ inches). Bake 35 to 40 minutes in preheated 350 degree oven. Cool.

Put layers together with butter filling made by mixing two tablespoons soft butter, 1½ cups sifted confectioners' sugar, 1½ tablespoons cream and ½ teaspoon flavoring (vanilla or lemon). Spread a thin coating of apricot jam or clear jelly over top of cake. Cut eight apple designs from thin red candied pineapple slices and eight leaf designs from thin candied green pineapple slices. Use cloves for stems. For thin slices of pineapple: Cut each slice in half making two half circles. Stand half circle on cut edge and slice down through cutting into three equal parts. Circle cake plate with waxed paper to catch drip of glaze. Make a thin glaze: Stir over boiling water until mixture is hot, about five minutes, two tablespoons water, two cups sifted confectioners' sugar, 2½ tablespoons white corn syrup and one teaspoon flavoring (vanilla or lemon). The glaze must be very thin. Pour over cake while glaze is hot. It should barely coat cake. With a knife scrape glaze from paper and ice side of cake. Arrange apple designs around edge of cake. Yield: 12 to 16 servings.

Ooh, La La! Look—Dried Zebra Steaks

Some day soon, Mrs. Home-maker, you may go to your cupboard and remove an object that looks like a sponge; place it in a dish of cold water; wait a few seconds then remove and pop it into a broiler. In minutes, the "sponge" will have become a delicious file mignon.

Such "alchemy" will be possible thanks to a dehydration process known as Accelerated Freeze Drying—or just plain AFD. This process removes water from food without changing its chemical composition.

To those who harbor memories of wartime dehydrated foods, reassurance is offered. Unlike such World War II horrors as powdered eggs, food processed by AFD retains from 95 to 100 per cent of its original flavor and need only be dunked in water to regain its original shape.

Although you cannot yet get a full line of AFD foods at your neighborhood grocery, the time may not be far distant when you'll

be able to order anything from artichokes to zebra steaks prepared by the AFD process.

What are the advantages of AFD to you, the housewife? Ease of storing is one. Because AFD-processed foods have no water, they can be stored in far less space. A month's supply could go on one small pantry shelf. They'll keep longer, too. You'll be able to store food without refrigeration for months, even years. And because AFD foods are lighter to ship, they may cost less to distribute.

These qualities have led one food expert to call AFD "the greatest break-through in food preservation since the invention of the tin can."

Put a vanilla bean, broken into several pieces, in a tightly covered jar with a cup of very finely granulated sugar. Use this vanilla sugar to serve with freshly-made apple fritters. Good enough for epicures!

SHOES! SHOES! 2 FOR 1 NOW IN PROGRESS

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