

ONIONS

It is possible that homemakers who spread skins in a cave for their families and ate meat without benefit of fire, also ate onions since the Asiatic plant, Allium cepa, pungent and odorless has been known to man for ages. Onions are plentiful on today's market, and certainly play a big part in food seasoning today. Here are some ideas:

MEATS
Perk up ground and cubed meat dishes by adding onions. Meat loaf, hamburgers, croquettes and chili are winter-time fare that take a fancy to chopped onions.

A tangy hamburger surprise center of chopped onions and Worcestershire sauce tempts the appetite. Make thin hamburger patties, put a spoonful of an onion-Worcestershire sauce mixture between two patties and pinch the edges together. Broil or pan-fry 15 minutes, turning once.

Cooked, sliced meats in pot pies, chop suey, stews and hash are enhanced by small, whole onions.

SPICY DISH
Pork and onion curry is a spicy entrée which teams succulent pork with onions. Brown cubed pork and thinly sliced onions in butter. Use one medium onion for each cup of pork. Combine seasonings—thyme, salt, curry powder and pepper—with enough flour to make a medium thick sauce. Stir flour into drippings and add milk, stirring until mixture is smooth and bubbly. Cover and cook 10 minutes over a low heat. Serve over hot buttered noodles or rice.

SAUCES
Meat sauces are taste-tempting and aroma-pleasing when made with sliced onions. Swiss steak and ragout of beef are sure hits when cooked in a tomato-onion sauce. To a tomato sauce have added sliced onions sautéed in butter; or onion rings browned until crisp in butter.

Creamed chicken livers are delicious when onions and hard-cooked eggs are added to curried cream sauce. Cook thinly sliced onions in a buttered pan until tender, and remove from pan. Sauté chicken livers (takes 5 to 10 minutes), re-butter pan, add light cream and heat. Stir in onions, livers, sliced hard-cooked eggs, curry powder, salt and pepper. Serve over noodles, rice or English muffins.

Stuffed onions feature a variety of meat and poultry fillers. Pan-broil large onions 10 to 20 minutes, or until just tender enough so the centers may be easily removed. Chop the onion centers and combine with any of the following favorites:

Sliced cooked chicken, chopped mushrooms, bread crumbs, butter, salt and pepper. Pack lightly in onion cavity, place in pan with enough chicken stock to cover the bottom of the pan, sprinkle with paprika, cover and bake 30 minutes at 400 degrees, uncover for 10 minutes, add sour cream to the pan and spoon over the onions when served.

Ground raw veal and diced bacon, strips, or ground lamb and butter, with finely chopped celery and olives, parsley, bread crumbs, salt, pepper, egg yolk and cream. Stuff lightly into onion cavity, place in pan with enough beef stock or consommé to cover the bottom, dot with butter and bake 45 minutes at 400 degrees.

To Brighten
A Winter Meal

Instant minced onion adds bounce to practically any vegetable salad. Tasty Carrot Molds are a good example. Shredded carrots, ripe olive rings and instant minced onion combine in a tangy lemon gelatin mixture. Chill in individual molds, then turn out onto beds of curly endive or crisp head lettuce for little salads to brighten a winter meal.

TANGY CARROT MOLDS
1 (3-ounce) package lemon-flavored gelatin
1½ tablespoons vinegar
1 tablespoon instant minced onion
¼ teaspoon salt
1 cup raw shredded carrot
½ cup ripe olive wedges
Salad greens
Mayonnaise

Prepare gelatin according to package directions: stir in vinegar, instant minced onion and salt. Chill till partially set; fold in carrots and olives. Pour into 4 to 6 individual molds; chill until firm. Unmold on salad greens; garnish with mayonnaise. Makes 4 to 6 servings.

GREEN BEANS SVENSK
In minutes you can have almost a new vegetable—with creamy sauce, the tang of caraway. Drain canned blue lake green beans, drain. Stir in 1½ cup commercial sour cream and ½ teaspoon caraway seed. Heat through.

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SAFEWAY

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4 Roll Pak 25¢ ea.

Zee Dinner Napkins White, pkg. of 70 2 for 39¢
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LADY ELBERTA PEACHES Halves or slices, Freestones 4 No. 2½ tins **\$1.00**

SANTIAM GREEN BEANS Famous Blue Lake variety. Fancy cut or sliced stringless beans 5 303 tins **\$1.00**

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Reg. 33¢ value. Chunk style tuna. Tops for delicious salads or tasty sandwiches, etc. Shop Safeway and save MORE.

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Delicious chunk style tuna

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Franco-American Spaghetti Just heat 'n serve meal. 5 20-oz. tins **\$1.00**

Hormel All Beef Tamales A great product A great name 15-oz. tin **29¢**

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Cream style or whole kernel Golden Bantam Corn . . . and "Early Garden" green peas.

5 303 tins \$1.00

Lima Beans 8-oz. tin 2/35¢
Tomatoes 303 tin 4/51¢

Del Monte Blended Juice Pineapple-Grapefruit 4 29-oz. tins **1.00**

Bright Golden, Thin-Skinned Florida No. 1 Oranges

Thin-skinned beauties, just loaded with juice . . . just the thing to add a bright touch to every day menus. Pick up a bagful today at your friendly Safeway.

10¢ lb.

GREEN BELL PEPPERS

Plump - large size from Calif. 3 for **19¢**

HEAD LETTUCE LARGE HEADS 2 FOR **29¢**

Pink Grapefruit 10 for **79¢**
Texas, thin-skinned. Full of juice. Med. size

Spring Cabbage lb. **8¢**
U.S. No. 1 New Spring, all green.

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Red Romes, extra fancy, high color.

Russet Potatoes 10-lb. bag **49¢**
U.S. No. 1 special pack for Safeway. Klamath grown.

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5	6	9	10	13	14
17	18	25	26	29	
34	38	41	46	49	
50	53	54	58		
61	66	70	74		
81	86	89			
90	93	94			

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