



TOP O' THE MORNING PEARS

PEARS ARE ROUND THE CLOCK FRUIT

We've often been warned that only the early bird gets his breakfast but in this case everyone—early, late or on the hour—will have his fill! Fluffy pancakes, an array of little sausages and caramel-flavored pear halves are accompanied by steaming cups of coffee, a daytime story with a happy beginning.

Pancakes have a new measure of popularity evidenced by the number of restaurants devoted solely to perpetuating them for breakfast, lunch or dinner. This versatility is outdone only by their menu-mate in this instance, canned Bartlett pear halves. Here the pears are gently swathed in a rich caramel coating and served hot or cold as the perfect fruit foil to the rich sausages.

Pears in plain or fancy dress are an eminent visitor to the breakfast menu, but they also serve with distinction as a salad or dessert fruit or meat or accompaniment. Many people prefer canned pears chilled, just as they come from the can; for others this is merely the starting point for a number of flavorful dishes. Even toddlers reach for pears for they like the sweet mellow flavor and smooth texture that are the prize attributes of canned Bartlett pears.

TOP O' THE MORNING PEARS
8 canned Bartlett pear halves
1/2 cup sugar
1/2 cup pear syrup, heated
1/4 cup butter
1/4 teaspoon maple flavoring

Place sugar in a heavy skillet or saucepan over low heat; stir constantly until sugar has melted and changed to a light brown syrup. Remove from heat; gradually stir in hot pear syrup and butter; return to heat and boil moderately until smooth, stirring constantly. Add maple flavoring and pears, cut side down. Cook gently until pears have light coating of syrup. Serve either hot or cold. Syrup remaining after pears have been removed may be served on pancakes. Makes 8 servings.



STUFFED EGGS served with sardines are a standby in Norway where few meals are served without fish. Vary seasoning in egg yolks to suit taste.

Sardines And Eggs Are Norwegian Habit

Norwegians grow up learning to enjoy their sardines at almost every meal. Born in Kristiansand, Norway, Berger M. Heede, a New York businessman, yachtsman and gourmet, recalled some of the ways his mother used to use sardines.

"She served them at breakfast with shirred eggs and in omelets," he said. "She breaded and fried them, baked them and used them in salads, casseroles and sandwiches. Also right out of the can with lemon sections. And of course they were made into canapés when she gave her wonderful big parties."

Here are two of his Norwegian mother's favorite recipes:

SARDINE STUFFED EGGS OLAF
(6 servings)
1 (3 1/4 - ounce) can Norway sardines
6 hard-cooked eggs
2 tablespoons mayonnaise
Pecanelli or India relish to taste
Salt and pepper to taste
24 pimento strips

Hard cook eggs and cool in very cold water. Remove shells; cut eggs in half lengthwise. Scoop out the yolks and mix with the pecanelli or India relish and mayonnaise. Season to taste. Stuff the eggs with this mixture. Top each with a whole Norway sardine and decorate with crisscross of red pimento strips. Refrigerate until ready to serve.

SARDINE CUCUMBER ROUNDELS
Use toast rounds of bread about 2 1/4 inches in diameter. Lightly spread each with butter. Place a thin slice of cucumber on each and dab with mayonnaise. Top with a whole Norway sardine.



"CRAB ACAPULCO" is lovely to look at, delightful to eat, is a savory combination of crab meat in subtly-flavored avocado half-shells. This is party fare that will delight guests.

Avocado-Crab Dish Surprise Combination

Avocados are practically a staple food item in Mexico where they're served in many unusual ways, including hot! Try them in "Crab Acapulco," a tasteful entrée of savory crab meat in avocado half-shells. This delightful main dish goes into a slow oven just long enough to heat the avocados briefly, but only briefly.

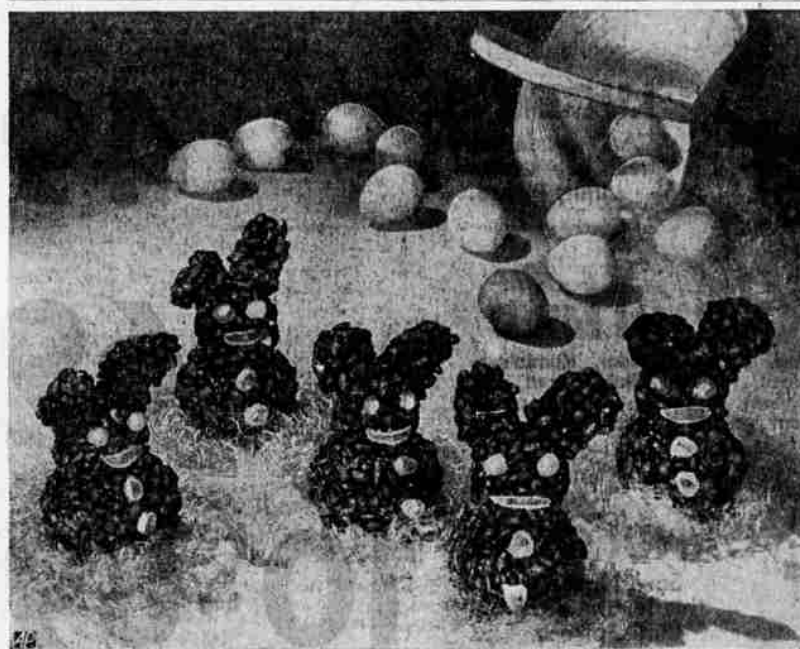
Since too much heat may destroy that wonderfully delicate fruit flavor. So buy several glossy green, shapely avocados. Use them in table arrangements, if you wish, until they yield to gentle pressure when held in the palms of your hands. Then they're ready, deliciously ready, to eat.

The distinctive avocado flavor, incidentally, is due to valuable fruit oils which, in turn, contain unsaturated fatty acids, good news for those concerned about cholesterol.

CRAB ACAPULCO
1/4 cup butter or margarine
1/4 cup sifted all-purpose flour
1 1/2 cups milk
1/4 teaspoon salt
1 teaspoon Worcestershire sauce
Generous dash cayenne pepper
2 tablespoons fresh lime or lemon juice
3 tablespoons Sherry wine
1 1/2 cups grated sharp American cheese
2 cups cooked crab meat

Melt butter and blend in flour. Gradually blend in milk and cook and stir until smooth and thickened. Blend in salt, Worcestershire sauce, cayenne, lime juice, Sherry and cheese. Add crab meat and cook just until heated. Cut avocados in halves and remove seeds and skins. Place in shallow baking dish, sprinkle with salt, and heap with crab mixture.

Bake in slow oven (300 degrees) 15 minutes, just until warm. Do not bake longer. Makes eight servings.



WATCH YOUNG EYES sparkle when these chocolate bunnies show up for Easter festivities. Best part about these clever little guys is that they are so easy to make. Set each one in a nest of green paper grass with colored eggs spilling from a garden hat for color.

Puffed Rice Fur For Easter Bunnies

Here come some of the sweetest bunnies of the Easter season, all ready to hop and jump right out of your kitchen.

Made with chocolate caramel and ready-to-eat cereal, these bunnies have distinctive personalities—all due to the angle of their ears!

Jelly beans and gum drops make pretty rabbit features, but we found that in a pinch light-colored raisins could be used.

The teen-ager around the house or Mamma will do best at fashioning these holiday favors because they're a little too big for small hands to handle. Preschoolers will enjoy making small "Easter eggs" out of the chocolate coated cereal.

After the bunnies have done their decorative best on your Easter table, detach the ears; then slice the heads and bodies with a sharp knife and you'll have some delightful tasting candy to pass around.

CHOCOLATE EASTER BUNNIES
6 cups puffed rice
1 cup sugar
1/2 cup cocoa
1/2 teaspoon salt

CAKE PUDDING

A delicious upside-down cake pudding. As the mixture bakes a delicate lemon custard forms on the bottom and a tender sponge-like cake on top. Lemon cake pudding has a springlike appearance as well as flavor when served in glass sherbets with a dollop of whipped cream and topped with a maraschino cherry.

Baking time given is for the size pan recommended. When using a pan with more surface area, the result will not be the same unless baking time is reduced proportionately.

CAKE PUDDING
4 eggs, separated
3 tablespoons softened butter
1 cup beet sugar
3 tablespoons all-purpose flour
1/4 teaspoon salt
1-3 cup lemon juice
2 tablespoons grated lemon rind
1 cup milk

In small mixer bowl beat egg whites until stiff peaks form, set aside.

EASY BUT ELEGANT
Core and dice one apple and one pear; peel and slice one banana; toss together with a little lemon juice and one cup pitted fresh California dates. Serve chilled on crisp salad greens topped with a sprinkling of crunchy, toasted slivered almonds. Pass mayonnaise mixed with a little grated lemon rind.

RICE PEAR MELBA
Here's a dessert that children especially like—Rice Pear Melba. Combine 2 cups cooked rice, 1-3 cup sugar, 1/4 teaspoon each of nutmeg and cinnamon; fold in 1 cup heavy cream, whipped. Mound in sherbet dishes, top each with a drained canned pear half, cut side down. Pour melted red currant jelly over the pears. Chill. Makes 6 to 7 servings.



RUTH CAMPBELL BIGELOW

This Fine Tea Named Itself

The big swing these days is to United States had to be served a very special tea with orange and spice. You sip and discover these ingredients have been skillfully blended for a bright new taste in tea, the recipe for which actually dates back several centuries. But only for the past 10 years has it been "pre-packaged" by a well known manufacturer. Here's the story on the tea that literally named itself.

The lady responsible for its subtle blend was a "tea-taster" at heart. She felt something was missing from tea—something which if discovered would make tea an even more popular beverage. Ruth Campbell Bigelow recalled that in early American days, the special treat in the tea-cup was a slice of orange and carefully selected spices. These were added after the tea was brewed, but unfortunately in those days there were servants at hand to attend to such niceties. However, Mrs. Bigelow wanted a convenience package for the modern homemaker, with the delicious orange and spice flavors already "packaged in."

She went to work in her kitchen, adding a bit of orange—dashes of spices—brewing tea, tasting, testing, again and again. In her search for the perfect blend, she served the tea to her family, friends—even idle passersby—then asked for a name to give this unusual new tea; and as the experiments grew, so did the list of names.

However, on the great day of the unveiling, the tea which has since become famous all over the world was named "Tuna Suey."

TUNA SUEY
1/4 cup butter
1 cup sliced fresh mushrooms (about 1/4 pound)
1/2 cup canned sliced mushrooms
1/4 cup sliced onion
5 tablespoons flour
2 1/2 cups milk
2 tablespoons soy sauce
1 1/2- or 7-ounce can (1 cup) tuna, drained and flaked
1 1-pound 4-ounce can (2 1/2 cups) mixed Chinese vegetables, well drained
1/4 cup julienne strips green pepper
1 cup chopped celery
1/4 cup sliced ripe olives
Dash salt
Dash pepper
Chow mein noodles or Steamed rice or Buttered toast cups

Melt butter in skillet, add mushrooms and onion. Cook until onion is transparent. Blend in flour. Add milk, stirring constantly. Cook until sauce is smooth and thickened. Add soy sauce, tuna, Chinese vegetables, green pepper, celery and olives; season with salt and pepper. Heat to serving temperature, but do not cook. Serve at once over heated noodles, steamed rice or in hot buttered toast cups. Six servings.

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