

WHEN YOU BUY LETTUCE...

Do you ask only for iceberg lettuce? It is ideal for salads, but for variety in textures and shapes, get acquainted with Leaf, Bibb, Boston and Romaine.

ALL ABOUT FOOD

Leaf Lettuce... offers long-shaped leaves for individual salads. Fill with meat, fruit, cheese or fish mixtures.

Bibb Lettuce... has deep green leaves—very crisp.

Boston Lettuce... (Butterhead)

Has tender, velvety leaves... separates easily under cold running water into lettuce cups.

Romaine Or Cos Lettuce... Adds nutlike taste to mixed greens. Has coarse, curly leaves.

Sliced Tip

To brighten frilly edges of lettuce cups, dip in paprika before arranging.

Be sure to wash dry, and crisp the greens before using them.

In tossed salad, protect the delicate flavor of greens by coating with oil, then vinegar.

Wild Rice With Game

This is the time of year when game is plentiful in the Klamath country. Wild rice will be supplemented by wild fowl and venison. Particularly acceptable now are recipes for using wild rice which goes with ducks, geese and game birds.

Miss Libby Sotak, who divides her time between her ranch near Malin, and a home in San Diego, has some interesting recipes. She has seen the great migrations of waterfowl in the past, and knows, too, the delicious flavor of the birds from the lakes, streams and the marshes.

Her recipes sent to the food editor this week follow:

Stew Ideal On Cool Day

What could be more inviting on a cold fall day than a hearty pot of beef stew bubbling away on the range? Add a flavor lift and a bright touch of color, too, with canned peas. Stews are also easy on the budget. You can use an inexpensive cut of beef or the trimmings from your Sunday roast.

For a special gourmet touch, add some unusual seasonings. This recipe calls for dill seed. For variation, try a few tablespoons of onion, or a 1/2 teaspoon bouquet garni, rosemary, oregano or basil. Top your dinner with hot, crusty garlic bread, a huge bowlful of crisp green salad and a tempting chocolate layer cake.

BEEF STEW WITH PEAS

(Makes 6 servings)

2 tablespoons butter or margarine
1 1/2 pounds cubed beef chuck
1 medium-sized onion, chopped
1 1/2 cup chopped celery
2 1/2 cups stock or bouillon
3 cups diced potatoes
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon dill seed
2 cans (1 pound each) peas
2 tablespoons all-purpose flour

Melt butter or margarine. Add beef, onion and celery and cook over low heat until beef is browned on all sides. Add stock or bouillon, potatoes, salt, pepper and dill seed; mix well. Cover and cook over low heat 30 minutes. Drain peas; reserve liquid. Combine peas liquid and flour; blend. Add peas liquid mixture and peas to meat mixture; mix well. Cook over low heat, stirring occasionally, until stock or bouillon is slightly thickened. Add parsley; mix well.

WILD RICE MOULD

Cook one package of wild rice in double boiler in plenty of water. Put in a bowl. Add two chopped green peppers, two medium sized chopped onions, 1 minced clove of garlic, four eggs, bit of chopped parsley, one pound grated Tillamook cheese, salt, pepper and paprika to taste. Use enough milk or cream to make a soft mixture. Put into a well-buttered mould, place mould in pan of water in slow oven, 325-350 degrees, and bake one hour. Heap by spoonful around bird on platter.

WILD RICE WITH ONIONS

Put 1/2 pound wild rice, very fine, 8 slices of bacon into salted water in a double boiler. Boil for 30-45 minutes. Drain in colander until dry. Sauté one medium onion in butter. Top with the cheese. Bake one hour at 350 degrees.

WILD RICE WITH BEEF OR CHICKEN

3 tablespoons chopped onion
1 pound ground beef or 2 cups diced chicken
2 1/2 cups raw wild rice
1 can cream of mushroom soup
1 can cream of chicken soup
1/2 cup can of water
1/2 teaspoon each of salt, garlic, onion salt and celery salt
1 large can mushrooms
Parmesan cheese

If chicken is used cook small amount until tender, cool and cut meat from bones or use leg-liver or canned chicken. Wash wild rice well, and add the two soups, water, seasonings and until dry. Sauté one medium onion in butter. Top with the cheese. Bake one hour at 350 degrees.

A HEARTY STEW

Canned peas add a sparkling color and flavor to an old-fashioned beef stew. Try this one for dinner on a cold fall day.

TIME SAVED

A few seconds saved here, a minute there add up to priceless hours. One way to save time in the kitchen is to replace old floor-joint, countertop and wall surfaces with a low-maintenance, wipe-clean material such as ceramic tile.

"SAUCY" DEVILED EGGS

To put pep into lunch box deviled eggs, blend two or three tablespoons of Old Style Sauce into mashed hard cooked yolks. The creamy bottled sauce has just enough pungency to lend zest to bland foods such as eggs.

EPICUREAN SPREAD FOR CRISP TRIANGLES

Epigouran spread for crisp triangles of buttered toast: red caviar mixed with sour cream and a dash of lemon juice.

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303 Tins

- Apricots • Peaches
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APPLES-ON-A-STICK

Wash and dry apples; remove stems. Insert skewers in stem end of apples. Combine sugar, KARO Syrup and water in heavy deep saucepan. Cook over medium heat, stirring constantly until mixture boils. Then cook without stirring to soft crack stage (235°F) or until a small amount separates into threads which are hard but not brittle when tested in very cold water. Remove from heat; add flavoring and coloring, and stir only enough to mix. Hold each apple by skewer end and quickly twist in syrup, tilting pan to coat apple with syrup. Remove from syrup; allow excess to drip off; then twist to spread syrup smoothly over apple. Place on lightly buttered baking sheet to cool. Soak in cold water.

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