



IN A LUNCH BOX RUT? — Call on the inventiveness of your youngsters to help make menus varied and interesting. Let them choose favorite soups and sandwiches, then fill the menu to assure proper nutrition.



BEEF STEW CACCIATORE
Cow Belles Corner

STEW MEAT
Here are several different stew recipes:

OVEN STEW
1 1/2 lbs. lean meat, cut in 1 1/2" cubes
2 large onions
1/2 cup oil
1/2 cup water
1 can condensed tomato soup
1 cup water
Salt, pepper and paprika
4 carrots, sliced
8 small onions
8 small potatoes
Dredge beef in flour and brown along with sliced onion in fat in hot frying pan. Remove beef and onion to baking dish. Add soup, water and seasonings to fat remaining in pan. Bring to a quick boil and pour over beef. Cover and bake in moderate oven (350 degrees) for about two hours. Add vegetables; cover and continue baking one hour longer.

From Roundup of Beef Cookery

BEEF BOURGUIGNON
(Beef Burgundy)
2 lbs. lean beef, cut in 1" cubes
2 tablespoons bacon drippings
3 medium sized onions
1 1/2 tablespoons flour
Marjoram
Thyme
Salt
pepper
1/2 cup beef bouillon
1 cup red wine
1/2 lb. mushrooms
Slice onions and fry them in bacon drippings until brown, using heavy skillet. Remove to separate dish. Brown meat in same drippings, adding more fat if necessary. When cubes are browned on all sides, sprinkle 1/2 tablespoons flour over them and add a pinch each of salt, pepper, marjoram and thyme. Then add 1/2 cup bouillon and one cup red wine. Stir mixture well for a moment, then let simmer as slowly as possible for 3 1/2 hours. The mixture during this cooking should just barely bubble occasionally. The liquid may cook away some, so add a little more bouillon and wine (in the proportion of one part stock to two parts wine) as necessary to keep beef barely covered. After mixture has cooked 3 1/2 hours, return brown onions to skillet, add 1/2 lb. sliced fresh mushrooms. Stir well, and cook 1/2 hour more. Again it may be necessary to add more stock and wine. The sauce should be thick and dark brown. Serve with French bread, a tossed green salad, and a light dessert.

From Polly Pacific-Bey Lyons

HUNGARIAN GOULASH
2 lbs. beef, cut in 1 1/2" cubes
1 quart boiling water or stock
2 cloves garlic
2 teaspoons paprika
1 1/2 cup potato cubes
1 large onion, chopped fine
3 tablespoons butter
3 tablespoons flour
1/2 marjoram, if desired
Melt butter, add onion and cook until tender and slightly brown. Add meat and cook five minutes. Add flour and seasonings. Stir until well blended. Add water or stock or part tomato juice. Cook slowly until tender. Twenty minutes before serving, add potato cubes. May also be served with vegetable. Twenty minutes before serving, add tiny whole carrots, whole green beans, small onions, or lima beans. Season with 1/2 teaspoon marjoram. Five minutes before serving, add tomato wedges or one cup stewed tomatoes.

By Fanny Farmer

BEEF STEW CACCIATORE

Boneless BEEF stew meat always is a "good buy" and the deep flavored stewing and pot roasting cuts are particularly good budget stretchers.

Olive Oil
2 medium onions, chopped
Flour
3 lbs. BEEF cut in 1" cubes
2 cloves garlic
1/2 t. oregano
1/2 t. crushed red pepper
1 cup beef bouillon
1/2 cup red wine
1 No. 2 can whole tomatoes
2 green peppers cut in squares
12 ounces noodles
Cover bottom of heavy skillet with olive oil. Heat. Brown onions. Remove to separate bowl. Flour beef. Brown in oil. Crush garlic in salt. To meat add onions, garlic, oregano, red pepper and bouillon. Cover and simmer slowly for 2 hours or until meat is tender. Add more bouillon if needed. Add wine and cover, steam for 3 minutes. Add tomatoes and cook uncovered 15 minutes. Add green pepper and cook another 15 minutes. Cook noodles and drain. Add part of sauce to noodles and mix. Serve with BEEF mixture.

Sweet Sour Red Cabbage

Whether served immediately or reheated just before dinner, this sweet-sour red cabbage has a savory goodness all its own. Chop one large red cabbage coarsely. Slice and peel three tart apples; combine with cabbage. Add one tablespoon instant minced onion to 1/2 cup water and pour over about five minutes longer.

Dr. Ross DOG FOOD

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Lunch Box Fillers

A WEEK OF LUNCHEON MENUS
Chicken with rice soup and cream cheese - chopped nut sandwich on Monday. Vegetable soup and tuna - celery - chopped egg sandwich on Tuesday. Beef soup and cabbage - apple - carrot slaw on Wednesday. Consomme and baked bean-pickle relish sandwich on Thursday. Tomato soup and potato-frankfurter-egg salad on Friday.

LUNCH BOX CENSUS
Statistics of a large research organization show that men eat 54 per cent of the lunch box meals; teen-agers 11 per cent; children 20 per cent; women 13 per cent. Soup was one of the lunch box leaders. Favorites among condensed soups: tomato, first place; vegetable and chicken noodle vie for second; vegetable beef, mushroom, chicken rice and chicken vegetable follow in that order.

SOUP AND SALAD CUP-MATES
Cups are easy to handle in and out of the lunch box. There's no mess when hot soup is poured into the vacuum container cup, and it's simple and pleasant to sip and spoon. Paper cups with lids are perfect for salads, and what better lunch than a cup of soup, a cup of salad and cake as in this menu: Minestrone soup, bread sticks, cottage cheese and fruit salad cup, and a chocolate cupcake.

SOUP AND CRUNCH FOR LUNCH
Because the texture of soup is pleasantly soft and liquid, it is natural that the favorite companions of this timeless favorite would be dry and crisp foods. The varieties of condensed soup are now legion, and this is true

of crunchy crackers and chips. Several new kinds each of croissants, bread sticks and pretzels have appeared. For a dress-up touch that will delight the children, float popcorn or cereal bits on each bowl of soup.

SOUP FAVORITES
Students of all ages have favorite foods. They like certain kinds of sandwiches, sweets, and, of course, there is favoritism in soup varieties. Surveys disclose that the preferred soups of grade and high school pupils are noodle soups like chicken, turkey or beef; chicken soups with rice, vegetables or cream-style; vegetable soups of all kinds including tomato, bean with bacon, and green pea.

COLD MORNING STARTER
Sliver fresh California dates and stir into your favorite cooked cereal. Serve with milk, brown sugar and cinnamon.

Specialties in Gourmet

By RUTH KING

Pie Isn't Pie
Shepherd's pie isn't really a pie at all. It is a combination of diced cooked meat, a vegetable or two, seasonings and gravy, served pie-style in a dish topped with a ring of whipped potatoes.

The dish is English in origin, says the American Meat Institute, but is favored by restaurant and home cooks the world over. It is an excellent second-day meal from oven-cooked roasts of all kinds.

No matter what meat is chosen for use in the shepherd's pie, it should be handled properly to assure a dish of best flavor. Meats left from a meal should be cooled quickly, promptly covered and refrigerated. To conserve space, the bones may be removed from the meat before storage.

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