As Good As It Sounds

You have often heard it said that a meal that looks good is most likely a meal that tastes good. But, have you heard this one? A meal that rounds good tastes good. That's what we say about the supper we present today. Here is the menu. Imperial Crab, Tomatoes Provencal, Caesar Salad and for dessert, Crepes Suzettes. Sound good?

Don't let a menu like this scare you. Each and everyone of the recipes has been kitchen tested to make sure the dishes are just as good as they sound.

DELUXE MEAL

Imperial Crab

1 pound crab meat
1 teaspoon dry mustard
½ teaspoon salt
1 teaspoon Worcestershire sauce
½ cup real mayonnaise
1 tablespoon capers
Real mayonnaise
Paprika

Pick over crab meat, leaving in as large pieces as possible. Blend mustard, salt and Worcestershire sauce; stir in real mayonnaise and capers. Gently fold mixture into crab meat. Spoon onto scallop shells or into small shallow casserole. Spread with light coating of real mayonnaise. Sprinkle with paprika. Bake in 375 degree (moderate) oven until top is golden brown, about 20 minutes. Makes 4 servings.

Tomatoes Provencal

2 medium tomatoes
2 tablespoons corn oil margarine, melted
¼ cup fine dry bread crumbs
3 teaspoons finely chopped green pepper (optional)
½ teaspoon finely chopped onion (optional)
Dash pepper

Wash tomatoes; remove stem ends and cut tomatoes in half crosswise. Arrange halves, cut side up, in shallow baking dish and brush top surface with some of the melted margarine. Combine remaining melted margarine, bread crumbs, green pepper, onion and pepper. Spoon onto tomato halves. Bake in 375 degrees (moderate) oven until crumbs are lightly browned and crisp, about 15 minutes. Makes 4 servings.

CAESAR SALAD

2 tablespoons lemon juice
2 tablespoons cider vinegar
1 tablespoon Worcestershire sauce
½ teaspoon dry mustard
¼ teaspoon salt
¼ teaspoon pepper
1-3 cup corn oil
1 clove garlic
1 small can anchovies
3 quarts salad greens
¼ cup grated parmesan cheese or crumbled blue cheese
1 egg
2 cups croutons

Combine lemon juice, cider vinegar and Worcestershire sauce with mustard, salt and pepper. Pour in corn oil. Add sliced garlic clove or rub bowl with cut garlic. Cut anchovies into small pieces and add to dressing, reserving a few slices for garnish, if desired. Tear well drained and dried salad greens into pieces and place in a salad bowl. When ready to mix, remove garlic from dressing, pour over greens, add cheese and toss lightly until all greens glisten and are coated. Break egg into salad and toss again until well mixed. Sprinkle croutons over salad. Mix lightly. Serve immediately. Makes 8 servings.

To make croutons: trim crust from four slices of white bread. Brush both sides of bread using 2 tablespoons corn oil. Cut into cubes and toast in 350 F. (moderate) oven, 10 to 15 minutes or until golden brown.

CREPES SUZETTES

2 cups unsifted flour
2 teaspoons baking powder
1 teaspoon salt
2½ cups milk
¼ cup corn oil
¼ cup light corn syrup
Apricot sauce
1 tablespoon orange extract

Sift flour, baking powder and salt together. Combine milk, eggs, corn oil and corn syrup in mixing bowl. Beat with rotary beater until blended. Add dry ingredients and beat until batter is smooth. Refrigerate several hours or overnight, if possible. Bake batter on ungreased hot griddle, using about 2 tablespoons for each pancake. Fold each in half, then in half again while still hot. Set aside. When ready to serve heat apricot sauce in chafing dish or electric skillet. Add folded pancakes; heat, turning once. Reduce heat. Sprinkle sauce with orange extract. Ignite and serve when flaming stops. Makes 6 servings, about 30 pancakes.

Apricot Sauce

1¼ cups light corn syrup
1 cup apricot jam
¼ cup corn oil margarine

Combine corn syrup, apricot jam and corn oil margarine. Place over medium heat and stir occasionally until margarine melts and ingredients are blended.

Note: Pancakes may be prepared ahead of time, folded, wrapped and stored in refrigerator or freezer. Sauce may be prepared and stored in covered container in refrigerator. Reheat sauce before adding pancakes. (Do not add extract until ready to serve.)

Spotlight On Food

Food Marketing Information

Information on anticipated food supplies for the first part of 1963 is given in Feb. 4, 1963, Demand and Price Situation, published quarterly by the Economic Research Service of the U.S. Department of Agriculture. Briefly here's what's ahead:

Meat and Poultry

Red meat production the first half of 1963 will be above a year earlier, with more beef and pork but less veal, lamb, and mutton. Inventory of cattle and calves on feed on Jan. 1, 1963, was up 12 per cent from a year earlier. Cattle prices this spring are expected to be lower than a year ago, meaning beef prices to consumers should not increase. This week's reports from Oregon meat wholesalers note prices on all beef cuts are dropping.

There will also be more pork. The fall pig crop was up about five per cent from a year earlier.

The supply of broilers going to market January through March, 1963, is expected to be about a tenth larger than the same period in 1962. Broiler prices may continue below year-earlier levels during the first half of 1963.

Prospects for turkey production in 1963 are for a little more than the 62 million birds raised in 1962. Price tags on two quality turkeys the first half of 1963 are expected to be higher than a year earlier. There are fewer old crop turkeys in cold storage warehouses.

For all 1963, the U.S. Department of Agriculture predicts meat and poultry supplies will rise 4 per cent. This would represent enough meat to supply an extra three pounds to every person in the country, or a per person supply of 202 pounds.

Number of eggs early this year has been running below a year earlier; the rate of lay is larger, but the nation's laying flock slightly smaller. Eggs will be very much in the spotlight for consumer use March through June, traditionally. Oregon retail prices on large eggs usually are at their year's low.

Fruits

Substantial supplies of fresh oranges and grapefruit still can be expected this winter and spring, despite freezes in the major production areas. The orange crop after the January freezes is expected to be about 17 per cent below the record 1961-62 crop. Shipping point prices for Florida oranges of good quality have doubled since the freeze, and are expected to continue above last year's levels. Auction prices on California oranges also have advanced, but not as much as a year ago when the crop was short.

Grapefruit production is now expected to be about a fifth below last season. In Florida, the principal grapefruit state, there are reductions in all types of grapefruit—pink and white seedless, and seeded varieties. Prices can be expected to average above last year.

Due to an effective job in salvaging Florida citrus fruit, output of canned juice was about 50 per cent above a year earlier, and that of frozen concentrate was up one-fourth.

Vegetables

Vegetables for fresh market during February and March will be significantly smaller than a year earlier. Smaller supplies are in prospect for most tender items—as snap beans, sweet corn, green peppers, and tomatoes—all hardhit by December and January freezes in winter producing areas. Less affected by the cold, supplies of a number of hardier items are also likely to be smaller.

Potato supplies into midspring are more than ample, though moderately below the large supply of a year ago. Sweet potato production in 1962 was substantially larger than in 1961, and apparent number of sweet potatoes yet to market is materially larger.

Warm Peaches

Warm sweet peaches and a crisp cooky topping make happy eating for this family dessert which is put together in moments. Place two cups canned cling peach slices in nine-inch square pan. Combine ¼ cup sugar and ½ teaspoon cinnamon. Sprinkle over fruit. Mix one cup vanilla wafer crumbs and ¼ cup melted butter. Pat over peaches and bake in hot oven about 20 minutes until crisp.

SAFEWAY LAMB . . . BEST

U.S.D.A. CHOICE . . . EXTRA LEAN AND FLAVORFUL

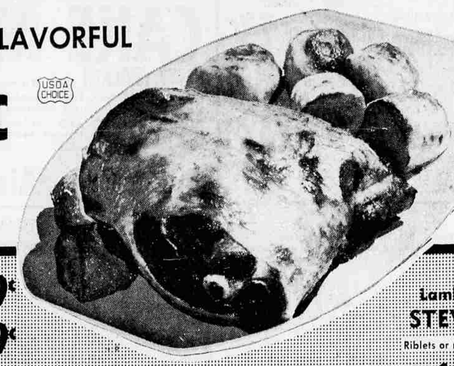
ROAST 39¢ lb.

USDA CHOICE

Superbly tender and juicy. Delicately flavored meat.

SAFEWAY Superb MEATS

LAMB SHOULDER . . . . LB.



Lamb Shoulder Chops Blade cut chops lb. 59¢

Rib Cut Lamb Chops U.S.D.A. Choice lb. 79¢

Chops n' Roast Combination shoulder roast with chops lb. 49¢

Breast of Lamb Ideal for braising lb. 19¢

Lamb STEW Riblets or neck lb. 19¢

SAFEWAY BEEF . . . BEST

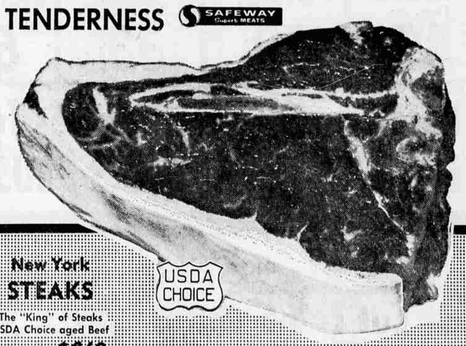
U.S.D.A. CHOICE . . . AGED FOR FLAVOR . . . TENDERNESS

SAFEWAY Superb MEATS

T-BONES 89¢

Compare the trim. Compare the value. Nothing but Choice grade.

MINIMUM OF WASTE . LB.



Sirloin Steaks Full cut, bone-in USDA Choice grade lb. 79¢

Top Sirloins Boneless, waste free USDA Choice beef lb. $1.39

New York STEAKS The "King" of Steaks USDA Choice aged Beef lb. $1.69

USDA CHOICE

Baking Salmon Half or whole (Slices 89¢ lb.) lb. 79¢

YOUR MONEY'S WORTH MORE AT SAFEWAY!!

CHUNK TUNA Bumble Bee for your favorite casserole. No. ½ can 5 FOR $1.00

CATSUP Highway. Add flavor to meat dishes. 20-oz. btl. 5 FOR $1.00

NUCOA Premium quality margarine Popular price. 1-lb. 19¢

TV DINNERS Swanson's. Choice of 8 meat or fish dinners. 11-oz. pkg. Ea. 49¢

JELL-O 13 wonderful gelatin fruit flavors. 3-oz. pkg. 3 FOR 29¢

ScotTissue White and Asst'd. 4-roll pack 53c
Waldorf Tissue For bathroom 4-roll pack 39c
ScotTowels Pink, Yellow Reg. 100 ft. roll 4 FOR 89c
Scotkins Paper luncheon napkins Pkg. 50 2 FOR 35c

FROZEN . . .
Potatoes Cal-Ida. 9 oz. pkg. 4 FOR 39c
Corn Sun Valley, kernel. 10 oz. 4 FOR 39c

Crown Flour Fine quality all-purpose 10 lbs. 1.23
Kraft Cheese American or Pimiento 8-oz. 35c
Swiss Cheese Kraft, deluxe sliced 8 oz. 39c
Dog Food Vets', Balanced dog diet 15 oz. 6 FOR 59c

SAFEWAY

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MAXWELL HOUSE COFFEE

Take a "Coffee Break"
1-lb. can 45¢
2-lb. can 89¢

Edwards Coffee Rich - Robust 1-Lb. can 43c
Edwards Coffee Full-bodied flavor 2-Lb. can 85c

TRULY FINE NYLON SALE!

Guaranteed First Quality 51/15 Plain Seams Reg. 69¢ a Pair Special 3 Pr. $1

Hair Spray Toni, Self-styling Adorn 7 oz. — plus Tax 1.65
Cough Syrup Pertussin. Sooth irritated throat 4 oz. 98c

BUILD YOUR VERY OWN MATCHED SET!

VOGUE COOKWARE

STAINLESS STEEL

Add one piece each week.

10" Fry Pan $3.49

4th WEEK

10 in. Open Fry Pan (Dutch Oven cover fits this pan)

U.S.D.A. "Choice" Beef For Your Locker - Cut and Wrapped Half Beef 51¢ lb.

DELICATESSEN

Fresh Baked . . . SNAILS Mrs. Wright's Delicious Cinnamon Pastry. Pkg. 43¢

COTTAGE CHEESE Lucerne, always fresh ½ Gal. 75c Qt. 38c Pint 19c

Raisin Bread Skylark. Chock full of raisins 15 oz. 30c
Skylark Buns Hamburger or Hot dog 8 count 33c
Hamburger Buns Skylark Sesame 8 count 33c
Lucerne Dressing Bleu Cheese Pint Jar 89c
Tillamook Cheese Extra good 2-lb. pkg. 1.39
AA Large Eggs Cream O' Crop doz. 49c

See How You Save At Safeway!

Almond Joy and Mounds bars. Indescribably delicious. 7 FOR 49¢
Breakfast Prunes Finest quality Town House. Vitamin rich. 2-lb. pkg. 49¢
Ripe Olives Oberti, pitted Giant size. Try in salads. No. 211 can 4 FOR 1.00

Potato Chips Blue Bell, 4-pack 14 oz. pkg. 79c
Asparagus Green Giant, finest quality 10½ oz. can 29c
White Corn Green Giant 12 oz. can 2 FOR 43c
Niblets Corn Whole Kernel. 7 oz. can 7 FOR $1
Mexicorn Green Giant 12 oz. can 2 FOR 45c
Niblets Whole Kernel, Vacuum Pack 12 oz. 2 FOR 43c
Sweet Peas Green Giant, tender. 303 can 4 FOR $1
Trend Liquid dishwashing detergent 22 oz. 49c

CHECK THESE BUYS

Ice Cream

Cherry Vanilla, Choc. Chip Almond, Peppermint Candy, Maple Nut, Choc. Marshmallow, Butterbrickle, Macadamia Nut, Butter Pecan, Banana Nut, Vanilla, Neapolitan, Butterfinger, Choc. Marble

Lucerne ½ Gal. 69¢

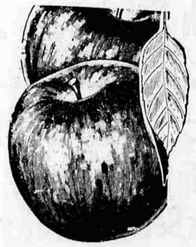
Cragmont Beverages How about a float tonite. Asst. flavors. Plus dep. 6 Qt. Btls. $1

PERFECT PARTNER FOR A GOOD STEAK!

Mushrooms Oregon grown, and delicately fresh! Perfect complement to all meats. lb. 59¢

ASPARAGUS Fresh, Large Green Spears! 33¢ lb.

Green Onions Crisp, green - flavorful yet mild! bunch 5c
Lettuce Large, firm, green heads 2 FOR 29¢
Potatoes U.S. No. 2 Russets 20-lb. bag 59c 50-lb. bag 1.47
Roses Oregon grown, No. 2 69c No. 1½ 98c



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SAFEWAY

Do Potatoes Top Vegetable List?

By FRANCES C. HALL
County Extension Agent

Are potatoes a number one vegetable with your family? If so, you are among the majority of families in the world today.

Potatoes bring a good deal more than the usual energy to keep us warm and to work or play, especially if we are outdoors.

Potatoes don't need to be "fattening." The high energy and satiety value they provide compensates for their calories. Nutritionists warn against arbitrarily deciding to eliminate potatoes from our diets. We need the valuable contribution they make to our health and well-being.

It's what you do to potatoes that makes them high-calorie food. A serving of plain boiled potatoes (½ cup diced) has only 43 calories or a medium baked potato has 100 calories. It's the butter, cream, gravy, and such that you add which raises the calorie count. So it's not fair to say potatoes are "fattening."

Many families consider potatoes a basic food and justly so. Potatoes are liked by almost everyone. Potatoes are plentiful and a real food value in Oregon. Potatoes can be digested by young and old. Potatoes are good for meals that are either light or heavy. Potatoes are available all year. Potatoes can be served frequently without monotony, are mild in flavor and combine well with other foods.

Put potatoes high on your food list. Cook them in their "jacket," bake them, mash them, make a kettle of soup, try some of the processed potatoes dried, frozen or canned. Remember, potatoes are good for you.

FEBRUARY SUNDAES

February parties call for an ice cream dessert with a fancy sauce. Silver fresh California dates and combine with thawed frozen strawberries and chopped nuts. Serve over scoops of vanilla ice cream or strawberry ice cream.

Delicious Dish For February

There is something inherently elegant about aspic, and "Avocado-Roquefort Aspic" carries out this tradition with remarkable flair and flavor.

The tomato juice that is chilled with gelatin to form the individual molds is seasoned with two kinds of salt—garlic and celery — and enhanced by Roquefort dressing and cubes of luscious California avocado. You may wish to top each serving with mayonnaise, although no additional dressing is really needed.

Serve it as a salad by itself or as an accompaniment for cold fried chicken, sliced turkey or roast beef. "Avocado-Roquefort Aspic" fills either niche with distinction. If you are having friends in for a luncheon party or buffet dinner, double the recipe and make a ring mold, filling the center with chicken or tuna salad, slaw or pickled artichoke hearts.

Be certain that the avocado you use is eating-ripe—in other words, soft. All California-grown avocados are mature when harvested, but this does not mean they have reached the stage of desired eating-ripeness. Winter varieties of the fruit are ready to be eaten if they yield to gentle pressure then cupped between the palms of you hands. Testing them for eating goodness is as simple as that. Never pinch an avocado because it will mar the fruit's appearance.

To be on the safe side in having a good supply of eating-ripe California avocados, purchase several at a time and let them ripen at room temperature in the kitchen. Should you desire to speed ripening, wrap each avocado in several thicknesses of newspaper and store in a warm place.

AVOCADO-ROQUEFORT ASPIC

1 envelope plain gelatin
1½ cups tomato juice
½ teaspoon garlic salt
½ teaspoon celery salt
½ cup Roquefort or blue cheese dressing
1 large California avocado
Salad greens

Soften gelatin in ½ cup tomato juice. Heat remaining juice; dissolve gelatin in hot tomato juice. Add garlic and celery salts. Blend in dressing. Chill until mixture begins to set. Cut avocado lengthwise into halves; remove seed and skin. Cut fruit into cubes and fold into aspic. Pour into six individual molds and chill until firm. Unmold on salad greens and garnish with mayonnaise, if desired.

Makes six servings.

SANDWICH SWITCH

For a switch in hot open-face sandwiches, substitute toasted shredded wheat biscuits for bread. Brush them with melted butter or margarine and place in shallow pan in pre-heated 350-degree oven for 10 minutes. Serve with topping of creamed ham and mushrooms.

Factors In Food

POTATOES

Whipped potatoes are popular partners for every entree — red meats, poultry and seafood alike. Serve them often in cloud-like mounds topped with melting butter or margarine, or boasting a superbly seasoned gravy to complement the meat. Whipped potatoes are magnificent in a host of other tasty combinations, too.

Potato-egg pie is tempting winter fare. Line individual ramekins or tart pans with seasoned mashed potatoes. Fill with sliced hard-cooked eggs. Sprinkle with chopped parsley, salt and pepper. Then pour in a tangy cheese sauce. Cover filling with addition al mashed potatoes and brush with milk. Bake at 350 degrees F. until nicely browned and thoroughly heated, about 30 minutes. Garnish with sliced hard-cooked eggs.

Turnip patch potatoes have an old-fashioned flair. Whip together equal amounts cooked potatoes and turnips. Add milk and butter or margarine as desired, and season to taste.

Potato puff features whipped potatoes in a light and lofty guise. To serve 4 to 6: Combine 2 cups hot mashed potatoes, ¼ cup shredded sharp cheese, ¼ cup sour cream, sprinkling of chopped chives and a dash of salt. Beat 3 egg yolks until smooth, add to potato mixture and whip until light. Beat 3 egg whites until stiff, but not moist, and fold into potato mixture. Pour into a buttered 1½ quart casserole and bake 1 hour at 350 degrees F.

Potatoes chantilly are a dinner-time novelty. To serve 6: Spread 4 cups hot, seasoned mashed potatoes in a greased shallow baking dish. Whip ½ cup heavy cream and add 2 tablespoons chopped chives, a dash of paprika and salt. Spread over potatoes. Bake at 375 degrees F. until top is browned, 15 to 20 minutes.

Potato-fudge frosting is delightful on angel food and sponge cakes. For enough frosting to cover the top and sides of a 9-inch tube cake: Melt 1-3 cup butter or margarine and cook until lightly browned. Add 2 squares unsweetened chocolate and stir until melted. Stir in 1-3 cup mashed potatoes, 1½ teaspoons vanilla extract and a dash of salt, and mix well. Gradually blend in 3 cups sifted confectioner's sugar and 2 tablespoons milk, beating after each addition.

Market Basket

Oregon State University Extension Service

March, the first of four months when the price of large eggs usually reaches their year's low, also parallels the beginning of Lent. Both are good reasons why smart menu planners will use more eggs in the weeks ahead. At 50 cents a dozen, large eggs are 31 cents a pound and slightly more than four cents each. Bacon or ham and eggs, cheese souffle, custards, deviled eggs, egg salads or sandwiches, and such are in order for the weeks ahead. Eggs are complete protein, thus the rule for cooking is to keep the heat low for tender, tasty products.

With an abundance of pork, markets continue to carry special lower prices on bacon, hams, and other cured pork items. Wholesalers note there should be a lot of fresh pork specials, also. And retail market ads are following along with that prediction.

Beef and lamb cuts continue with special lower prices, too. Those delicious beef rib roasts bone easily and the chunk of meat can be sliced to desired thickness. The trim and bit of meat left on the rib bones make excellent meat for a stew, along with some of the hardy winter vegetables.

Seafoods for Lenten meals include many frozen and canned varieties. Fresh smelt are predominate. Salmon season opened on the Columbia Feb. 15. Lingcod, red snapper, flounder, and sole are other fresh seafood choices. If you aren't familiar with rockfish - red snapper, ocean perch, you'll want to try it. It's a lean fish and almost any cooking method may be used. Be sure you never overcook any fish; keep it tender and moist.

Carrots, potatoes, apples, winter pears, and lettuce are big supply items noted in the fresh produce department this week. You'll notice fresh tomatoes have dropped in price some.

The Bahama Islands are shipping cantaloupes and cucumbers into Florida; Florida is then reshipping these items to the West Coast. Luxury items but available if you want them.

As we expect, citrus items are a little on the expensive side. Frozen and canned citrus juices are more commercial. Canned fruits and vegetables offer a lot of good economical eating. Canned corn, beans, peas, tomato products, and cherries are particularly plentiful. Because of modern processing techniques, there is little or no difference in nutritional value of canned versus fresh fruits and vegetables.

Feast Of St. Blaise

Round Steak For 2

The mountain people of the French and Spanish Pyrenees have a novel way of observing Feb. 3. The day is named for an early-century bishop who is said to have had the power to heal throat ailments and certain other diseases. The festival dish is a sausage, highly seasoned with peppers. Fresh raw oysters are served immediately to act as a "chaser" for the burning sensation left by the peppers.

Curative powers are not claimed for the sausage you find at your local meat counter, but health-conscious homemakers will be glad to know that the meat proteins in sausage are equally as nutritious as those in any meat cut.