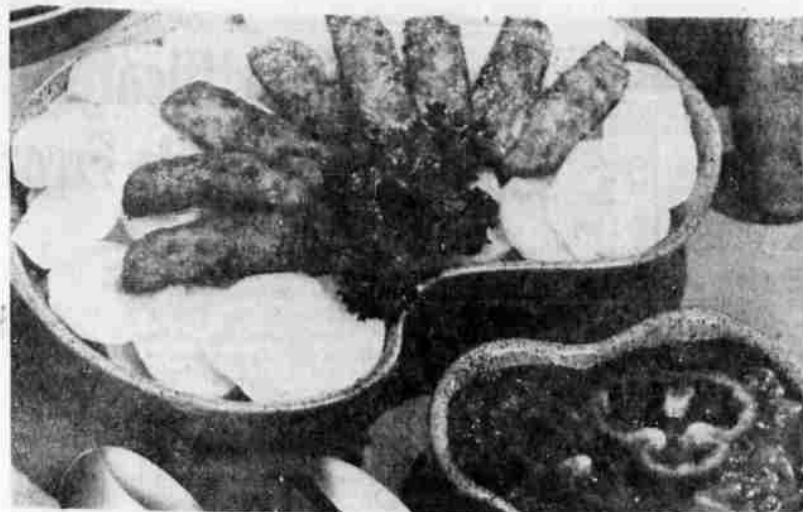




WINTER OR SUMMER — Hot Tossed Potato Salad is good any time for a winter supper or a summer picnic.

New Version Old Favorite

Hot Tossed Potato Salad is a new version of an old favorite, extra dramatic when you toss it for your guests with its special, glistening tomato sauce.

No need for this popular standby to become routine, not when you enhance it with a delicious, unexpected sauce. Potatoes have more flavor when served hot, and by combining them with a flourish of heated sauce at the last moment you change the flavor of both into something unusually delicious.

Since potato salad is a manly dish, probably the man of the house would enjoy tossing this (a change from greens) and accepting compliments as a talented host. After that, it's bound to be your most borrowed recipe. Served with slices of browned luncheon meat, Hot Potato Salad is a hearty meal in itself. It also dresses up left-over meats—try it with second-day cold, sliced lamb or chicken!

HOT POTATO SALAD

(4 servings)

- 1/2 cup poly-unsaturated oil
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1 tablespoon flour

(Continued on 7-B)

Oriental Flair In Main Dish

Impress guests or simply the family with "Almond Crab Stuffed Peppers," baked green peppers with an elegant filling to tempt the most discriminating food fanciers.

Here's an ideal meatless main dish for a Friday dinner. It's also an excellent "extender" of crab meat. And as a further recommendation, it is quick and easy to prepare.

The stuffing is a taste-rewarding combination of crab meat, rice, roasted diced almonds, instant minced onion, lemon juice and dill weed. Before being slipped into the oven, the peppers are surrounded by tomato soup. The result: An entree as colorful as it is flavorful.

Crisp almonds, whether diced, slivered, halved or whole, provide crunchy texture and distinctive flavor in many stuffings—for poultry as well as peppers—casseroles, fish and meat sauces, vegetable dishes, salads and desert. As out-of-hand eating, these nuts are traditional

- almond crab
ALMOND CRAB STUFFED PEPPERS
- 1 cup roasted diced almonds
 - 1 1/2 cups cooked rice
 - 1 can (6 1/2 oz.) crab meat, flaked
 - 1/4 cup lemon juice
 - 1 teaspoon salt
 - 1/2 teaspoon dill weed
 - 1/3 cup butter
 - 1 1/2 tablespoons instant minced onion
 - 6 seeded green peppers

(Continued on 7-B)



INDISPENSIBLE RECIPE — Meatless main dishes are needed in well-rounded recipe collections, especially when they are as tasty as "Almond Crab Stuffed Peppers" filled with crab meat, crunchy almonds and rice.



OLD WORLD TASTE — Wheat Germ Apple Pancake originated in Germany and can be a main course of a meatless Lenten dinner — or breakfast or lunch.

Pancakes For Lent

Here's good news for the home-maker who must prepare meatless meals during the Lenten season.

The "good news" is a wheat germ German apple pancake, a Continental favorite, that is featured on dinner menus in leading German restaurants both here and abroad. It is real good eating, delicious and substantial. The apples and lemon juice add a mouth-watering tang which gives an "apple pie-like" taste-appeal to the light, fluffy pancake. With its wheat germ, milk and eggs, this German delicacy is a nutritional powerhouse; good quality protein the above foods making the pancake a good meat substitute. Wheat germ also contributes its B vitamins, vitamin E and other nutrients.

(as shown in foreground of picture) or it can be served pie-shaped as it comes from skillet. German restaurants usually serve it the latter way.

- WHEAT GERM GERMAN APPLE PANCAKE**
- 3 eggs, slightly beaten
 - 1/4 cup milk
 - 1/2 cup sifted flour
 - 1/4 cup wheat germ
 - 1/2 teaspoon salt
 - 1-3 cup sugar
 - 2 tablespoons butter or margarine
 - 2 cups thinly sliced apples (2 medium apples)
 - 1 tablespoon lemon juice
 - Confectioners' sugar or brown sugar
- Combine eggs, milk, flour, wheat germ, salt and 2 table-

(Continued on 7-B)

HELP!



FOR LENTEN MENU PLANNING

This is a piggy bank. Color it yellow.
Best place to empty it is in an insured savings account at

The United States National Bank of Portland • Member Federal Deposit Insurance Corporation

CARTER'S

BACON 'n EGGS

Swift's Sweet Rasher Medium "AA"

39^c lb. **39^c Doz.**

TOM'S MEAT MARKET
 Always a Butcher to Serve You!
 Featuring U.S.D.A. "Choice" Aged Beef

Mouth Watering

Pork Roast

Fine Midwestern Pork Butt Cuts

39^c lb.

LOOK!
U.S.D.A. Grade 'GOOD' or 'CHOICE'

HIND 1/4 BEEF

AGED FOR FLAVOR

54^c lb.

Cut and Double Wrapped Free

Lean, Juicy

Pork Steak

Swift's Cornish Game Hens

45^c lb. **79^c ea.**

Bologna

Swift's Premium By The Chunk

39^c lb.

Corned Beef

Cravac

79^c lb.

Nalley's

Mayonnaise

Full Quart

39^c

White Star Chunk

TUNA

1/2 Tins

5^F \$1^R

Golden Poppy

TOMATO JUICE

46-Oz. Tins

5^F \$1^R

NAPKINS

Kitchen Charm 60 Count

5^c

Wax Paper

Kitchen Charm 75' Roll

10^c

Pancake Mix

2-Lb. Pkg. Duncan Hines

35^c

Kaiser Broiler Pans 8 1/2 x 12 53^c	Moreno's Frozen Beef TACOS 13 1/2-Oz. 59^c	Wesson Oil 38-Oz. 75^c	Renuzit Spray STARCH 15-Oz. 45^c
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Oyster Stew Willapoint 10 1/2-oz.
4^F 1.00

Beef Stew Haley's, 40-oz.
69^c

Corn Diamond A — Whole Kernel or Creamed. No. 303 tins
3^F 39^c

Chili Hormel, with Beans 40-oz.
49^c

Nu Soft 32-oz.
69^c

Potatoes French's Instant 7-oz.
4^F 1.00

Pineapple Del Monte sliced or chunk No. 2 tin
3^F 1.00

Spaghetti Chef Boy-Ardee, with Tomato Sauce, 15 1/2-oz.
2^F 25^c

Syrup Dickenson's Wild Coast Blackberry 16-oz.
49^c

Tuna for Cats Captain Kitt No. 1/2 tins
2^F 25^c

White King D Giant Size
49^c

Syrup Cottage 22-oz.
3^F 1.00

SNOBOY

SPRING SALAD TIME

Red Ripe Slicing

TOMATOES

Red Leaf

LETTUCE

Thin Skinned Fuerte

AVOCADOS

19^c lb

2 Bu. 29^c

3^F 39^c