



SPRING DAYS — With March winds cold in this climate, the small of good food and the warmth of indoors go hand in hand. Try a tempting Meatball Stew for dinner, made easy good with canned condensed mushroom soup. It fills the bill. Make a citrus salad, serve with hot bread and plenty of coffee.

Ground Beef And Soup

Chill winds, the cheer warmth of the indoors and smell of good food go hand in hand. A well stocked pantry and freezer are decided assets, especially at this time of year. Then, despite the weather your table can abound with tempting meals.

There's nothing like a hearty, nourishing, economical stew to delight the palate. For a delightful, fully different one, combine plump meatballs with saucy good canned condensed cream of mushroom soup... a pantry shelf must for tasty meals anytime of year. Colorful canned carrots and onions plus cooked green beans, complete this satisfying entrée.

Round out your menu with hot French bread... keep several packages of the brown 'n serve kind in your freezer... and a canned citrus salad.

Don't forget plenty of hot coffee!

Hawaiian Melon Takes Honors

(Continued from 1-B)

The four top winners and their chapters were guests of the National Red Cherry Institute at the Ambassador Hotel.

The following is Miss Yee's winning recipe:

TROPICAL CHERRY PIE
1 pound can (2 cups) water packed tart red cherries
1/2 cup sugar
2 1/2 tablespoons cornstarch
Dash salt
Few drops red food coloring
1/4 teaspoon almond extract
1 3/4-ounce can (1-1/4 cups) flaked coconut
1 9-inch baked pie shell
3 egg whites
Dash salt
6 tablespoons sugar

Drain cherries thoroughly, reserving liquid; add water to make one cup. Combine 1/2 cup sugar, cornstarch and salt. Add reserved cherry liquid. Cook, stirring constantly, until thick and clear. Remove from heat; add coloring, extract and cherries; cool to room temperature. Add one cup coconut, spoon into baked crust. Beat egg whites and salt to form soft peaks; add six tablespoons sugar gradually, beating until stiff peaks form. Spread meringue over filling, sealing to edges. Sprinkle with remaining coconut. Bake at 350 degrees 12 to 15 minutes or until golden brown. Yield one nine-inch pie.

Chicken Casserole

(Continued from 1-B)

6 eggs, well beaten
8 cups milk, fresh or powdered (follow instructions)
Mix eggs and milk. Beat fat and mix in flour to form paste. Add egg and milk mixture and keep stirring. Lumps will smooth out.

Use large layer pan or three 8 by 12 glass baking dishes. Spread layer of dressing evenly on bottom, then alternate chicken and sauce. Sprinkle top with cracker or bread crumbs and bake one hour at 350 degrees. Cooking sherries may be substituted for some of the milk. It gives chicken a delicious, unusual flavor.

Grade School Menus

Monday, April 1
Weiner Winks, buttered peas, cheese and celery stalks, cherry cobbler, one half pint of milk.

Tuesday, April 2
Hamburger gravy on buttered mashed potatoes, buttered corn, whole wheat rolls or muffins, fresh pear, one half pint of milk.

Wednesday, April 3
Vegetable beef soup, egg salad sandwich, finger foods, e. a. k. e., one half pint of milk.

Thursday, April 4
Noodle Medley, combination vegetable salad, hot homemade buttered cinnamon rolls, one half pint of milk.

Friday, April 5
Fish sticks, baked brown potatoes, carrot pennies, peaches, hot homemade buttered rolls, one half pint of milk.

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Pineapple	Del Monte, Sliced or Crushed, No. 1 Flat	6¢ 1.00
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Kidney Beans	Drews No. 300	8¢ 1.00
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Fruit Cocktail	Cottage No. 303	4¢ 1.00
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Peas	Del Monte No. 303	5¢ 1.00
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4 8-oz. Tins 1⁰⁰

OYSTERS

Orchid, Whole
3 8-oz. Tins 1⁰⁰

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Market Basket

OREGON STATE UNIVERSITY Extension Service... Eggs! There's a bonanza of egg treats! And they are one of our low, low priced foods... a real budget buy. Its large egg season so expect to get the most egg for the money from the large sizes. Bacon and smoked hams show the result of a big supply of pork. Last fall's little pig crop was the second highest on record. There are plenty of bacon and smoked hams to meet the present shopper demand, so watch for special lower prices. A good thing about buying a ham of generous size is that you can have ham for sandwiches, snacks, and hot casserole meals.

The word from sea food suppliers is that there is a good supply of everything except fresh salmon and Dungeness crab. First of the fresh strawberries have hit the markets... coming from California. Asparagus and rhubarb are very much in evidence in the market. But if you plan to keep canned ham on a shelf it must be a small size ham, from 1 1/2 to three pounds. These small ones are actually sterilized to keep at room temperature. The larger sizes — up to 10 pounds — must be kept under refrigeration. Be sure to read the label on the can. Know what you buy.

Fresh pork cuts are very much in evidence, too. Although pork chops may be a favorite, remember there are only about 10 pounds of center cut pork chops in a 20-pound porker. So, there's a good reason to investigate other less popular, but equally nutritious cuts. Try end-cut chops or shoulder steaks to get that good pork flavor.

Turkeys will be very much in evidence in markets from now on for pre-Easter and Easter meals. Suppliers report there are plenty of all sizes. Closer to Easter you'll find fresh, unfrozen turkeys.

Poppy Seed Cake

Baking a cake can do wonders (in lifting your spirits on a dreary, rainy day... an old-fashioned kind of cake you put together yourself.

Try this heavenly Poppy Seed Cake with a custard filling and creamy chocolate frosting. The shortening is economical, but, noted for producing light cakes and flaky pastry, states home economist Beba Stages. Because of the filling, this cake should be refrigerated or stored in a cold place.

POPPY SEED CAKE:
1/2 cup poppy seeds
1 cup milk
2 1/2 cups sifted enriched flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
2 1/2 cup lard
1 1/2 cups sugar
4 eggs, whites
1 teaspoon vanilla
Add poppy seeds to milk and soak in refrigerator overnight. Cream butter and layer cake pan with waxed paper. Sift together flour, baking powder and salt. Cream lard, gradually add 1/2 cup sugar and continue creaming on light and fluffy. Add sifted dry ingredients alternately with poppy seed mixture. Beat egg whites until frothy. Add remaining 1/2 cup sugar gradually to egg whites, beating until stiff. Fold beaten egg white-sugar mixture into batter. Add vanilla. Pour into cake pans and bake in a moderate oven (350 degrees) 25 to 30 minutes. Cool, spread custard filling between layers and Chocolate Frosting on top and sides.

CUSTARD FILLING:
6 tablespoons flour
1 cup sugar
1/4 teaspoon salt
4 egg yolks, beaten
2 cups milk
Combine flour, sugar and salt in a small saucepan. Add milk and stir until thickened. Add mustard and vinegar. Keep sauce and potatoes hot. Brown slices of luncheon meat in skillet or broiler. Toss sauce with potatoes.

CORN CASSEROLES:
Vary vegetable service by having individual casseroles of corn for dinner. Cook six slices of bacon until crisp; remove and drain. Mix two tablespoons of the bacon fat with a pound can of cream style corn, two beaten eggs, 1 tablespoon parsley flakes, one tablespoon instant minced onion and 1/2 cup chili sauce. Add crumbled bacon. Pour into buttered small individual baking dishes. Bake in a moderate oven (375 degrees) about 25 minutes, until firm. Four servings.

CHICKEN LIVERS:
Be elegant in minutes with Spanish Chicken Livers for dinner. Cut 1/2 pound chicken livers in half; sprinkle with salt and pepper and roll in flour. Cook in butter until lightly browned. Add two cans Spanish style rice; mix gently, cover and heat briefly. Makes four delicious servings.

Pancakes For Lent
(Continued from 3-B)
1 1/2 tablespoons sugar
1/2 teaspoon salt
1/2 cup tomato sauce
2 tablespoons prepared mustard
1/4 cup vinegar
4 cups cooked, sliced, hot potatoes
1 can luncheon meat, sliced
Cook onion and green pepper in oil until tender. Blend in flour, sugar and salt.
Add tomato sauce and cook over low heat until thickened. Add mustard and vinegar. Keep sauce and potatoes hot. Brown slices of luncheon meat in skillet or broiler. Toss sauce with potatoes.

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