

Market Basket

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One way to stretch the food dollar during these days of high citrus fruit prices is to take advantage of the seasonal abundance of melons. Vine ripened locally grown watermelons and cantaloupes provide a generous amount of vitamin C. Prices are low enough to make these melons the best fruit buy on the market.

Casaba, cantaloupe, Persian and honeydew melons are also plentiful. These melons are shipped from California and the prices never get as low as our local melons. However, they are the lowest price they've been this season and quality is excellent.

The California grape crop is a

record one. Red malagas, lady fingers and Thompson seedless grapes are abundant and moderately priced. Use them in fruit compotes, fruit salad combinations, molded salads or desserts, and keep some around for out-of-hand eating.

Banana prices are down a bit, due to the competition from the many seasonal fruits on the market.

This is the time of year when Oregon vegetables are in greatest supply and of highest quality. Most economical buys include summer squash, cabbage, snap beans, and sweet corn.

All the necessary ingredients for making super-duper pickles are on the market. Cucumbers, both green and lemon cukes, pickling onions, red peppers, and dill are piled high on produce counters waiting for the pickling kettle or jar.

Later varieties of local sweet corn are appearing in the markets. These varieties are usually preferred over the early ones. Quality-minded consumers hurry corn home from the market... and keep it cool until time for preparation.

Local green cabbage is crisp, delicious and an economical source of vitamin C. Priced a little higher, but offering an interesting menu change, are the red and Chinese cabbages. Season shredded red cabbage and sliced apples with salt, pepper, and a little brown sugar. Saute in bacon drip-

plings until barely tender... serve immediately.

Tomatoes from the Milton-Freewater area, and from Washington and California, are moderately priced and good quality. Serve sliced tomatoes instead of the usual (and always popular) tossed salad.

Green peppers are now occupying a more conspicuous place on the produce counters. Flavorful, nutritious and about as low in price as they will get—now is the time to buy them for stuffing. Fryer production continues to soar. We may see some specials on the 4 to 8 pound Bellville turkeys which are fine for barbecuing. Mature turkey breeder hens are just about off the market.

Eggs have increased in price which is usual for this season. When the price difference between large and medium size eggs is less than 8 cents, the large eggs are the better value.

There are some good specials on steaks. Ham also is being featured, although other pork items will likely be somewhat higher. Canned tuna is prominently displayed in most markets—often at special prices. Supplies are abundant. Tuna is economical, very convenient to use, and is great for quick and easy casserole dishes.

Meat Loaf

2 pounds ground beef
¾ cup milk
1½ cups soft bread crumbs
2 teaspoons salt
¾ teaspoon pepper
1 medium carrot, grated
1 small onion, diced
2 eggs, slightly beaten
¾ cup catchup
2 tablespoons prepared mustard

Pour milk over bread crumbs. Add ground beef, salt, pepper, carrot, onion and eggs. Mix thoroughly. Pack in a 9x5-inch loaf pan, or shape into a loaf, 9x5 inches. Mix together catchup, brown sugar and mustard. Spread catchup mixture on meat loaf. Bake in a slow oven (300 degrees F.) 1½ to 2 hours. Eight servings.

Fun To Make

Coffee Bubble Ring is a version of the popular bubble loaf. It's more festive this way, baked in a tube pan, but still easy to serve by merely pulling apart the separate bubbles of dough. The bubble rings can be made with particular dispatch since you are dealing here with a batter, instead of a yeast dough. No kneading is necessary, and rising times are kept to a minimum.

ONION GARDEN-FRESH

The field-fresh flavor of handy, instant minced onion, combined with anchovies, cubed cheese and salad greens, makes "Scandinavian Salad" a surefire tossed treat.

Combine ½ teaspoon instant minced onion with ¼ cup vinegar, ½ cup each salad oil and cubed process American cheese and 1 can (2 oz.) rolled anchovies.

Let stand in refrigerator for 1 hour. Add 1½ quarts torn crisp salad greens and salt to taste; toss until well-blended. Serve at once. This makes 6 servings.

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COFFEE BUBBLE RING

¾ cup milk
¼ cup sugar
1 teaspoon salt
¼ cup or ½ stick margarine
2 packages of dry or two cakes of dry or compressed yeast
½ cup warm water
2 eggs
4 cups unsifted flour
1 cup sugar
1 cup chopped pecans
2 teaspoons cinnamon
Melted margarine

Scald milk; stir in ¼ cup sugar, salt and ¼ cup margarine. Cool to lukewarm. Measure warm water into large warm bowl. Sprinkle or crumble in the yeast. Stir until dissolved. Add luke-

warm milk mixture, eggs and two cups of flour; beat until smooth. Stir in remaining two cups of flour. Mix until well blended. Cover and let rise in warm place, free from draft until doubled in bulk, about 30 minutes.

Meanwhile combine remaining one cup of sugar, chopped pecans and cinnamon.

Punch down dough and place on lightly floured board. Divide dough in half. Form each half

into 1½-inch balls. Dip balls into melted margarine and then in sugar-pecan mixture. Place in greased 6½-cup ring mould. Arrange balls in two layers. Cover; let rise in warm place until doubled in bulk, about 30 minutes. Bake in moderate oven (375 degrees) about 25 minutes or until well done.

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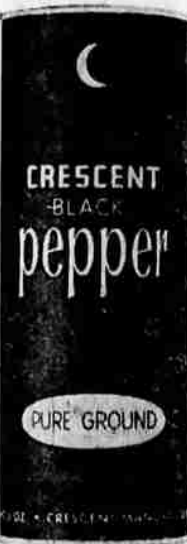
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