

Tempt Your Guests With Fresh Bread

When the guests are adults, you can join in the trend to foreign cooking by going French. Luscious French bread is really quite easy to make at home. You don't even knead it! These are shaped into individual loaves, so each guest can have his own little bread. To add to the true French flavor, serve them with a wedge of Roquefort cheese.

INDIVIDUAL FRENCH (Makes 6 loaves)

- 1 1/4 cups warm water (105-115 degrees F.)
- 1 package or cake yeast, active dry or compressed
- 1 1/2 teaspoons salt
- 1 teaspoon margarine, melted
- 3 1/2 cups unsifted flour
- Cornmeal
- 1 egg white
- 1 tablespoon cold water

Measure warm water into large, warm bowl. Sprinkle or crumble in yeast; stir until dissolved. Add salt and margarine. Add flour and stir until well blended (dough will be sticky). Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Turn dough out onto lightly floured board. Divide into 6 equal portions. Roll each into an oblong 6 x 3 inches. Beginning at wide side, roll up tightly toward you: seal edges by

pinching together. Taper ends by rolling gently back and forth. Place loaves on greased baking sheets sprinkled with cornmeal. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

With razor, make 4 diagonal cuts on top of each loaf. Bake in hot oven (450 degrees F.) 15 minutes. Remove from oven and brush with egg white mixed with cold water. Return to oven, bake 5 minutes longer.

MEAL-IN-ONE

Slip this meal-in-one casserole into the oven, then relax awhile before dinner goes on the table. Open a can of tender blue lake green beans and one of small white potatoes. Place in baking dish. Combine 1/2 cup liquid from beans with one can condensed cream of vegetable soup. Pour over vegetables. Spread slices of canned luncheon meat or ham with a mayonnaise-mustard mixture and place on top of vegetables. Bake in moderate oven 30 to 45 minutes.

MARKET BASKET

Food Marketing Specialist
 Oregon State University

Market news can save you money when you fill your shopping cart. It pays to watch your newspaper ads. Food items in extra supply are the ones most frequently specialized. Fruits and vegetables are featured most often when they are at their seasonal peak of supply, so buying in season can really make your food dollar go further.

Squash and potatoes are among the outstanding in-season vegetable buys. Home grown acorn, butternut, Hubbard and marblehead squash are plentiful. One half-cup of yellow squash provides more than the day's quota of vitamin A—a reason for serving them often. In addition, squash contains significant amounts of minerals and other important vitamins.

The onion crop is smaller than average and onion prices are rising and will probably go higher. Cabbage, carrots, turnips and rutabagas are in good supply and economically priced. Produce houses tell us that seldom have they seen apples so good and so inexpensive. Many of the Oregon apples are now in storage, which means general prices may begin to

ease upward, although this is not yet reflected in prices.

Cranberries are a feature item this month. Lemons are plentiful and moderately priced. Grape supplies are declining although there are still a goodly amount of red Emperors. Grapefruit prices are moderate.

A thumbnail sketch of the market situation on meat and poultry may help with shopping for next few weeks. Beef supplies are fairly large, and prices are lower than a year ago. Seasonal demand has increased a bit on roasts and decreased for steaks. Therefore, we may see some good specials on steak in the next few weeks. Restocking freezer or locker supplies of beef at current prices is worth checking into.

Pork supplies will continue seasonally large during the next several weeks. Pork loins, loin chops and roasts, Boston butts, and spareribs are likely to be frequent retail specials. Have you noticed the particularly good quality pork we are getting these days? Again, families with freezers should be alert to economical restocking on either wholesale or retail cuts.

Cured ham prices are a little below last year. Prices on hams

normally rise somewhat in the late fall because of the demand during the approaching holiday season. Prices on bacon are at a relatively low level.

Lamb supplies are fairly large, but slightly smaller than last year. Prices, however, are a little below last year because of competition from large supplies of other meats.

The volume of turkey will be seasonally large during November and December with strong

holiday promotions maintaining prices at very reasonable levels.

Storms have caused a short supply of fresh fish. Oysters are very good right now. Crab meat is scarce, but the situation should improve when the crab season opens in Oregon and Washington on Dec. 1.

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GO FRENCH — At your next dinner party serve these individual crisp French loaves baked in your own kitchen with a wedge of Roquefort cheese. The crisp days of fall, when leaves swirl around the house corners and the wind moans in the chimney, slip on an apron, turn on the oven and delve into dough.



COLORFUL TRIO, GOOD TO EAT — Three flavors of ice cream make a colorful pie. Use your prettiest silver pie serving dish and decorate the pie with bits of mixed fruits and nuts.

Rainbow Colors In Ice Cream Pie

One of the handiest foods in the home freezer today is ice cream. It is an always ready dessert that can be scooped and topped with a sauce or made a bit fancier when served as a parfait or in a pie.

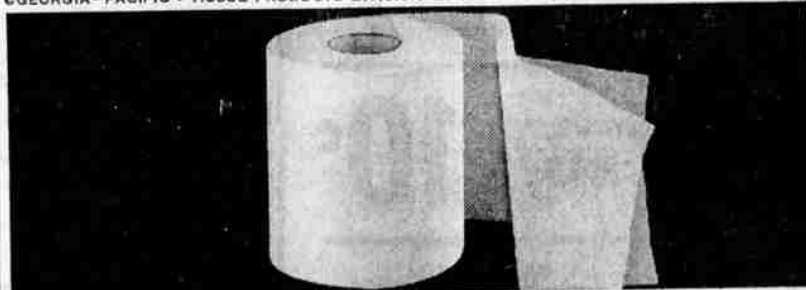
- 1 pint vanilla ice cream
- 1 pint strawberry ice cream

For sauce, combine fruits, pecans, corn syrup, sugar and orange juice. Bring to boil; simmer 1 minute. Remove

from heat; stir in rum flavoring. Chill. For crust, combine cookie crumbs and butter; mix well. Press mixture evenly in pie plate. Stand whole cookies upright around edge. Chill. Spoon chocolate ice

cream into a layer in cookie crust and drizzle with 1/4 of the sauce. Repeat, using vanilla and strawberry ice cream and sauce. Freeze until serving time. Pass remaining sauce. Makes 6 to 8 servings.

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