

Use Nutmeg In Many Ways

(Continued from Page 1-B)

sprouts, onions, potatoes, squash and sweet potatoes.

- NUTMEG MARROW BALLS
IN VEGETABLE SOUP**
- 1 lb. marrow (shin) bones
 - 1 large egg, beaten
 - 1/2 teaspoon salt
 - 1/4 teaspoon ground black pepper
 - 1/4 teaspoon ground nutmeg
 - 1/2 cup fine dry bread crumbs
 - 1/2 teaspoon double-acting baking powder
 - 2 pkgs. (2 oz. each) dehydrated vegetable soup mix
 - 1/4 teaspoon ground black pepper

Remove marrow from bones and measure 1-3 cup and mix with next 6 ingredients. Beat until smooth. Refrigerate at least 1 hour or until mixture is firm enough to handle. In the meantime, cook bones 40 minutes in 6 cups water. Remove bones and stir in soup mixture. Cover and cook 10 minutes. Shape marrow mixture into 1-inch balls and drop into hot soup. Cover and cook 15 minutes without lifting cover. Add black pepper. Serve hot as a main dish for supper or lunch. Yield: 6 servings.

Market Basket

Pears have always been known as the glamour fruit, and the winter varieties are truly delightful. Anjous, Comice and Rose are all in the markets for holiday eating. Ripen pears at room temperature until the flesh near the stem end yields slightly to thumb pressure. It may take several days for the fruit to reach eating ripeness.

Ripened pears may then be held for several days in the refrigerator. Chilling enhances their mellow flavor. Warm baked pear halves topped with cranberry jelly are an interesting accompaniment for your favorite meat or fowl.

Apple prices are low and the quality of all varieties is excellent. Refrigerate apples when you take them home to keep them crisp and juicy.

There are plenty of sweet navel oranges and tangerines. Bananas, too, are plentiful and moderately priced. A fruit bowl heaped with oranges, bananas, apples and pears is inviting and may divert the family from some of the holiday sweets.

Good quality Florida tomatoes are available at somewhat lower prices than we have seen for awhile. For salads, consider tomatoes, cabbage, carrots, celery, onions, radishes and romaine.

Best vegetable buys include potatoes, dry onions, cabbage, carrots and squash.

Top values in the protein department are beef and chicken. Both are in particularly large supply. Longer-cooking beef cuts such as potroasts and rump roasts will be featured at very favorable prices.

Pork values will continue good for the next couple of weeks. Pork steak will probably be a featured item. Bacon will likely take a seasonal uptrend.

Quick Brownies

A spur-of-the-moment sweet treat for family and friends. These cake-like brownies are a snap to put together. Let your mixer do the work.

- 1 cup chopped filberts
 - 1/2 cup sifted flour
 - 1 cup sugar
 - 1/2 cup cocoa
 - 1/2 teaspoon baking powder
 - 1/2 teaspoon salt
 - 2-3 cup butter
 - 2 eggs, unbeaten
 - 1 teaspoon vanilla
 - 1 tablespoon corn syrup
- Toast filberts. Sift next five ingredients into mixing bowl. Add remaining ingredients, except filberts, and beat two minutes on low speed of mixer or 300 strokes by hand. Stir in filberts, reserving a few for the top. Spread in nine-inch square greased pan. Sprinkle reserved nuts over the top. Bake at 350 degrees about 25 minutes. Cool and cut.

CANNED ENTREES

With hurried and hurried activities canned ready-prepared entrees are wonderful to have on hand. After a late afternoon meeting or before an early evening dinner is ready in a few minutes with heat and serve. Canned Spanish style rice, spaghetti in meat or tomato sauce, spaghetti with meat balls, macaroni in cheese or tomato sauce, beef stew, ravioli, tamales, enchiladas, tuna and chicken dinners, or Welsh rarebit. Keep an assortment on your shelf for good meals in minutes.

LOOK

Market Basket's pledge for the New Year: Continued high quality and service at lower prices. Shop this weekend and see!

BANANAS

Extra Fancy No. 1 Golden Hands!



12^c lb

- Cauliflower
- Grapefruit
- Oranges
- Avocados
- Cabbage

Snow White Heads Cello Wrapped **23^c**

Florida Ruby Reds Medium size, juicy **9^c FOR \$1**

Sunkist Sweet Juicy Navels Stock up and save **7^c FOR \$1**

Soft Shell Fuertes **9^c FOR \$1**

Fresh, Crisp. Try it With Pork Hocks from our meat department **5^c lb.**

"GUARDED FLAVOR!" FLAY-R-PAC FROZEN FOODS

Flay-R-Pac -- Your Choice

- ★ Cut Green Beans
- ★ French Gr. Beans
- ★ Chopped Broccoli
- ★ Butter Beans
- ★ Whole K. Corn
- ★ Green Peas
- ★ Peas & Carrots
- ★ Leaf or Chop Spinach

All 9 & 10-oz. pkgs, Mix or Match

6^c PKGS \$1⁰⁰

Flay-R-Pac -- Your Choice

- ★ Fordhook Limas
- ★ Baby Limas
- ★ Cauliflower

10-oz. pkgs. — Mix or Match

5^c PKGS \$1⁰⁰

Frozen Pies

Banquet 20-oz. — Your choice: Apple, Cherry, Peach, Coconut Custard, or Custard. **29^c**

ORANGE JUICE

Frozen Tree Sweet 12-oz. tins **49^c**

Famous Big G CEREAL SALE

Your choice of 10 1/2-oz. Cheerios, Frosty O's, 9-oz. Kix, 10-oz. Sugar Jets, 8 1/2-oz. Trix, Twinkles, 12-oz. Wheaties or 8-oz. Total. Mix or Match.

3^c PKGS \$1⁸⁹

PORK PARADE AT



PRICES!

Center Cut Pork Roast **39^c lb.**

Lean Pork Steaks **45^c lb.**

Economical Pork Hocks **19^c lb.**

USDA Good and Choice BONELESS Beef Stew **lb. 69^c**

In Light Wine Sauce—Marinated Steak **lb. 69^c**

USDA Good Boneless Briskets Corned Beef **lb. 69^c**

Ground Fresh Several Times Daily Ground Beef **3 lbs. 1.19**

Lumberjack Syrup 22-oz. Bottle **33^c**

Crater Freeze Crater Lake Low Calorie Frozen Dessert 1/2 Gal. **59^c**

Days Fresh! Local Crater Lake Cottage Cheese **25^c Pint 49^c Qt.**

Mary Ellen Strawberry Preserves 20-oz. Jar **49^c**

Dr. Ross Burger Bits 25 Lb. Bag **1.99**

MJB Black Dog Food 48-Bag Pkg. **49^c**



Toilet Tissue

Zee 4-Roll Paks **3^c PKGS \$1⁰⁰**

Campbell's Soup

All Varieties Meat or Veg. Base 10 1/2-oz. Tins **7^c CANS \$1⁰⁰**

Fruit Drink

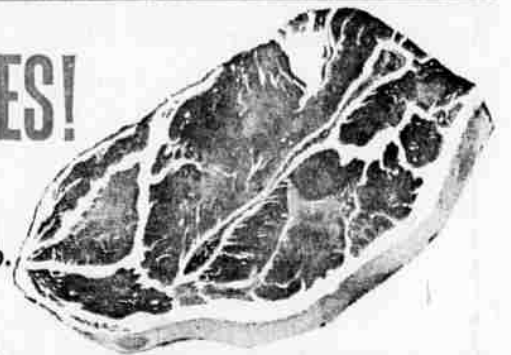
Del Monte Pineapple — Grapefruit 46-oz. Tins **3^c CANS \$1⁰⁰**

Instant Cocoa

Hershey's Big 38-oz. Size **69^c**

Strawberries

Super Market Frozen 10-oz. pkgs. **6^c PKGS \$1⁰⁰**



USDA GRADE GOOD "LOCAL" LOCKER BEEF

Locally produced and processed, government inspected, and federally graded "Good." Cut, wrapped and flash frozen free.

Fore Qtr. **43^c lb.** Hind Qtr. **59^c lb.** Half Beef **49^c lb.**

Buy on Market Basket's E-Z Budget Terms. NO MONEY DOWN. No payment till February 15th!

All grocery dept. specials in this ad good thru next Wed. Meat and Produce specials good thru Sunday.

Market Basket
122 No. 9th. St.
So. 6th at SHASTA WAY
"THE FRIENDLIEST STORES IN TOWN"
FREE Park & Shop
We Reserve The Right To Limit!