

Cow Belles' Corner

It brings to mind complicated recipes and difficult preparation. Nothing could be further from the truth. With a minimum amount of time, effort and money, you can create exciting, elegant dishes — even if you've been cooking only a short time. Contrary to popular belief, wine is not used in cooking for its alcoholic content. Actually, as heat is applied, the alcohol in wine quickly evaporates, just as it does in vanilla. Wine is used in cooking as a seasoning-like salt, or pepper, or garlic. Wine enhances the flavor of almost any food. Like any seasoning, too much can be disastrous. It can ruin a good dish as easily as too much salt. Wine should be used so that it blends with the other ingredients. It should never overpower them. If you can distinctly taste the wine in a finished dish, too much has been used. Until you become familiar with the use of wine, it should be used sparingly, following recipes, or tasting as you go — and you will get the knack in no time.

Almost any wine can be used in cooking. Of course, the better the wine, the better the results. This is true of any ingredient. This does not mean that the most expensive, imported wine must be used. What it does mean is that a wine is not good for drinking, is not good for cooking.

There are no rules that dictate what wines to use with what foods. The best wine to use is the one you like best; it is as simple as that.

For an hors d'oeuvre you might try this recipe for meat balls.

MEAT BALLS
2 lbs. ground beef
1 clove garlic, crushed
4 tps. red wine
1 tps. chopped onion
1 tsp. salt
1 tsp. pepper
1 tsp. dry mustard
1 tsp. seasoning salt
1/4 tsp. paprika
3 tps. butter

Combine all ingredients, except the butter, and mix until well blended. Shape in tiny balls and saute in butter, turning to brown on all sides. Serve hot with tooth picks. Makes three dozen.

LIVER WITH WINE
This recipe gives liver a big lift.

1 lb. beef liver
1 cup red or white wine
5 tps. oil
1 tsp. marjoram
2 onions, sliced
1/4 cup flour
1 tsp. salt
1/2 tsp. black pepper

Slice liver in serving portions and marinate in wine, 5 tps. oil and marjoram; let stand one hour. Meanwhile, lightly brown onions in 2 tps. oil. Remove liver from marinade, pat dry and dredge in flour seasoned with salt and pepper. Saute with onions until browned. Add marinade and cook over low heat until liver is tender and sauce has thickened. Serves four.

This recipe is very easy, and much more interesting than the old faithful hamburger.

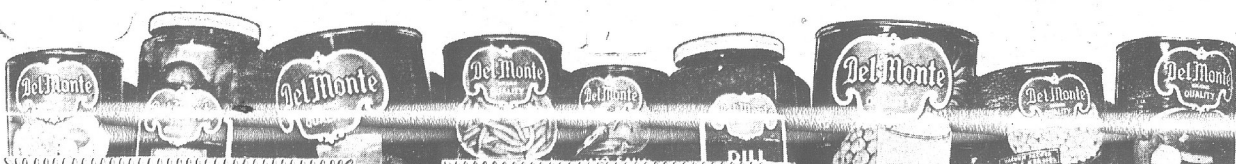
HAMBURGER
2 lbs. ground beef
1 tsp. salt
1 tsp. black pepper
1 tsp. chopped onions
1/2 cup red or white wine
2 tps. butter

Combine all ingredients except butter and blend thoroughly. Shape into eight patties; a d. saute in butter until brown on both sides. Serves four.

More on cooking with wine at a later date.

LOUD JUSTICE
LONDON (UPI) — When a jury deliberating a case at the London sessions was heard arguing loudly, Magistrate R. E. Seaton sent an usher to quiet them.

He explained: "We don't mind justice being seen to be done, but we don't want it to be heard."



CORN

Del Monte — Cream or Kernel
No. 303 can

5 Cans 75¢

TOMATOES

Del Monte — Solid or Stewed
No. 303 can

5 Cans \$1

COCKTAIL

Del Monte Fruit Bits,
No. 303 can

6 Cans \$1

SAFeway ... it's "Del Monte"

Del Monte Buffet Sizes

Fruits & Vegetables • Mixed Vegetables • Pear Halves • Spinach • Sliced Peaches • Fruit Cocktail • Cut Gr. Beans • Peas • Cream or Kernel Corn • Green Lima Beans • Stewed Tomatoes

Mix or Match
Buffet Size Cans **7 for \$1**

LOW EVERYDAY PRICES

MAYONNAISE Best Foods Qt. **56¢**
TIDE Giant Size **69¢**
WESTERN BEER All Brands 6 Pack **\$1.03**
Zee Toilet Tissue 4 Roll Pack **39¢**
FACIAL TISSUE Truly Fine, 400 Count **55¢**
C&H SUGAR 10-lb. bag **\$1.05**
CAMPBELL SOUPS Meat Base **65¢**

LOW EVERYDAY PRICES

CARNATION MILK Tall Cans **75¢**
SUGAR Powdered and brown 1-lb. pkg. **57¢**
Snow White Salt 26-oz. ctn. **10¢**
CAKE MIXES Pillsbury or Betty Crocker **35¢**
BAKING SODA Arm & Hammer **27¢**
BISQUICK Biscuit Mix 40-oz. **43¢**
ANGEL FOOD Cake Mix, Pillsbury or Betty Crocker **49¢**

FRESH BREAD

OVEN JOY Large Loaves

Fresh oven-baked
1-pound 6 1/2 oz. loaf

4 FOR \$1

READY-TO-SERVE LUCERNE GELATIN SALADS

Fruit - Vegetable Spiced Peach

Your Choice Pint **2 for 69¢**

Try BREEZE CHEESE FOOD
Smooth - Easy to Spread. Makes a sandwich!

2-lb. pkg. **49¢**

Fresh Tomatoes

Red-Ripe -- Mealy -- Perfect Slicers

Great on Sandwiches. Salad Perfect

lb. 29¢

Large Red Grapefruit Extra Large Florida Rubies **5 for \$1**

Fresh Mushrooms Brown type, 1 1/2 lb. cup **29¢**

Lemon Juice In Plastic Squeeze Lemons 2 1/2 oz. **3 for 49¢**

Butter Lettuce Red Lettuce or Romaine **2 bun. 25¢**

Navel Oranges Sweet and Juice Laden **8 lb. \$1**

Seedless Raisins Town House 4-lb. pkg. **98¢**

JUMBO PINEAPPLE RADISHES

Sweet Tropical Fruit Salad Vegetable

ea. **49¢** **2 Bun. 15¢**

DAHLIA BULBS Large Assortment Many Varieties **3 for \$1**

HYBRID ROSES Hybridized Roses Indoor or Outdoor Plants **Ea. 49¢**

MUM PLANTS Assorted Colors for indoor or outdoor **Ea. 49¢**

ASPARAGUS

Top Quality - Fresh as Spring

Tender, Green Spears **Per lb. 19¢**

LOW EVERYDAY PRICES

SILK NAPKINS 60 count pkg. **10¢**

DINNER WINES All Gallo or Swiss Colony 1/2 Gal. **\$1.49**

COFFEE All popular brands 2-lb. Tin **\$1.49**

CANDY BARS All 10¢ Bars **57¢**

KOTEX 12's **39¢**

Zee Paper Towels Giant Size **39¢**

Campbell Soups Vegetable Base **79¢**

WAX PAPER Cut Rite **29¢**

V8 COCKTAIL JUICE 46-oz. **39¢**

LOW EVERYDAY PRICES

CANNED MILK Lucerne Tall Tins **89¢**

NALLEY'S CHILI No. 303 cans **35¢**

JELLO Assorted Flavors 3-oz. pkg. **32¢**

MIRACLE WHIP Salad Dressing Qt. **59¢**

Lumberjack Syrup 22-oz. **39¢**

PEACHES Lady Elberta 2 1/2 Size **35¢**

Pork and Beans Van Camp's 2 1/2 Size **45¢**

GRADE "AA" EGGS

Cream O' The Crop Brand . . . Always Country-Fresh at Safeway!

LARGE First Dozen **29¢**

Others Reg. Price

Keep these fine products on hand . . . they add up to FLAVOR! For Lenten meals! For Lenten meals! For Lenten meals!

SALES LOUISE MYLES Regd. Home Authority