

Desserts Can Round Out Nutrients in Lenten Meals



Popovers with creamed white fish, garnished with peas.

Nutritious desserts can round out meatless Lenten meals. In planning your meatless menu, include all the ingredients used in the dessert in your total nutrition count. The soufflé recipe below uses four eggs, nut meats, and orange juice. All are important nutrients. Therefore it is not necessary to use as many proteins or vitamins in the earlier part of the meal as it would be if the dessert did not contain so much food value. Note also—eggs and oranges are both surplus commodities.

Orange Nut Soufflé

(Serves 4 to 6)

Four egg whites, 1 cup sugar, 1 cup orange marmalade, 1 cup finely chopped nut meats. Beat egg whites until stiff, adding sugar toward the end of the beating process. Gradually fold in marmalade and nut meats; pour into the upper part of a 1-quart heat-resistant glass double boiler. Cover and cook over boiling water for 50 minutes.

Sauce

Four egg yolks, 6 tablespoons sugar, 1 teaspoon salt, 1 cup orange juice, 1 cup top milk.

Place beaten egg yolks in the top of a one-quart double boiler. Add sugar, salt, juice and milk. Cook over hot water until thickened or mixture coats spoon, stirring occasionally. Cool quickly.

Serve soufflé immediately when finished with chilled sauce. Keep it right over the hot water so that it will remain puffy and light even while serving.

Here's another highly nutritious dessert to add food values and interest to the meatless dinner. Dried apricots and eggs are also surplus commodities.

Apricot Upside-down Cake

One-half cup butter, 1 cup brown sugar, 1 pound stewed dried apricots. Melt butter in large frying pan. Spread sugar evenly over butter and arrange the drained apricot halves, cut side up, on top. Cover with the following cake batter.

Cake Batter

Three eggs, 1 cup sugar, 5 tablespoons apricot juice, 1 cup sifted cake flour, 1 teaspoon baking powder, pinch salt, 1 teaspoon lemon extract.

Beat egg yolks until light and beat in sugar and flavoring. Add apricot juice and flour which has been mixed and sifted with baking powder and salt. Fold in stiffly beaten egg whites. Pour

MENU

BREAKFAST: Stewed dried apples, crisp bacon, oatmeal, coffee, milk.

LUNCHEON: Cream of spinach soup, French bread, ginger bread, tea, milk.

DINNER: Tomato juice, creamed fresh vegetables on toast, soufflé, orange nut sauce, coffee, milk.

batter over apricots and bake in moderate oven (350° F.) for 35 to 40 minutes. Turn upside-down onto a cake plate and serve warm with remaining apricot juice, and with whipped cream, if desired.

fresh in flavor, but also valuable for vitamins and minerals. A scalloped fish dish, cooked in individual ramekins, can be baked in the oven while the rest of the dinner can be prepared. Whisk the ramekins from the oven to dining table at the last minute.

Baked Curry of Haddock

(Serves 4 to 6)

Two packages quick-frozen fillet of haddock, 4 tablespoons butter, 1 cup sliced onions, 11 cups cooked spaghetti, 2 tablespoons butter, 2 tablespoons flour, 1 teaspoon curry powder, 1 teaspoon salt, 2 cups milk, 1 cup buttered bread crumbs, dash of paprika.

Cut fish (frozen or thawed) in 1-inch cubes. Sauté in 4 tablespoons butter until nearly done; then add onions and sauté until onions are delicately browned. Place 1 of spaghetti in greased casserole and cover with fish and onions; then add remaining spaghetti. Melt 2 tablespoons butter in saucepan. Add flour, curry powder, and salt and stir to a smooth paste. Add milk gradually and cook until thickened, stirring constantly. Pour over contents of casserole and cover with crumbs. Sprinkle with paprika. Bake in moderate oven (375° F.) 35 to 40 minutes. This can be baked in individual ramekins.

Savory Scallops

(Serves 4 to 6)

One box quick-frozen scallops, thawed, 2 tablespoons butter, 1 teaspoon salt, 1 tablespoon flour, 1 cup top milk or light cream, 1/3 cup hot canned tomatoes, 1 cup grated American cheese, 1 egg, slightly beaten, 1 teaspoon mustard, dash of cayenne.

Place scallops in small pan, add 1 tablespoon butter and 1 teaspoon salt, and cook slowly about 5 minutes, or until just tender. Melt butter in saucepan and stir in flour; add milk gradually and cook until thick-

MENU

BREAKFAST: Sliced bananas, oatmeal, raisin toast, coffee, milk.

LUNCHEON: Creamed dried beef on toast, cabbage salad, chocolate cookies, tea, milk.

DINNER: Baked curry of haddock, mashed potatoes, buttered celery, grapefruit salad, applesauce pie, coffee, milk.

ened, stirring constantly; add tomatoes. Add cheese, stirring until cheese is melted; then stir in egg, remaining 1 teaspoon salt, mustard, and cayenne. Just before serving, add scallops. Serve in shells on toast triangles and garnish with chopped parsley.

Lenten Sunday Dinner Seen As Minor Feast for Pious

Sunday dinner during Lent is usually a minor festival. But the housewife on an economy budget must achieve the festive note through wise buying, delicious recipes and careful cooking rather than through the spending of extra money. Foods that are abundant and in season are always the best buys. Read your daily newspaper for local market reports before planning your menu.

Scallops in Cream

(Serves 4 to 6)

Four bunches scallops (green onions), 1 cup rich milk, 1 tablespoon butter, 1 teaspoon salt, 1 teaspoon pepper.

Cut off the tops and roots of scallops and wash well. Cook until tender in enough salt water to cover. Drain and add milk or cream, butter and seasoning. Re-heat and serve hot.

Best Salad

(Serves 4 to 6)

One package lemon-flavored

gelatin, 12 cups boiling water, 1 cup lemon juice, 1 cup chopped cooked beets, 1 cup shredded raw cabbage, 1 teaspoon grated onion, 1 package cream cheese.

Pour boiling water over gelatin and stir constantly until dissolved. Add lemon juice. Cool. When partially set, divide into two portions. To half gelatin add vegetables and seasoning. Pour into mold. Beat other half with cheese until light and foamy. Pour over first half and chill until set. Serve on lettuce leaves.

Special Prune Soufflé

(Serves 4 to 6)

One cup prune pulp, 1 cup sugar, 1 teaspoon salt, 1 teaspoon lemon juice, 1 teaspoon grated lemon rind, 1 teaspoon white grapefruit rind, 5 egg whites, beaten stiff (make a golden cake with the 5 egg yolks).

Use 1 lb. dried prunes. Wash and stand in cold water in same

Celery Salt

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Soups, salads or hash
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Quick-Frozen Sea Foods Now Available to All

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Quick-freezing has made sea food treats available hundreds of miles from the surf-line at budget prices. Quick-frozen sea foods come all ready to cook or serve with the task of cleaning done for you. They are not only

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"Oh give me a home
Where the buffalo roam,
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DRIP GRIND... for drip or glass coffee makers
REGULAR GRIND... for percolator or coffee pot

water until very soft. Drain, remove pits, and force pulp through sieve. Add sugar to pulp and stir until dissolved. Add salt, lemon juice and fruit rind.

MENU

BREAKFAST: Fresh fruit cup, griddle cakes, country sausage, syrup, coffee, milk.

DINNER: Grapefruit, roast chicken, giblet gravy, steamed brown rice, scallops in cream, best salad, prune whip, coffee, milk.

SUPPER: Oyster stew, salted crackers, chocolate layer cake, preserves, tea, milk.

ROUGH ROAD

WICHITA, Kas., (AP) — James Pomoroy, 18, of Duquoin, Kas., says hitchhiking is too rough.

Trying to save his last \$10, he waved down a motorist. A second man in the car slugged Pomoroy with a blunt instrument, took his \$10 and left him, unconscious, at the roadside.

Today's Surplus Foods May Run Short Tomorrow

A knowledge of what foods will always be abundant no matter what happens in these crisis times is necessary to every housewife.

George Livingston, chief of the Food Supply Section of the Agricultural Division, said recently that the food supply section is studying the whole food supply situation. He pointed out that the picture today is quite different from what it was in 1917, when we had shortages in many important foods.

"Today we have surpluses in almost all of them. But we can't afford to be too comfortable about these surpluses. We can estimate rather closely our requirements for the civilian population and for the armed forces, and also our anticipated exports. However, there are three big unknown factors:

1. Possible food requirements for Britain to prosecute the war, which we may be called upon to supply.
2. Relief requirements for dev-

astated countries. Already some foodstuffs are being sent to Spain, Finland, Greece, China and unoccupied France. How greatly such shipments will increase in the near future is anybody's guess.

3. The always present possibility of drought and pestilence, which might produce acute shortages in many commodities."

Lima Beans and Shrimps

(Serves 4 to 6)

One and one-half cups fresh or canned lima beans, 2 cups boiling water, salted; 11 cups fresh, canned, or quick-frozen shrimps, cooked; 3 tablespoons butter, 3 tablespoons flour, 11 cups milk, 1 cup grated American cheese, 1 teaspoon salt, dash of pepper, 1 cup fine bread crumbs, buttered.

Drop lima beans into briskly boiling salted water, bring again to a boil, and boil 16 to 18 minutes, or until just tender; drain. Cook, peel, and clean shrimps; cut into 2 or 3 pieces. Arrange lima beans and shrimps

in alternate layers in greased casserole. Melt butter in saucepan and stir in flour. Add milk gradually and cook until thickened, stirring constantly. Add cheese and seasonings and blend. Pour over lima beans and shrimps. Cover with buttered crumbs. Bake in moderate oven (350° F.) 30 minutes, or until crumbs are browned. This may be baked in individual ramekins.

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Artichokes Fresh, Large Size	4 for 15c
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Oranges Guaranteed Sweet and Juicy.	Doz. 31c
Onions Local, Bolters Dry Yellow	10 lb. bag 27c
Potatoes Variety, Small Size	10 lbs. 14c

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Hams Cascade 1/2	Lb. 25c
Bacon Valpack sugar cured	Lb. 25c
Any size piece	Lb. 25c

LEG OF LAMB small legs	lb. 29c
LAMB CHOPS lean and tender	lb. 29c
LAMB SHOULDER ROAST	lb. 25c
BEEF ROAST blade cut	lb. 19c
GROUND ROUND STEAK	lb. 25c
SHORT RIBS for braising	lb. 15c

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HAMS, 1/4 or whole	Lb. 21c
SLICED BACON	Lb. 25c
CORN BEEF	Lb. 18c
BOILING BEEF	2 Lbs. 25c

Rice Fancy Blue Rose	3 lbs. 19c
Beans Small White or Red Mexican	3 lbs. 19c
Honey Klamath Clover	39c
Parkay Margarine	2 Lbs. 35c
Fig Bars Plain or whole wheat	2 Lbs. 19c
Crackers Superior	2-Lb. Box 18c

Milk Swift's Premium	6 tall cans 35c
Raisins Thompson's Seedless	4 lbs. 22c

SNOWDRIFT

3 lb. pail	.43c
6 lb. pail	.85c

SUGAR C & H

10 lbs.	.49c
WHITE SATIN	10 lbs. 47c

RITZ Crackers

Large Pkg.	21c
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Grapefruit Meco brand

No. 2 can	10c
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Orange J'ce Florida, Meco

No. 48-oz. can	19c
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LUMBERJACK SYRUP

12-oz.	13c
5-lb. Can	43c
24-oz.	23c
10-lb. Can	89c

PAR 100% Value COFFEE

Vacuum Packed	Lb. 20c
2 pounds	39c

Eggs, Grade A, Large doz.

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TOMATOES Del Haven Brand

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RICE	3-lb. pkg. 19c
PEAS Royal Club No. 2's	15c
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100-Lb. BAG	\$4.69
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