

AGE FOOD SECTION

Quality

Price

Economy

Appetizing Meals May Be Served Family If Recipes Of Government Laboratory Experts Are Followed

Harder Problem to Use Foods Bought On Budget Solved

How to buy with a small food budget is one problem. How to plan good meals out of what you buy is another and perhaps a harder problem. Even the housewife with unlimited choice must give some thought to her menus if she would have them interesting as well as wholesome. To get variety within the low-cost budget, the Bureau of Home Economics points out, is a very much stiffer challenge to any housewife's ingenuity, as well as to her skill at cookery. She must buy cheap foods and she must try to make them more interesting than usual, for palatable meals attractively served are a powerful stimulant to the spirits. Barely to meet the body needs, then, the bureau insists, is not enough. Something must be counted in to make the cheap meal taste good. This week, accordingly, the bureau suggests a new set of menus—seven dinner menus planned within the low-cost weekly food supply suggested for a family of five. Several of these dinners are planned to have enough of the main dish left over for next day's lunch, or supper, as the case may be. Most of these dinner menus were planned without salads, with the thought that salads would be used to make lunches or suppers more appetizing.

OVEN DINNERS
The first two of the menus are for oven dinners, and if the oven is big enough, the bureau points out, could be cooked the same day, with the same fire. By using cheap cuts, meat can be squeezed out of the budget for every day but one, and that day a half-pound of fish is used in a chowder. One of those days, to be sure, the meat is a half-pound of salt pork. But salt pork baked with beans provides a very substantial and nourishing dish.

The recipes for this week's menus have been adapted from publications of the bureau, such as Leaflet No. 31-L, entitled "Cooking Cured Pork," and "Aunt Sammy's Radio Recipes Revised."

RECIPES
Roast Stuffed Cured Shoulder
Have a cured pork shoulder skinned and boned. Wash the shoulder and soak it overnight in cold water to cover. On removing the piece from the water wipe it dry. Lay the shoulder fat side down, pin in some of the hot stuffing, begin to sew the edges of the shoulder together to form a pocket, and gradually fork in the rest of the stuffing. For the stuffing mix one cup of brown sugar and 3 cups of fine soft bread crumbs, 1 teaspoon of prepared mustard, and just enough vinegar to moisten. Add 1 tea-

spoon of ground cloves and 2 teaspoons of cinnamon. Lay the stuffed shoulder, fat side up, on a rack in an open roasting pan without water. Roast the meat at very moderate heat until it is tender when pierced with a skewer or a fork. A 4 to 5 pound picnic shoulder will require about 3½ hours to cook at this oven temperature.

Baked Indian Pudding
1 quart milk
1-3 cup yellow corn meal
1 teaspoon salt
½ cup molasses
½ to 1 teaspoon ginger.
Cook the milk, cornmeal, and salt in a double boiler for 20 minutes. Add the molasses and ginger, pour into a greased baking dish, and bake in a very moderate oven for 2 hours.

Apple Brown Betty
2 quarts diced tart apples
1 quart bread crumbs (oven toasted until crisp and light brown)
1½ cups sugar
1 teaspoon cinnamon
¼ teaspoon salt
¼ cup melted butter, margarin, or other fat
Grease a baking dish and place in it a layer of crumbs, then a layer of apples, and some of the sugar, cinnamon, and salt, which have been mixed together. Repeat until all the ingredients are used, saving sufficient crumbs for the top. Pour the melted fat over the top layer of crumbs, cover, and bake for 30 to 45 minutes, or until the apples are soft. Toward the last remove the cover and allow it to brown. Serve with or without top milk or sauce.

Steamed Apricot Pudding
½ pound dried apricots
1½ cups sifted soft-wheat flour
½ cup suet
½ cup sugar
1 egg
2 teaspoons baking powder
¼ teaspoon salt
½ cup milk
Wash the apricots, chop fine, and mix with 2 tablespoons of the flour. Sift the remaining flour with the baking powder and salt. Cream the fat, add the sugar, and well-beaten eggs, and add alternately with the milk to the sifted dry ingredients. Stir in the apricots. Pour into a greased mold, cover, and steam for 2 hours. Serve with vanilla sauce.

Salmon Chowder
2 cups diced potatoes
1 cup diced carrots
1 quart water, chopped
2 tablespoons flour
1 pint milk
½ pound canned salmon
salt
pepper

Cook the potatoes, carrots, and onion in the water for 15 minutes. Mix the flour with a little cold milk, add to the vegetables and stir. Add the remaining milk, the salmon, season with salt and pepper, and simmer about 10 minutes longer. Serve over crackers.

Raisin Tapioca Pudding
½ cup quick-cooking tapioca
3 cups boiling water
¼ cup sugar
½ teaspoon salt
Juice and grated rind of 1 lemon
1 cup raisins.
Add the boiling water to the tapioca and cook in a double boiler for 15 minutes, or until the tapioca is clear. Add the sugar,

salt and lemon rind and juice. Add the raisins and pour into a greased shallow baking dish. Bake in a moderate oven until the raisins are tender and the top is lightly browned. Serve hot or cold. This pudding will cost a little less if boiled, instead of baked, after the raisins are added.

Ground Beef Broiled on Toast
1 pound ground raw beef
8 slices bread
Butter
Salt and pepper to taste
Toast the bread on one side. Butter the untoasted side, spread to the edge with a layer of the ground beef, dot with the butter, and broil under a flame for about 5 minutes. Season with salt and pepper, and serve at once with a garnish of parsley or pickles.

SAVE A DIME AT Blanding's Palace Market

- Morrell's Pride Skinned Hams, lb. 20c
- Superior Bacon, piece, lb. 25c
- Sliced, Rind Off, lb. 30c
- Shoulder Pork, lb. 12½c
- White Ribbon Shortening, lb. 10c
- Pure Pork Lard, lb. 12½c

Nothing Added Nor Taken Away SMALL CHOICE LAMB

- HENS, ROASTERS, FRIERS
Choice Colored. All Fresh Dressed at Our Ranch, lb. 35c
- The Best Eggs in Town, doz. 25c
- BROOKLAWN BUTTER, lb. 30c
- Fresh Spare Ribs and Old Sauer Kraut

WHEN MEAT IS SO CHEAP, WHY EAT ANY BUT THE BEST

Las Vegas Packing Company

28 FREMONT STREET

SPEND NEVADA DOLLARS WITH A NEVADA BUSINESS

An Announcement ---

of importance to Las Vegas House

Wives!

WILL OPEN MONDAY, JANUARY 18TH

A COMPLETE and modern meat market has been installed in our store. It is being conducted by J. L. Logsdon, who will extend every courtesy to you.

THIS SERVICE, together with our usual high quality groceries, is for your convenience. Our prices are low . . . we invite your patronage.

WATCH FOR WEEKLY SPECIALS

PRICES 5th St. MARKET

612 SOUTH FIFTH

Phone 665

Phone 665

MEAT MARKET IS OPEN AT PRICE'S ON SOUTH FIFTH

Announcing an enlargement of services and conveniences to housewives in the southern and easterly sections of the city, Price's Fifth street market, at 612 South Fifth street, now contains a meat market. Operated by J. L. Logsdon, who conducted the Las Vegas cash market on south Second street for several years, the new market is completely equipped with new and most modern fixtures.

W. G. Price, who has operated the grocery since last July, declares that he is more than pleased with the arrangement, whereby his establishment can now supply all of the needs of housewives who want only the best of meats and groceries, but who watch prices carefully.

The market will be opened for service Monday morning.

PROPOSES SOVIET PACT
TOKIO, (Saturday), Jan. 16. (U.P.)—The Japanese government today confirmed reports that Maxim Litvinoff, foreign commissar of the Soviet government, had proposed a Russo-Japanese non-aggression pact.

ASLEEP SIX DAYS
MONTREAL, Jan. 15. (U.P.)—Ernest Lemay, Montreal's marathon sleeper, was snoring away tonight after six days of almost uninterrupted slumber.

JAPAN APOLOGIZES
TOKIO, Saturday, Jan. 16. (U.P.)—A conciliatory reply to the United States' recent note to Japan reaffirming its stand for the "open door" policy in Manchuria and China was given to U. S. Ambassador W. Cameron Forbes today by Foreign Minister Kenkichi Yoshizawa to be transmitted to Washington.

Canada's 1931 tobacco crop of 48,000,000 pounds represented an increase of 31 per cent over the previous year's production.

CHRIST CHURCH VICARAGE

Bids for Plumbing, Plastering, Painting, Electric Wiring, etc., may be submitted at once to

Warner and Nordstrom, Architects

122 North Second

E. E. Buttermore, Contractor

SILVER STATE MARKET

FIFTH AT FREMONT

GROCERIES

WARD'S CASH & CARRY, NO. 2

BUTTER, Banquet 26c
Pound
EGGS, Large Extras 25c
Dozen

- PINEAPPLE 25c
2 No. 2½ Cans
- TISSUE 29c
6 Rolls
- DOG FOOD 47c
6 Cans
- PANCAKE FLOUR 31c
AUNT JEMIMAH, Large Pkg.
- SOUP, Van Camp's 25c
4 for
- Selox WASHING POWDER 25c
2 Large Pkgs.
- CRACKERS, Edgemont 25c
2 Pkgs.
- CHEESE 20c
Pound
- PRUNES 28c
4-Lb. Pkg.
- GRAPES, Del Monte 19c
2 No. 2½ Cans
- PEANUT BUTTER 35c
2 1-Lb. Jars

VEGETABLES

- POTATOES, No. 1 Russetts 25c
17 Lbs. \$1.10
- Sack
- LETTUCE 15c
SOLID AND CRISP HEADS, 4 Heads
- APPLES 25c
ROME BEAUTY, 10 Lbs. \$1.48
- Box
- CELERY 5c
CELERY UTAH HEARTS, Bunch
- ORANGES 35c
FANCY FROSTLESS NAVELS, 2 Doz.
- CARROTS 10c
SWEET, TENDER UTAH, 3 Lbs.

Meat Market Specials

- PORK HAM ROAST**
Nice and lean with skin and fat trimmed off. 17c
Whole or Half, Pound
- PORK BACK BONES 10c
Nice and Lean for Boiling, Lb.
- FRYING CHICKENS 28c
Reds and Rocks, Lb.
- Puritan SKINNED HAMS 15c
As Cut, Lb.
- LAMB STEW 10c
Lb.
- BACON, Eastern Sugar Cured 19c
Whole or Half, Lb.

SATURDAY SPECIALS

LAS VEGAS

Cash and Carry

A. C. DELKIN

Washing Machine Soap 35c
Large White King

FANCY BANANAS 5c
Pound

BREAD 25c
4 Loaves
White, Whole Wheat, French & Rye

COFFEE, Jim Dandy 16c
Pound

HAMS, Morrell's Pride 69c
Picnics, each

Tower Market

"WHERE YOUR DOLLARS HAVE MORE CENTS"

SATURDAY & MONDAY SPECIALS

- HILL'S COFFEE 38c
Red Can, pound
- BUTTER, NO. 1 BEST 55c
Fresh Creamery, 2 pounds
- OLEOMARGARINE 9c
Per pound
Golden West—Known as the Best
- SUGAR, CLOTH BAG 49c
10 pounds for
- White King Washing Powder 34c
Large package

EGGS 47c
2 dozen for

Strictly Fresh

- STRING BEANS 29c
Fancy, No. 2 Cans—3 for
- CRACKERS, Salted Wafers 25c
2 pound box for
These are not large, thick crackers
- DOG FOOD 85c
10 Cans for
Finest Dog Food—Kennel Ration
- PORK & BEANS 23c
Van Camp's No. 1 Cans
3 Cans for
- CORN, MARYLAND 29c
Fine Quality, 3 Cans for
- HONEY, ON THE COMB 15c
Finest Grade, Each

AND MANY OTHER SPECIALS

We Reserve the Right to Limit Quantities