

900-YEAR OLD BOOK

WASHINGTON—A 29-foot-long Chinese manuscript, which had been locked in the Cave of a Thousand Buddhas for the past 900 years, was recently presented to the Library of Congress by Dr. Hu Shih, former Chinese Ambassador. Written around the sixth century, it was washed up in the cave about the year 1034 A. D.

Sarah Anne's COOKING CLASS

A fondue appeals to the most fastidious taste. It gives the housekeeper an ideal way of using leftovers, as it contains milk, eggs, butter and, in addition, vegetables, fruit, meat or cheese. The cheese fondue is the most common, but try a fish, vegetable or a sweet fondue, they are delicious.

Date Fondue

- 1 tablespoon butter.
 - 3 eggs.
 - 1/2 teaspoon salt.
 - 1 cup milk.
 - 1 cup bread cut in small pieces.
 - 1/2 cup sugar.
 - 1 cup finely cut dates.
- Scald milk in double boiler; add butter, well beaten egg yolks, sugar and salt. Cook slowly until eggs thicken. Cool for 5 or 10 minutes, add the dates. Fold in the stiffly beaten egg whites. Bake as other fondues. Serve with plain or whipped cream.

Marshmallow Sauce

- 1/2 cups milk.
 - 15 marshmallows.
 - 3 egg yolks.
- Salt.
2 stiffly beaten egg whites.
- Scald milk in double boiler; add marshmallows. When marshmallows are melted, pour over slightly beaten egg yolks, to which salt has been added. Return to double boiler and cook slowly, stirring until thick and smooth. Remove from fire. Fold in stiffly beaten egg whites and cool. Serve very cold.

Cheese Fondue

- 1 tablespoon butter.
 - 3 eggs.
 - 1 cup grated cheese.
 - 1/2 teaspoon salt.
 - 1 cup milk.
 - 1 cup bread, cut in small pieces.
- Scald milk in double boiler, add bread, butter, well beaten egg yolks, grated cheese and salt. Cook slowly until cheese is melted and the eggs are thickened. Cool for 5 or 10 minutes, then fold in stiffly beaten egg whites. Pour into greased baking dish or individual cups. Set in pan of hot water (to the depth of the food in baking dish) and bake in an oven 375 degrees for 40 minutes. Test by inserting a knife in center—it will come out clean when done. Serve immediately. If baked in individual cups, bake for 20 to 25 minutes.

Fish Fondue

- 1 tablespoon butter.
- 3 eggs.
- 1/2 teaspoon salt.
- 1 cup milk.
- 1 cup bread cut in small pieces.
- 1 1/2 cups of cooked codfish, salmon, lobster, or any other cooked fish, but do not shred it into very fine pieces. Mix and bake as the cheese fondue.

Vegetable Fondue

- 1 tablespoon butter.
- 3 eggs.
- 1/2 teaspoon salt.
- 1 cup milk.
- 1 cup bread cut in small pieces.
- 1 1/2 cups finely chopped cooked spinach or carrots, or other vegetables. If corn is used, it need not be chopped. All vegetables should be as dry as possible, as too much liquid will tend to make the fondue soggy. Mix and bake as other fondues.

With milk gone to a new high in price, I've been wondering how parents of large families of children are making out. Milk is such a necessity in such families, that it seems the only answer is to allocate more of the budget to that article and save elsewhere. But where?

Well, there are cheaper cuts of meat which, incidentally, I have been suggesting for some time. The busy housewife is likely to buy frozen vegetables because they are cleaned and prepared for cooking, when fresh ones or even canned ones, are available at lower prices.

Evaporated Milk

Evaporated and condensed milks may help to cut down the milk bill, but I think that milk is still a comparatively economical item in the family budget, considering its worth, and we need not purchase the most expensive kinds.

Even skim milk is valuable. In families where milk is not drunk in quantity, use it in puddings and ice creams, as in the menu given here.

Today's Menu

- Pork Sausage Mashed Potatoes
 - Gravy Stewed Tomatoes
 - Raw Vegetable Salad
 - Chocolate Cream Pie or Frozen Pudding Tea
- Pork Sausage**
- 1 lb. sausage, 1 c. milk
 - links or bulk Salt and pepper
 - 1 tsp. flour
- Sausages in casings are usually pricked so they will not burst, but later experts say this is not necessary. I usually prick 'em, but not always, so take your choice. If you buy bulk sausage, shape into cakes with the hands. Put sausage into hot frying pan and fry until brown and well done all through. Use no fat as there is enough in the sausage to fry them.
- Take meat from frying pan and pour off all but 2 tsp of the fat, to which add the flour, stir smooth, then gradually add milk, stirring all the time and cook until thick, season and pour over sausage and serve. Serves 4.
- Chocolate Cream Pie**
- 1/2 c. chocolate 5 shredded bits
 - 1 c. milk 1/2 c. wheat biscuits
 - 3 tsp. milk 1 tsp. vanilla
- Melt chocolate bits in milk over hot water; beat until smooth. Crumble shredded wheat biscuits into mixture, add vanilla, and blend well. Press into 9-in. pie plate and shape to bottom and sides of pan. Fill with ice cream with additional shaved chocolate and a light sprinkling of salted nuts.
- Frozen Pudding**
- 2 eggs 2 1/2 c. milk
 - 1/2 c. sugar or 1 c. heavy cream
 - 1/2 c. syrup 1 c. candied fruit
 - Pinch salt or nuts
- Make a custard of the eggs, sugar, milk and cream, cook and freeze. Fill a mold with alternate layers of the frozen cream and candied fruit or nuts, cover and freeze. Have you discovered that you can buy candied fruit for puddings and cakes in tins at your grocer? They are ready to use, so save a lot of time.
- Chocolate Fondue**
- 1 tablespoon butter.
 - 3 eggs.
 - 1/2 teaspoon salt.
 - 1 cup milk.
 - 1 cup bread cut in small pieces.
 - 1/3 cup of sugar.
 - 2 squares of chocolate melted

HOUSEHOLD MEMOS by Lynn Chambers



Invite the Neighbors for a Harvest Special! (See Recipes Below)

Harvest Party

If you're planning to ask some of the neighbors to drop in and help you with that last batch of harvesting, weeding, gardening or what-have-you, then be sure you have plenty of good food that can be served to them, family style.

Should the weather be warm and lovely, plan to eat under the shade of the old tree, or on the porch, as you'll find the outdoors makes even ordinary food taste pretty special. Set the table with your checked gingham and have plenty of paper napkins for buttery fingers and hands still wet from the succulent fruit.

Everything in the way of food should be simple, but good, and make sure there's plenty of it. This will be the reaping in of everything that's edible from your season's produce and the table should be as beautiful as you can possibly make it.

Tomato Soup

- 12 fresh tomatoes
 - 3 scallions
 - 1 teaspoon salt
 - 1/2 teaspoon pepper, freshly ground
 - 1 teaspoon sugar
 - 1/2 teaspoon sweet marjoram
 - 1/2 teaspoon thyme
 - Juice of 1 lemon
 - 2 teaspoons grated lemon peel
 - 1/2 cup sour cream
 - 1 teaspoon curry powder to taste
- Dash of salt
- Peel tomatoes and press through a coarse sieve. Add minced scallions, salt and pepper, sugar, herbs, lemon juice and peel. Chill for 2 hours or longer. Heat until just hot, then serve in soup plates with sour cream and minced parsley, if desired.
- If you're having barbecued chicken or ribs of beef or spare ribs, then you'll certainly want to have some of these picnic-type beans:

Baked Beans

- 1/2 cup minced onion
 - 1 1/2 cups minced green pepper
 - 4 tablespoons butter or substitute
 - 4 cups canned baked beans
 - 1/2 cup dried dill pickle
 - 1/2 cup grated American cheese
 - 1/2 cup soft bread crumbs
- Saute the onion and green pepper in 2 tablespoons butter. Add beans in alternate layers with cheese and pickle in a buttered casserole. Top with crumbs remaining butter. Bake in a hot (400-degree) oven for 25 minutes.

Red Cabbage with Apples

- 1 2 1/2 pound head of red cabbage
- 1/2 cup boiling water

LYNN SAYS:

Their Own Special Meanings: Recipes have their own language which you must know before you can follow directions accurately. Check the following list and see if you know your language:

A la king: means served in a rich sauce with green pepper, pimiento, mushrooms and perhaps some other vegetables.

Aspic: a well-seasoned jelly made from stock, tomato juice or broth.

Blanch: a verb meaning to plunge into hot water for a few minutes, then in cold water to remove skins as on tomatoes or peaches and nuts.

Braise: means to brown meat by pan-broiling, baking or broiling, then covering it with a liquid and cooking at a low temperature until tender.

Brush: to spread thinly.

LYNN CHAMBERS' MENU

- Pan Fried Pork Chops
- Apple Rings
- Candied Sweet Potatoes
- Carrots and Celery
- *Frozen Pear-Grape Salad
- Muffins
- Peach Pie Beverage
- *Recipe Given.

- 3 large cooking apples
 - 3 tablespoons melted butter or substitute
 - 1/4 cup vinegar
 - 1 1/2 teaspoons flour
 - 1/2 cup brown sugar, firmly packed
 - 2 teaspoons salt
 - 1/2 teaspoon pepper
- Finely shred cabbage, discarding core and tough portions. Add the boiling water and cook, covered, 20 minutes or until cabbage is tender. About 10 minutes before cabbage is done, add peeled, cored apples which have been sliced and cook 10 minutes longer. Then add remaining ingredients, combined, tossing lightly with a fork. Heat and serve.
- With all these vegetables, you'll want to savor of a light fruited salad such as this one:

- *Frozen Pear-Grape Salad, (Serves 6)
 - 6 to 8 pear halves, canned or fresh
 - 1 3-ounce package cream cheese
 - Green or Tokay grapes
 - Salad Greens
- Dressing
- Mash the cream cheese and add slivered grapes to it. Stuff into cavities of the pears. Use 1 cup pear juice or mixed fruit juice and add 6 tablespoons french dressing to it. Beat with a rotary beater, adding to this mixture 1 extra package of cream cheese and mixing till smooth. Place stuffed pears in refrigerator tray, pour beaten mixture over them and let freeze until firm. Serve on greens with extra salad dressing.

- 6 to 8 pear halves, canned or fresh
- 1 3-ounce package cream cheese
- Green or Tokay grapes
- Salad Greens

- 6 to 8 pear halves, canned or fresh
- 1 3-ounce package cream cheese
- Green or Tokay grapes
- Salad Greens

- 1 cup sifted flour
 - 1 1/2 teaspoons baking powder
 - 1/2 teaspoon salt
 - 3 tablespoons granulated sugar
 - 1/4 cup shortening
 - 1 egg
 - 1/2 cup milk
 - 3/4 cups peeled, pitted plums, cut in eighths
 - 1/2 teaspoon cinnamon
 - 1/2 teaspoon nutmeg
 - 2 tablespoons butter or substitute
- Sift together flour, baking powder and salt. Add 1 tablespoon of the sugar. Cut in shortening with pastry blender or knife and work mixture together until it looks like coarse meal. Stir in egg and milk which have been combined. Spread in a greased or oiled pan. Place cut plums on top, sprinkle with cinnamon and remaining sugar, and butter. Bake in a moderately hot (400-degree) oven for 40 to 45 minutes or until plums are tender. Serve warm, cut in slices with foamy sauce, vanilla sauce or plain cream.

- 1 cup sifted flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 3 tablespoons granulated sugar
- 1/4 cup shortening
- 1 egg
- 1/2 cup milk
- 3/4 cups peeled, pitted plums, cut in eighths
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 2 tablespoons butter or substitute

- 1 cup sifted flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 3 tablespoons granulated sugar
- 1/4 cup shortening
- 1 egg
- 1/2 cup milk
- 3/4 cups peeled, pitted plums, cut in eighths
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 2 tablespoons butter or substitute

- 1 cup sifted flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 3 tablespoons granulated sugar
- 1/4 cup shortening
- 1 egg
- 1/2 cup milk
- 3/4 cups peeled, pitted plums, cut in eighths
- 1/2 teaspoon cinnamon
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- 1/2 teaspoon salt
- 3 tablespoons granulated sugar
- 1/4 cup shortening
- 1 egg
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- 3/4 cups peeled, pitted plums, cut in eighths
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 2 tablespoons butter or substitute

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- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 3 tablespoons granulated sugar
- 1/4 cup shortening
- 1 egg
- 1/2 cup milk
- 3/4 cups peeled, pitted plums, cut in eighths
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 2 tablespoons butter or substitute

SELF-SERVICE

DIXIE HOME Super Market

SAV on Quality FOOD

- Silver Cup Coffee lb. 34c
- Gold Cup Coffee lb. 37c
- Grapefruit Juice No. 2 Can 2 for 25c
- 46-Oz. Can 29c
- Orange Juice No. 2 Can 17c
- 46-Oz. Can 47c
- Orange and Grapefruit Juice No. 2 Can 17c
- 46 Oz. Can 39c

- NO. 2 1/2 CAN SACRAMENTO PEACHES
- 12-OZ. CAN NIBLET'S WHOLE KERNEL CORN
- NATIONAL BISCUIT RITZ
- 3 1/4 OZ. CAN SARDINES
- 12-OZ. CANS OF TREET or K-P
- FAIRY WAND Peanut Butter 2 lbs
- 4 1/2-OZ. BOTTLE STUFFED OLIVES
- 14-OZ. BOTTLE DEL MONTE CATSUP
- NO. 2 1/2 CAN LIBBY'S Fruit Cocktail
- ROSE DALE NO. 2 Asparagus

Fresh Fruits and Produce

- WHITE POTATOES 5 lbs. 17c
- NICE FIRM CAULIFLOWER lb. 10c
- RED Tokay Grapes 2 lbs. 27c
- NEW YORK CELERY 2 stalks 15c
- YELLOW ONIONS lb. 3c

- CANADIAN RUTABAGAS
- BARTLETT PEARS 2
- NICE LARGE Honey Dew Melons
- CALIFORNIA TOMATOES
- FRESH PRUNES
- IDAHO BAKING POTATOES 10

Frozen Foods

- POUND PACKAGE SUGARED PINEAPPLE 41c
- 8-OZ. PKG. GRATED COCOANUT 36c
- POUND PACKAGE SUGARED STRAWBERRIES 64c
- 10-OZ. PACKAGE BROCCOLI 43c
- 12-OZ. PACKAGE GREEN LIMA BEANS 42c
- POUND PACKAGE SUGARED SLICED PEACHES 41c
- 10-OZ. PACKAGE GOLDEN CORN 29c
- 10-OZ. PACKAGE COD FISH CAKES 31c

Market Items

- FRYERS Young, Tender, Cut
- Thighs, breasts, legs
- Backs, necks
- Wings
- Whole, cut up
- DRESSED AND DRAWN Turkey Hens
- N. Y. DRESSED Long Island Ducks
- FRESH FISH Fillet of Cod, Perch, Pan Trout
- CHEESE Daisey Savory Blue

LUX TOILET SOAP

3 bars 20c

DIXIE-HOME SELF-SERVICE SUPER MARKET

E. S. LANE, Manager

Raises Baking Quality ... Keeps Costs Down

DOUBLE ACTING

HEARTH CLUB BAKING POWDER

DOUBLE ACTING

A Refined Product SAVE THE VALUABLE COUPON on every can... redeemable at all OCTAGON Premium Stores

It's Delicious!

MORNING NOON NIGHT

JFG Special Coffee

The Best Part of the Meal

Enjoy Our Big AUTUMN HARVEST

A&P FOOD STORES

A&P GOLDEN Fresh Fruits and Vegetables

- CORN NICE TENDER Cauliflower, lb. 8 1-2c
- SUNNYFIELD ROLLED OATS DELICIOUS 2 Lbs. Tokay Grapes 29c
- 20 Oz. Pkg. PEARS 2 lbs. 25c
- CRUTCHFIELDS CORN RONLY DEW MELONS, lb. 9c
- MEAL LARGE STALKS CELERY 2 for 15c
- 5 lb. Pkg. 37c FRESH Cranberries, lb. 39c
- STANDARD QUALITY PEAS SWEET Potatoes 2 lbs. 14c
- 2 No. 2 Cans 25c FLORIDA Grapefruit 2 lbs. 13c
- LIBBY'S No. 2 can TOMATO JUICE 12c
- TASTILY SEASONED 18 oz. can V-8 COCKTAIL 16c
- SUNNYFIELD 11 oz. pkg. CORN FLAKES 10c
- PHILLIP'S WITH FRANKS 12 oz. can BEANS 18c