

## AVOCADO PEARS SUGGESTED FOR NOVEL SALADS

When Ripe Flesh Is as  
Smooth, Tender as  
Custard.

Spring is the time to try new food—maybe avocados if you never have. In salad or fruit cup, they will add a note of grateful novelty for the blase season.

In Florida the avocado is known as alligator pear or midshipman's butter. In California they call it calavo. By any name, it is still rich in fat and vitamins A, B, D, E and G, not to speak of calcium, iron, phosphorus and assorted minerals.

When the thick-skinned flesh yields to a slight pressure, much as an apple does when we test for mellowness, avocados are ready to eat. The flesh then is as smooth and tender as baked custard.

**Stuffed Tomatoes**  
A first course for luncheon or dinner might be tomatoes and avocados in combination with crab flakes. Choose small, perfectly ripe and unblemished tomatoes—one for each person to be served. Scald and dip at once into cold water and peel. Scoop out seeds and chill in a well-seasoned French dressing for an hour. Drain and fill with equal parts of finely diced avocado and crab flakes generously sprinkled with lemon juice. Lime juice can be substituted for lunch if convenient.

The alligator pear combines well with any citrus fruit and forms the base of many piquant cocktails. An acid is used to bring out the rich flavor. A simple avocado cocktail is made by dicing the fruit, sprinkling with salt and a few grains of white pepper and pouring over a sauce made of tomato catsup and lime juice. This must, of course, be very cold.

**Grapefruit Salad**  
Avocado and grapefruit pulp is delicious either as an appetizer or salad. Marinate the grapefruit carpsels for an hour in French dressing. Cut the avocado into slices of the same size and shape as the grapefruit carpsels and sprinkle with salt and lemon or lime juice. The grapefruit and avocado are arranged rounded-side-up on a leaf of lettuce. A thread of green pepper can be laid across each salad or a thread of pimiento. Three slices of avocado and two sections of grapefruit make a nice serving for a dinner salad. If the salad is to be the main course you'll need larger portions.

Another delicious way to serve alligator pears is to cut them in halves, large ones in quarters, and remove the seed without peeling. The fruit must be thoroughly chilled before cutting as it discolors on standing. Eat with a spoon as you would cantaloupe.

**Rich in Fats**  
As the name midshipman's butter implies, avocados are rich, so keep this in mind when you plan your menu and above all, serve with a non-fatty meat. Avocados are particularly good with lean fish at this season of the year and are served with roast lamb with good effect, too. A dinner of a crown roast of lamb is well begun if it starts with an avocado cocktail and goes on with fresh vegetables in season and finishes up with strawberry bombe and coconut macaroons.

The butcher will prepare the crown roast for you and you roast it just as you would leg of lamb. When done fill the center with hot mashed potatoes and put a chop roll on each bone before sending to the table.

To carve a crown of lamb, cut through each chop separately.

## GIVEN PROMOTION



A. J. Bicknell, in charge of the Indianapolis territory for Lever Bros., for the last seven years, today was promoted to field supervisor for Indiana and Kentucky, it was announced by the company.

W. J. Vaughn (above) was appointed to Mr. Bicknell's post, sharing the responsibilities for city sales with W. D. Ochiltree, well known in local food circles. All three men are striving for a salesman's award which the Lever Bros. firm has offered its agents throughout the nation.

## Sour Cream Cup Cakes

2 cups flour  
1 teaspoon salt  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
1/2 teaspoon soda  
1 1/2 teaspoons baking powder  
1 cup brown sugar  
1 cup seedless raisins  
1 cup sour cream or  
1 cup sour milk  
1/4 cup butter, melted

Sift the flour with the baking powder and spices into the bowl with the soft butter; add the remaining ingredients. Beat vigorously with a large spoon until smooth. Pour into well-greased muffin tins and bake at a temperature of 350 degrees for 20 to 30 minutes.

## LOWER PRICE TREND NOTED IN FOOD MART

Commission Row Reports  
Most Vegetables and  
Fruits Cheaper.

Price movements of fruits and vegetables turned definitely lower at the Indianapolis commission row this week. Although a few scattered advances were evident in both divisions, the general market trend showed weakness.

Shipments of strawberries arriving from Florida dropped 4 cents a pint, selling at 14 cents. Fancy baskets of Rome Beauty apples were down 15 cents, quotable at \$1.35. Sunkist lemons, contrary to the general trend, advanced 50 cents a basket, salable at \$6.50.

An advance of 75 cents a hamper in round stringless beans featured the week's movements in vegetables. Another strong spot was an increase of 35 cents a 50-pound box in New Florida potatoes which sold at \$2.75.

Heading the downward movement was a sharp drop of 50 cents a crate in iceberg Arizona lettuce. Home-grown leaf lettuce was off 10 cents, selling at 75 cents a 15-pound basket. Onions, however, maintained a steady price range. Carrots arriving from California in six dozen crate lots were off 25 cents, holding at \$2.75. New Texas turnips also were down 25 cents a bushel selling at \$1.15.

**ORANGES**  
Sweet and Full of Juice  
**GRAPEFRUIT**  
Marsh Seedless  
**APPLES**  
Rhode Island  
Greenings  
York Imperials  
**Rome Beauties \$1.25**  
**HAMILL BROS.**  
230 Virginia Ave.

# LOW EVERY DAY PRICES! + PLUS + Big Week-End Specials!

Low Everyday Prices on Hundreds of Everyday FOOD Needs . . . and Extra Special Low Prices Over the Week-End on Items Famous in Name and in Quality.

## JEWEL CORN PEACHES

Hot-Dated Coffee  
3-lb. bag, 45c

French Brand . . . . . lb., 19c  
Country Club . . . . . lb., 25c

15<sup>c</sup>

Country Club—Country  
Gentleman—Cream Style

2 No. 2  
Cans 19<sup>c</sup>

Country Club or  
Del Monte

2 Big  
No. 2 1/2  
Cans 27<sup>c</sup>

**ARMOUR'S**  
**CORN BEEF HASH**  
2 cans 29<sup>c</sup>  
Corn Beef can 19c  
Deviled Meat can 5c

**PICKLES**  
Fanning's  
Bread and Butter  
jar 15<sup>c</sup>

**PUREX**  
The Master Bleacher  
and Water Softener  
Qt. Bottle, 15c  
15-oz. bot. 10<sup>c</sup>

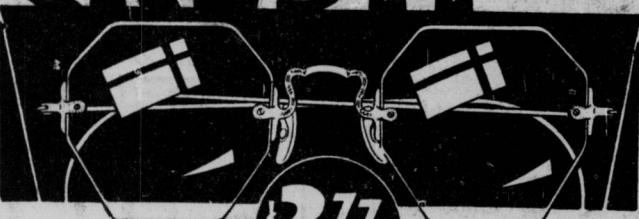
**Flour** AVONDALE Country Club—24-lb. bag, 89c  
**Flour** Pillsbury or Gold Medal 24-lb. bag 99<sup>c</sup>  
**Sugar** Pure Cane 10 lbs. 49<sup>c</sup>  
**Prunes** A Healthful Food lb. 5<sup>c</sup>  
**Butter** COUNTRY CLUB 1/4-lb. Prints, lb., 32c roll, lb. 31<sup>c</sup>  
**Pound Cake** Oven Fresh ea. 19<sup>c</sup>  
**Bread** COUNTRY CLUB 1 1/2-lb. loaf 9<sup>c</sup>  
**Cookies** Baking Day-Ted, Dated at the Oven pkg. 15<sup>c</sup>  
**Crackers** Wesco Sodas 2-lb. box 15<sup>c</sup>  
**Peas or Tomatoes** 2 No. 2 cans 15<sup>c</sup>  
**Educator Crax** pkg. 20<sup>c</sup>  
**Peanut Butter** Embassy qt. jar 23<sup>c</sup>  
**Brooms** Sturdy—Heavy 4-Sewn each 29<sup>c</sup>  
**Green Beans** Round Stringless 2 No. 2 cans 15<sup>c</sup>

**Motor Oil**  
100% Pure Pennsylvania  
(Plus 8c Tax)  
2 can -gal. 95<sup>c</sup>

**TEA**  
May Garden, all Varieties  
1/4-lb. pkg. 17<sup>c</sup>

**Doggie Dinner**  
A Nourishing Food  
for Dogs and Cats  
2 cans 15<sup>c</sup>

## CREDIT ON GLASSES



Thurs., Friday and  
Saturday Only  
Hurry, Hurry, Hurry! For  
three days only, these beautiful  
glasses are offered to you  
for only \$3.77. Complete with  
stylish rimless mountings and  
finest Toric lenses, for far or  
near vision, at this remarkably  
low price.

**EASY PAYMENTS**  
No Interest—No Carrying Charge

Examination by Expert Licensed Eyesight Specialist.  
**NATIONAL OPTICAL STORES CO.**  
124 WEST WASHINGTON STREET  
Stores in Many Principal Cities of the United States and Canada.  
Call for Eye Examination

AT KROGERS

## CANNON BATH TOWELS

Given Away—



**ACT QUICKLY!**  
**500,000 TOWELS**  
**GIVEN AWAY**  
get your supply now!

Send only 4 Seminole Tissue wrappers and 12c FOR EACH TOWEL, (to cover postage and handling), to Seminole Paper Corp., Dept. M, P. O. Box 829, Chicago. Be sure to specify colors you prefer—either Jade, Gold, Coral or Turquoise. Get as many Towels as you want while they last—BUT ACT NOW!

This Offer Expires May 31, 1936

**SEMINOLE TISSUE** 4 ROLLS 25<sup>c</sup>  
COTTON SOFT • SNOWWHITE • FULLY WRAPPED

**MADE BY CANNON MILLS**  
These Bath Towels are made by Cannon Mills—just think of the surprising value this amazing offer brings you. Every Towel is full standard bath size and double-thread for longer wear—softer, more absorbent—DON'T DELAY!



## FRESH FRUITS AND VEGETABLES

## LETTUCE

ICEBERG

Large crisp solid heads—5-dozen size. The size of this lettuce is 25% larger than you usually receive when paying this price.

head 5<sup>c</sup>

**BANANAS** Firm Yellow Ripe Fruit—Freshly Ripened in Sanitary Rooms. 4 lbs. 21<sup>c</sup>

**Carrots** bunch 5c  
OR BEETS—Fancy Quality

**Apples** 7 lbs. 25<sup>c</sup>  
No. 1 Indiana Winesaps

**Rhubarb** lb. 10c  
Fancy Hothouse

**Oranges** doz. 33c  
Jumbo Size Florida Valencias

**Potatoes** U. S. No. 1 Michigan Round Whites 15-lb. peck 25<sup>c</sup>

**Strawberries** 2 pt. boxes 25<sup>c</sup>

Fancy Louisiana Red Ripe

**CELERY**

Jumbo Size Florida  
2 stalks 15<sup>c</sup>

## FINE MILK FED VEAL

## VEAL

Cutlets lb. 38c Chops Rib or Loin lb. 32c Roast Shoulder Cut lb. 20c

**BEEF** Chuck Roast . . . lb. 19c  
Short Ribs . . . lb. 15c  
Hamburger . . . 2 lbs. 29c

**Catfish** DRESSED lb. 25<sup>c</sup>  
**Ocean Perch** DRESSED lb. 17<sup>c</sup>  
**Luncheon Meat** Armour's New Low Price lb. 25<sup>c</sup>  
**Chipped Beef** ARMOUR'S 1/4-lb. pkg. 12 1/2<sup>c</sup>

**BACON** Sugar Cured Sliced Piece, lb., 27c Lb. 35<sup>c</sup>

**KROGER STORES**  
& PIGGLY WIGGLY

Complete  
Satisfaction  
Guaranteed  
or Your  
Money Back