

## 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 bland 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 substituted for lunch if convenient.

### Grapefruit Salad

Avocado and grapefruit pulp is delicious either as an appetizer or salad. Marinate the grapefruit carpels for an hour in French dressing. Cut the avocado into slices the same size and shape as the grapefruit carpels 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 pimento. 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 cocoanut marcoons.

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 rill on each bone before sending to the table.

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

### GIVEN PROMOTION



### 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. Sunquist 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. Onion, 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.

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 salesmen'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 white sugar  
1 cup seedless raisins  
1 cup sour cream or  
1 cup sour milk  
1/4 cup butter, melted  
1 egg

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.

### ORANGES

Sweet and Full of Juice

GRAPEFRUIT

Marsh Seedless

APPLES

Rhode Island

Greenings

York Imperials

75c

Bu. Basket

Rome Beauties \$1.25

Bu. Basket

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230 Virginia Ave.



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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.

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AT KROGERS

## CANNON BATH TOWELS Given Away—



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

Send only 4 Seminole Tissue wrapers 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!

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SEMINOLE TISSUE 4 ROLLS 25c  
COTTON SOFT • SNOWWHITE • FULLY WRAPPED

# 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

lb. 15c

No. 2  
Cans 19c

Big  
No. 2 1/2  
Cans 27c

Country Club—Country  
Gentleman — Cream Style

Country Club or  
Del Monte

24-lb. bag 75c

24-lb. bag 99c

10 lbs. 49c

lb. 5c

roll, lb. 31c

ea. 19c

1/2-lb. loaf 9c

15c

2-lb. box 15c

Motor Oil

100% Pure Pennsylvania  
(Plus 8c Tax)

2-gal. 95c

### TEA

May Garden, all Varieties

1/4-lb. pkg. 17c

Doggie Dinner

A Nourishing Food  
for Dogs and Cats

2 cans 15c

ARMOUR'S  
CORN BEEF HASH

2 cans 29c

Corn Beef can 19c

Deviled Meat can 5c

PICKLES

Fanning's  
Bread and Butter

jar 15c

PUREX

The Master Bleacher  
and Water Softener  
Qt. Bottle, 15c

15-oz. bot. 10c

COUNTRY CLUB

AVONDALE  
Country Club—24-lb. bag, 89c

Pillsbury or Gold Medal

Pure Cane

A Healthful Food

COUNTRY CLUB  
1/4-lb. Prints, lb., 32c

Pound Cake

Oven Fresh

Bread

COUNTRY CLUB

Cookies

Baking Day-Ted, Dated at the Oven

Crackers

Wesco Sodas

Peas or Tomatoes

2 No. 2 cans

Educator Crax

20c

Peanut Butter

Embassy

Brooms

Sturdy—Heavy 4-Sewn

Green Beans

Round Stringless

head 5c

2 No. 2 cans

4 lbs. 21c

15c

29c

15c

2 No. 2 cans

15c