

## KNOWING WIFE STOCKS UP FOR SURPRISE GUEST

Canned Goods Are Essential on Emergency Shelf, Is Contention.

Has your husband that hush-banry habit of telephoning just before he starts for home that he is bringing a guest for dinner?

Here's where your emergency shelf will save you many an anxious moment.

Of course an emergency shelf must be composed chiefly of canned products, the best meats, vegetables, fruits and condiments, since often there isn't time for the dressing up and manipulating that makes cheaper brands appetizing.

If possible, your shelf should contain the makings of a full meal—soup, meat, vegetables, salad and dessert—each article chosen for its compatibility with other foods so that there is no effect of an impromptu hit-or-miss meal.

### Keep Menus Handy, Too

It's a good idea to have some emergency menus and recipes where you can put your hand on them, too. This will save many precious minutes and much pondering.

To further the company touch, have on hand a can of shell nuts, a tin box of marshmallows, a tin of extra fine salad wafers, a bottle of olives, a jar of mayonnaise and a package of long-keeping cheese.

Home-made catsup or chili sauce added to the mayonnaise will make a Russian dressing for head lettuce. Or the nuts and olives can be finely chopped, combined with cheese and made into tiny balls to be served on lettuce leaves if the amount of lettuce is short and must be stretched to go around.

Salted wafers lightly buttered and quickly toasted are particularly acceptable if the portions are small.

### Hot Biscuits Suggested

A can of salmon, tuna fish, crab meat, shrimp, boned chicken, ham or corned beef will solve the lunch-on-salad or any one of these can be made into a delicious hot dish.

The fish or chicken will be satisfactory served in a well-seasoned cream sauce on a hot split baking powder biscuits. The hot biscuits take but a few minutes to make—if you use the ready-prepared flour or dough.

Canned soups need only to be reheated as they come from the can, or in some cases diluted with milk or water to increase their volume.

Macaroons can be kept almost indefinitely in tightly closed cans and are good with canned fruit or plain custard pudding. Then there are the many varieties of canned puddings and quickly mixed packages of desserts that are delicious and easy to use.

They may cost a few cents more than a home-assembled pudding would but the comforting convenience of having them there ready to open more than justifies their cost.

### Canned Goods Are Handy

Everybody knows how many varieties of canned vegetables there are—aspargus tips served on toast with melted butter poured over for luncheon or dinner. This goes especially well with fish salad for lunch. Poached eggs or sliced hard-cooked eggs can be served on the toast with the asparagus if a heartier dish is wanted and a green vegetable or fruit salad is planned.

Peas are good served in a thin cream sauce. String beans, too. Corn is delicious baked like a custard with eggs and milk. Add some pimento for color and flavor.

Canned spinach carefully seasoned with butter and lemon juice and arranged with a garnish of hard-cooked eggs is a rival to fresh, and some like it better. At least, there is no grit!

### Preparing the Pan

Grease your cake pan and line with paraffin paper before you pour the cake mixture in if you want the cake not to stick. Never flour the bottom of the pan, as it makes for a tough crust.

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Veal Chops Lb. 12½ c  
Lamb Breast Lb. 10c  
Sliced Liver Lb. 12½ c  
Pork Steak Lb. 19½ c  
Pork Sausage Lb. 13½ c

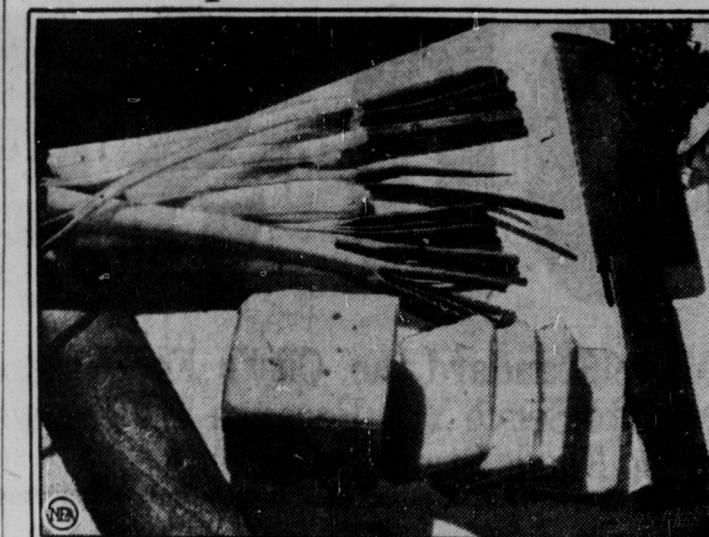
OLEO PORK CHOPS  
11½ Lb. 18½ Lb.

VEAL POCKET  
**ROAST** Lb. 11½ c

SWIFT'S BRANDED CHUCK  
**ROAST** Lb. 11½ c

MEATY BOILING  
**BEFF** Lb. 7½ c

## Green Onions Are Source of Important Nutriments



Spring brings the green onion very much into its own—the ideal accompaniment for rich, pungent cheeses like Liederkrantz. The onions may accompany the sandwich or be finely chopped and mixed with it.

### Variety of Uses Suggested for Tangy Spring Vegetable.

The home-maker must certainly know her onions, for this pungent vegetable stands third among the truck-garden crops of the United States and of high food value.

New onions come under the head of succulent vegetables. As a source of vitamins and mineral salts they rank with the best of the leafy vegetables. The dry winter onions differ considerably in their food properties, although they are rich in mineral constituents and are a nourishing vegetable. The onion bulb is a mass of thickened leaves, but the tops are thin leaves full of the important nutrients found in such vegetables as spinach, chard and so forth.

### Beating in the Air

In making a cake beat the whites of your eggs stiff and then beat again with part of the sugar. This meringue effect insures a lighter cake of more even texture.

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Berghoff — Beer or Ale

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NEW POTATOES 7 lbs. 25c

ORANGES California 2 doz. 29c

Winesap APPLES 7 lbs.

New Peas—Green Beans—Berries—Cauliflower—Broccoli—Asparagus at special sale prices.

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Chuck Roast 17c

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Baby Beef Steak 25c

Fresh Ground Beef 2 lbs. 27c

Hilgemeier's Pure Lard 2 lbs. 25c

Loin Lamb Roast 22c

Loin Lamb Chops 27c

Veal Shoulder Roast 19c

Veal Chops, rib 27c

Brookfield Butter 31c

Hilgemeier's Sliced Bacon 30c

### Liederkrantz-Onion Sandwich

New onions make good sandwiches, too. Cut the little onions in thin slices and spread evenly on the sandwich. Sprinkle lightly with salt, cover with buttered bread, trim off crusts and serve.

Mash a package of Liederkrantz with a fork until soft and smooth. Add 2 tablespoons beer and blend to a smooth paste. Fold in 2 tablespoons of finely minced onion, chives or green tops of young onions, and spread on buttered rye bread.

Tomato catsup spread over the cheese mixture or plain cheese

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Get the top layer from California's Peach Bowl!

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