

Be careful: Don't pay for wrapping

Two supermarket chains in my neck of the woods have admitted to misleading advertising and mislabeling or abortweighting meat.

While I rarely shop at their stores, fift other reasons, I believe it's important for you to be aware that the same-visitations may be occurring at other supermarkets.

I occasionally weigh packaged produce at the two chains I patronize, so fig., I haven't been cheated. I plan to drop some meat on produce scales for till beck of it since I learned that supermarkets aren't above making less thun hooset instakes.

One chain really got nalled by the

chain really got nailed by the

consumer protection agency. It had been weighing and pricing meat after packaging so shoppers in 84 stores paid beef prices for 1½ counces of cellophane and cardboard.

It sold ground beef that contained sopbean and other fillers as "great ground beef." It now sells "great ground."

ground becf." It now sells "great ground."

The least serious violations labeling beef chuck shoulder steak "London hroli" and rump roast "California "and may be serious violations: marking rib steak "rib-eye" and rib-eye "beef steak "rib-eye" and rib-eye "beef prices.

The most foolish violation: tagging lamb chops from New Zealand "USDA choice."

BEEF A LA MODE

2 tsp. salt

fi tsp. black pepper
I gartle clove, minced
Plack of caycane pepper
4 csp all perpose floor
4-tsp. boof ramp roast
2 calcos, siled
4 csp bacca drippings
1 bay leaf
1 paraley sprig
3 carrots, alleed
1 turnip, alleed and est up

'is cap water
On disher plate, combine sait, pepper, gatite, cayenne and flour. Dredge beef in seasoced flour. In large pot, cook codions in heated become drippings until limit and remove. Slowly brown meat all over, return onions, add bay leaf and parsier, place carrots and tunnipa round meat, add water, cover and cook on a notch above low 3½ to 4 hours. Remove meat to beated platter. Strain cooking liquid, add enough water to make 3 cups, return to pot and thicken with flour for gravy. Serve with mashed potatos, buttered noodles or fluffy rice. Serves 8.

Dressing old as salad

Salad dressings have a long and interesting history, dating back to ancient times. The Babylondans used oils and vinegar to dress greens, and the Chinese have used soy sauce for possibly 50 centiuries. Rormans used salt to bring out the flavor of the berts they preferred.

In fact the very word "salad" comes from the Roman word for salt, "sal," in Latin, salads were called 'herber salts, "salded berbe, which became "salad" in English. Almost everybody is familiar

with oil and vinegar and the mayonative-based dressings, such as Thorsand Island. Blade from foods commonly found in the kitchen, you can mix them yourself or boy them better. These are convenient and easy to make, just add milk and mayonatise. Each of the many flavors contains different herbs, spices and cheeses, adding to the delicate flaors so complimentary to saind greens.

This spiced nut loaf is great anytime

Here's a loaf that is not just for eating at breakfast or at snacktime — It's great anytime. Spice when Buttermilk Loaf is a big tender loaf, full of flavorful spices and crunchy wainuts. Using a ship, p. service limit early a sawing motion is the best method to cut a nice hig alice of the loaf to wrap up and tuck into bag inches. It's great with a glass of milk for an afternoon snack. Try a slice tipped with a scoop of loc cream for dessert. Spired as is, or spread with butter or cream cheese, the bright flavor of the loaf is delightful at breakfast time.

"An economical boy this year, the wainut crop is

the bright flavor of the loaf is delightful at breakfast time.

An economical buy this year, the walmut crop is
of good quality and plentitul ... three good reaspars to include the favorite recipe ingredient mit in
our mean planning. Look for walmuta conveniently
abelied when you begin your bolliday baking. Pour
earli what you'll need from the packages and cans,
then either break the large pieces by hand, or chop
hem with a large knill on a cutting board. Or use
an on-and-off motion with the switch of a food processor or blender until the desired recipe size chop
is reached. In-the-shell walmuts are available to fill
your traditional nuthows and to crack out those
perfect halves for decorating. They are kept crisp
and fresh thanks to nature's own protective shell, so
crack out only what you need for your recipe or
exting out of hand. If you do have more shelled
walmuts than you need at a time, store them in a
"Walmuts and much a special tooch and flavor to a
cessert, candy, casserole, cake or cookie recipe,
you'll want to have plenty on hand.

SPICED WALNUT BUTTERMUK LOAP

SPICED WALNUT BUTTERMILK LOAF

l cup walnuts
l cup granulated sugar
l tup cinnamon
l tsp nutmeg
la ten cloves top cloves thep butter or margarine

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HAAGEN-DAZS ICE CREAM

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3 caps all-purpose flour 3 tsp baking powder 4 tsp baking soda 14 tsp salt 6 cap abortening 2 eggs 14 caps battermilk

Coarsely chop the walnuts. Stir together ¼ cup the sugar and spices; melt butter and toss with the walnuts and sugar mixture; set aside. Slift flour

with baking powder, sods and salt. Cream together the shortening and remaining % cup sugar. Beat in eggs. Blend in flow mixture alternately with buttermilk. Set saide % cup of the spiced walnuts for of late. Stir remainder into batter and form into well-greased %-by-\$-by-\$-inch tost pan. Sprinkle remaining walnuts over top. Bake below over centermaining walnuts over top. Bake below over centermines of the stir of the stir





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