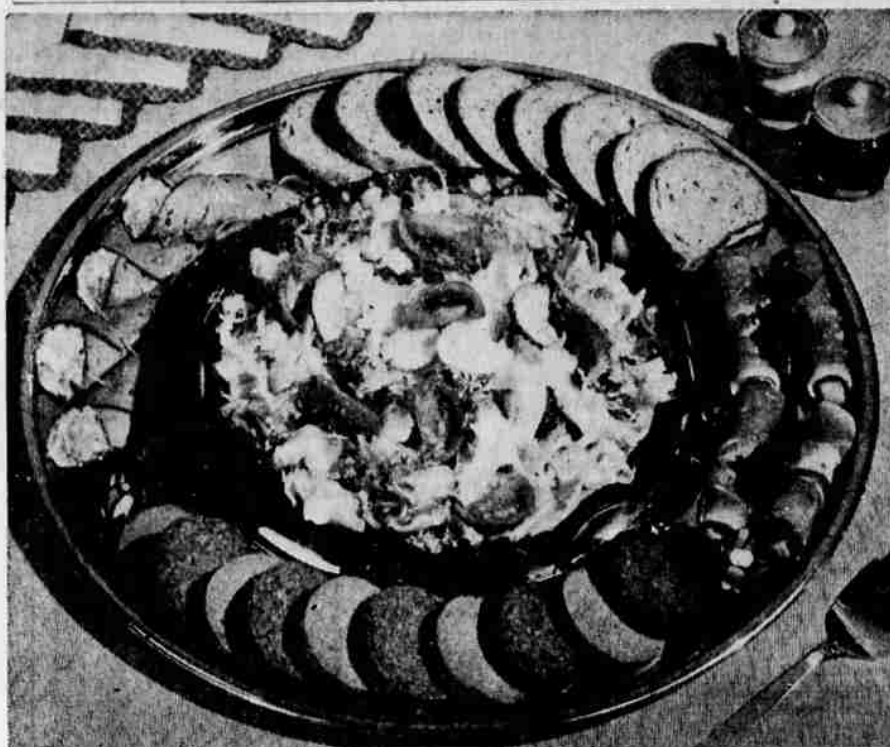




COLD CUTS SUPPER TRAY—A gay and informal way to entertain your evening guests is with a cold cuts supper tray. With rye bread and a tossed salad, it's a meal all in one. On one side of the platter, arrange alternating slices of summer sausage and liver sausage. Next to these, place cornucopias of pimiento loaf or bologna filled with chive cottage cheese. Complete the array with rye bread and ham rolls made by rolling "boiled" ham slices around sticks of processed American or Swiss-type cheese. Center the tray with a shallow bowl of salad made from mixed greens, tomato wedges, sliced cucumbers and sliced hard cooked eggs. Just before serving, toss with French dressing.

Cold-Cooking Recipes Help Beat The Heat

"Breathes there a woman with a soul so dead, Who never to herself hath said (at 4 P.M.) How I hate to go into that hot kitchen and start dinner?"

If there is, this article isn't meant for her. These warm summer afternoons are designed for enjoyment — for sitting in the shade with a good book or taking the children to the pool or river for a swim. And then for coming home when it's cool and putting a good meal on the table quickly and without a lot of last minute work.

Early morning is the time to get most of the cooking out of the way. And by all means, let your refrigerator do as much of the work as possible.

God nourishing salads should be given emphasis now. And don't forget the cold cut platters and main course dishes that can be served cold.

Here is a filling salad that supplies the protein needs.

SEAFOOD-AVOCADO SALAD WITH DRESSING

- 1 (6 1/2 oz.) can lobster meat (about 1 cup)
- 2 (6 oz.) packages quick-frozen crabmeat (about 2 cups)
- 2 cups cooked shrimp, fresh, quick-frozen or canned
- 3 ripe avocados
- 1/2 cup mayonnaise
- 1/2 cup thick sour cream
- 1 tablespoon cut chives

Bottled French Dressing

Cucumber and tomato slices. Remove any bits of shell from lobster and crabmeat and break into bite-size pieces. Reserve claw meat of lobster and a few whole shrimp for garnish. Cut remaining shrimp in pieces. Combine lobster, crabmeat and shrimp. Add just enough French dressing to coat generously and chill. Just before serving, halve avocados, remove pit and fill with seafood mixture. Combine mayonnaise, sour cream and chives for dressing and top each avocado with a generous spoonful. Garnish with lobster claw meat and whole shrimp. Arrange on platter or chop plate and surround with overlapping alternate slices of cucumber and tomato. Yield: six servings.

Summer is the time of year when cold cuts come into their own. They're just the thing for quick and easy dinners, spur of the moment picnics and late evening snacks.

COLD CUTS FOR DINNER

On the hottest of days, a platter of cold cuts for dinner is as tempting as anything you could set before your family. Choose all of the family's favorite meats and garnish the platter prettily with parsley, radish roses and ripe olives. With the pretty array, serve a simple menu of potato or macaroni salad, sliced tomatoes and cucumbers, rye bread and a fresh fruit dessert. One hot dish in every menu makes the meal more appetizing and digestible, so choose a hot beverage or serve a vegetable or hot rolls. (Heat rolls in the double boiler to avoid using the oven.)

COLD CUTS MOLD

1 cup finely chopped summer sausage or bologna
2 cups tomato juice
1 package lime gelatine
1/2 teaspoon Worcestershire sauce
1/2 teaspoon Tabasco
2 tablespoons lemon juice
1/2 cup finely cut celery

Heat tomato juice, pour over gelatine and stir until dissolved. Add remaining ingredients and pour into molds which have been rinsed in cold water. Chill in refrigerator until firm. 4 servings.

JELLIED CHICKEN

Boil a three or four pound chicken until tender. Boil the liquor down to one quart. Cut the meat, across the grain, in small pieces. Discard any coarse portions of skin. Salt and pepper the meat lightly. Add two tablespoons of gelatine soaked in two tablespoons of cold water, one tablespoon Worcestershire sauce and more salt if necessary to the hot stock. Strain over the chicken, mix lightly and put into fancy individual molds, or into a long, deep rectangular loaf tin. Chill until set. Serve on lettuce with mayonnaise. This serves eight people. The secret of this recipe lies in its simplicity. Just good chicken flavor and no "fancy fixings".



Now Is The Time For Tall Fruit Juice Drinks

Tall icy fruit juice drinks top the list of satisfiers when the temperature soars. Fruit juices are good for us as well as being good thirst-quenchers. Serve alone as a mid-day refresher, or with snacks or sandwiches.

HAWAIIAN FIZZ

Put scoops of sherbet in tall glasses. Add equal parts of gingerale and canned pineapple juice. Stir until foamy. This is a favorite for children's parties.

NECTAR LEMONADE

Make lemonade according to the directions on a can of frozen lemonade concentrate. Add a 12-oz. can of apricot, peach or raspberry nectar and mix well.

CITRUS-APPLE CHILLER

Mix equal parts of chilled canned orange and grapefruit juice, and canned or bottled apple juice. Sweeten to taste. Freeze maraschino cherries in ice cubes to use in glasses.

GRAPE JUICE FLOAT

Fill tall glasses about half full with canned or bottled grape juice. Add a scoop of vanilla ice cream and enough gingerale to fill glass.

ORANGE FROSTED

Mix one can of concentrated orange juice with water as directed on the can. Add one pint of vanilla ice cream. Mix 1 minute in electric blender or beat with rotary egg beater until mixture is fluffy and thick. Pour into tall glasses. Garnish with a sprinkle of nutmeg or a cherry. Serve at once.

FRUIT MILK PUNCH

(Serves 1)
1/2 crushed banana
2 Tbsp. orange juice
1/4 cup pineapple juice
1 Tbsp. lemon juice
Dash of salt
1 cup milk

COFFEE COOLER

(Serves 2)
2 1/2 tsp. instant coffee
4 tsp. sugar
2 cups cold milk
Vanilla ice cream

PEACH EGG NOG

(Serves 6)
4 eggs, separated
Dash of salt
2 Tbsp. sugar
1 quart milk
1 pint peach juice, syrup or nectar

Beat egg whites until stiff, add dash of salt, and sugar. Beat together. Meanwhile beat egg yolks, stir in milk. Gradually add peach juice to milk mixture and fold in egg whites. Pour into tall glasses and top with nutmeg or shaved chocolate.

Variations: Add few drops almond extract or combine 1 cup peach syrup and 1 cup apricot or pineapple juice.

Any leftover roast duck in the house? Cut it in bite-sized pieces and add it to a salad of tossed greens, segments of orange (membrane free) and tangy French dressing.

Bake rectangles of crisp pastry (individual-serving size); spoon sliced sweetened peaches between the pastry leaves and top with sweetened whipped cream for a luscious company dessert.

MARKET REPORT

PEARS — California Bartlett pears are beginning to appear on the market. Price dictates you can have a few to eat, but wait a bit before doing your pear canning. Local pears will appear about middle of August.

PEACHES — Elberta peaches are on market and price dropping somewhat. Local peaches expected in two weeks.

PLUMS — Canning time for plums! Do it now!

TOMATOES — Plenty of local tomatoes will be on market real soon.

CANNING TUNA — Canning tuna is not yet but expected soon.

SALMON — Now is the time to can or freeze salmon. Price is very reasonable and next winter you will be glad you did it!

CRAB — Crab in shell will not be available for about six weeks.

Let summer mud stains on clothing dry thoroughly before you try to remove them. Then brush the stain well before sponging with clear water. If soap and water will not harm the material it may be used. Sponging with alcohol will usually help to remove the last traces of the stain. On colored materials and acetate rayon dilute the alcohol — 1 cup denatured alcohol to 2 cups water.

Fish Dinner For Fishermen Who Return Minus Catch

August 9th is the birthday of the man who wrote the Compleat Angler, old Izaak Walton himself. This most famous of writers on fishing referred to the pastime as the "Contemplative Man's Recreation," so if fishing is your husband's hobby, he is probably the quiet type, according to Walton.

Quiet type though fishermen may be, they are not averse to bragging about what the day's catch will be. For the days when you have depended on your husband for fish at dinner, and he wistfully admits the biggest one got away, it's handy to have canned fish on the shelf and a dependable recipe like Banana Salmon Loaf. Piquantly different, this

simply prepared fish dish has the tropical glamor of bananas to make it refreshing and interesting in flavor. Since it is necessary only to mash the bananas to include them in this dish and the salmon can be the ready to use canned kind, this dish is simple and quick, for all its glamor.

Bananas are a nourishing as well as a delicious addition to main dishes. This mellow tropical fruit has an abundant supply of vitamins and minerals, and is an excellent source of quick food energy. For any Friday in the month, Banana Salmon Loaf is a delicious dish.

Banana Salmon Loaf
1 cup mashed ripe bananas (2 or 3 bananas)
1 egg, well beaten
2 cups cooked, drained, flaked salmon or 1 one pound can salmon
2 1/2 cups soft bread crumbs
1/2 cup chopped onion
2 Tbsp. chopped green pepper
1/2 teaspoon dry mustard
or 1 Tbsp. prepared mustard
1 teaspoon salt
2 teaspoons lemon juice
1/2 teaspoon pepper

Use fully ripe or all yellow bananas.

Add bananas to egg and mix well. Add salmon, bread crumbs, onion, green pepper, mustard, salt, lemon juice and pepper. Mix thoroughly. Press into well-greased loaf pan (8 1/2 x 4 1/2 x 2 1/2 inches). Bake in a moderately hot oven (400 F.) about 35 to 40 minutes, until loaf is lightly browned. A center is firm. Serve hot or cold. If desired, tomato sauce, hite sauce or mushroom sauce may be served with the loaf. Serves 4 to 6 servings.



A BUFFET SUPPER of deviled crabmeat, vegetable and rolls is an excellent example of a well-planned meal for entertaining. Everything is prepared ahead of time and the hostess spends just 15 minutes in the kitchen adding finishing touches. (See recipe below)

Simple Planning Rules Make Entertaining Easy

Good planning can take a great deal of the work and worry out of entertaining — especially when it comes to party suppers prepared and served without extra help.

A smoothly run party depends on a serene hostess who can give her undivided attention to guests until it's time to serve. The main secret, of course, is to plan a menu for which everything can be prepared in advance of guests' arrival, except for last minute details.

A buffet supper of deviled crabmeat, asparagus or green beans in casserole, jellied perfection salad, rolls, butter and relishes is delicious, attractive to serve and yet can be prepared in advance to require only 15 minutes for the finishing touches.

This menu will keep the kitchen clear and uncluttered, too, so that there's plenty of convenient serving space. While the crabmeat and vegetable casseroles are heating, arrange the rest of the food on the table and then, just before serving, open and pour the beverage.

When the crabmeat and vegetable

tables are ready, put them on the table and serve supper. Made with canned, fresh or frozen shellfish, deviled crabmeat is a tasty and flavorful party main dish.

DEVILED CRABMEAT

2 tablespoons butter
1 tablespoon minced onion
2 tablespoons flour
1/2 teaspoon Worcestershire
1/2 teaspoon dry mustard
1/2 teaspoon salt
1/2 cup milk
1/2 cup cream
2 cups cooked or canned crabmeat
1/2 cup grated cheese

What's a tomato without Morton's?

When it rains it pours



Plain or iodized

FRESH HEALTHFUL Produce

TOMATOES lb. 10c
BEANS lb. 10c
PEACHES lb. 10c
CORN dozen ears 40c
ZUCCHINI lb. 5c

James Garden
in Winston Section

Turn Left and Cross South Umpqua River, Continue South approximately One Mile on County Road.

Oh boy! Mom made a MISSION SALAD!

Swell eating in the good old summertime!

Nothing makes a bigger hit, nothing is more tempting and delicious than Mission Macaroni Salad in the good old summertime. It's so quick and easy to make, and so very pleasing right down to the last bite!



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