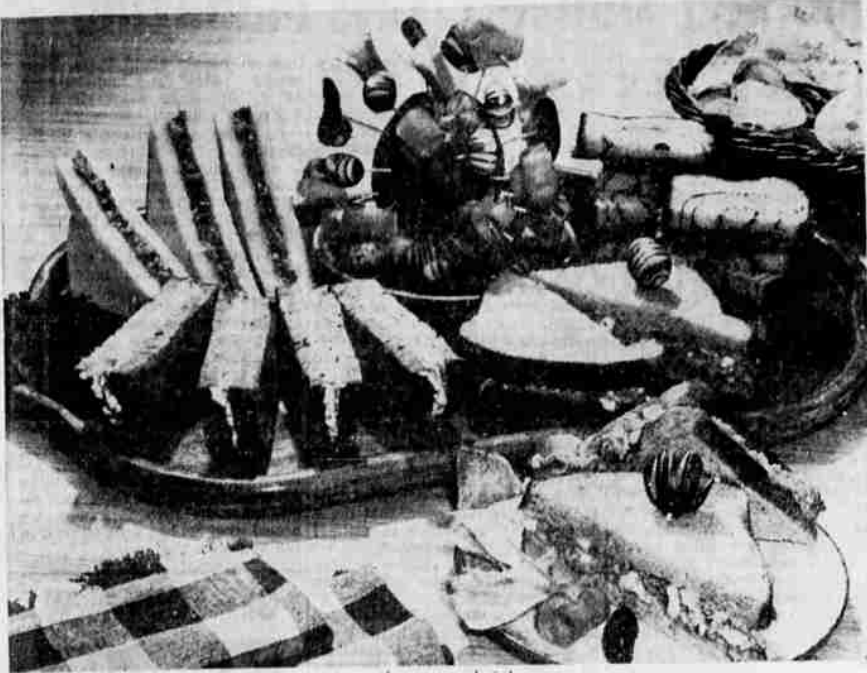


School Lunches Require Careful Planning



... modern sandwiches.

Milk Sandwiches Give Unlimited Variety

The old-fashioned sandwich has finally gone as modern as instant foods. The newest is a simple recipe for a milk sandwich which combines favorite sandwich fillings with instant nonfat dry milk. Two sandwiches equal a full 8-ounce glass of milk. This new "convenient sandwich recipe" has just been introduced and combines household favorites such as peanut butter, cheese, meat spreads and salads with instant nonfat dry milk.

The ease of preparation of the milk sandwich, the almost unlimited variety of fillings and its added nutritional value makes this ideal for school lunches, snacks or informal luncheons. Although the sandwiches contain milk there is no noticeable flavor or texture change, but as sure as you eat two milk sandwiches you have consumed a glass of milk.

The sandwich supposedly originated in England in about 1738, but it has become so closely as-

sociated with American eating habits that millions of sandwiches are consumed each year. Americans also consume more milk annually than the rest of the world's population combined, so it is only natural that the two be combined into this interesting sandwich idea.

The milk sandwich should be the answer to a mother's prayer for it's an ideal way of getting an extra glass of milk into the diet. In the school lunch pail or for after-school snacks, you'll have no trouble getting youngsters to "eat" and extra glass of milk in their sandwich.

For teenagers too, the milk sandwich has an important place in balanced diets. Most nutritional experts agree the average teenager does not have sufficient milk in his diet. Many consider themselves too adult for milk while others have serious concern with weight problems. The equivalent of a glass of milk, in two sandwiches, gives the adolescent

much needed milk while the 1 percent fat content of dry milk answers the question of the weight-watcher.

In addition to children and teenagers the milk sandwich is an ideal way of adding an energy booster to dad's lunch box sandwiches and for Sunday night snacks at the dinner table or while watching TV.

To surprise your family with sandwiches which are different—but without changing their favorite filling—treat them to milk sandwiches the next time you plan a sandwich snack. And, if Junior is a "milk-rebel" he won't even know that mother's given him an extra glass of milk. The following suggestions are for two milk-sandwiches—the equivalent of an 8-ounce glass of milk—quantities may be increased to meet family requirements:

Peanut Butter-Jelly Milk-Sandwiches
Mix 2 Tablespoons jelly and 1-3

Shop For Quick-To-Prepare Nutritious, Versatile Foods

The first days of school bring a welcome routine back into the home, but it means the homemaker must have an easy schedule of food preparation to keep up with the many demands on her time. Shopping lists must include those foods which are quickly prepared, nutritious, versatile, and economical. This year, the fruit that fills these requirements is already in the markets, thanks to a perfect growing season. The all-purpose Washington State Jonathans and the apple center of the world are in good supply now, ready for a wide variety of recipes or for between-meal snacks. Best of all, they are a quick, healthful addition to school lunches. Vitamins A, C and G are found in apples, and a raw apple a day will not only "keep the doctor away," but the dentist, too. Try to include a cooked or raw apple in your child's lunch box, or a nourishing cookie that contains apples. Here are two favorites of the school set, that keep exceptionally well:

- Applesauce Bran Cookies**
1-3/4 cup all-purpose flour
1/2 tsp. salt
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. cloves
1/2 cup shortening
1 cup sugar
1 egg
1 cup soda
1 cup sweetened applesauce
1 cup raisins
1 cup cooking bran
Cream shortening and sugar until smooth. Gradually add flour, salt, cinnamon, nutmeg, cloves and raisins. Stir in 1/4 cup peanut butter until well blended.
- Honey-Peanut Butter Milk-Sandwiches**
Mix 4 Tablespoons honey and 1-3 cup Instant (in dry form) gradually until smooth. Stir in 1/4 cup peanut butter until well blended.
- Cheese Spread Milk-Sandwiches**
Have salad prepared (chicken, ham, tuna, egg, etc.) Stir 1-3 cup Instant (in dry form) in gradually until well blended.
- Deviled Ham Milk-Sandwiches**
Mix 2 1/2 ounce can of deviled ham spread and 1-3 cup Instant (in dry form) gradually together until well blended.

light. Add unbeaten egg and beat well. Sift together flour, salt, cinnamon, nutmeg and cloves. Add soda to applesauce and combine well. Add applesauce mixture to creamed mixture alternately with dry mixture. Add bran and raisins and mix well. Drop by tsp. three inches apart on oiled cookie sheet. Bake at 375 degrees F. 10 to 15 minutes. Yield, about 3 dozen cookies.

Applesauce Brownies
2 squares (2 oz.) unsweetened chocolate
1/2 cup fat
1 cup sugar
2 eggs, slightly beaten
1 cup applesauce
1-1/4 cups sifted flour
1/2 tsp. baking powder
1/2 tsp. soda
1/2 tsp. salt
1/2 tsp. cloves
1/2 tsp. nutmeg
1/2 tsp. cinnamon
1/2 cup chopped nut meats

Melt chocolate and fat together over hot water. Cool slightly. Blend in sugar, eggs, and applesauce. Sift together the flour, baking powder, soda, salt, and spices. Add to first mixture. Stir in the nut meats. Spread the batter in two greased 8-inch square pans. Bake at 350 degrees (moderate oven) 20 to 40 minutes. Cool in pan; then cut into 3 dozen small bars.

And here are some refreshing ideas to include in your planning for the youngsters:

Combine cream cheese, crunchy peanut butter, and applesauce for a sandwich spread. Tasty on dark or brown bread.

Bake Washington Jonathan apples in foil. Plan double your usual quantity, as they keep in the foil, and can be tucked in a lunch box or served for breakfast or dinner.

Hollow out an apple and fill with peanut butter, or jelly. Small fry love this.

Add 2 1/2 cups chopped shredded apple to two cups cereal when you are cooking it. Gives a wonderful flavor, and a needed change for everyday fare.



... quick waffles

Quick-And-Easy Waffles For Breakfast

Everybody's looking for "quick-and-easy" recipes these days. But especially those hostesses seeking to have that special touch that labels them as really excellent cooks! Take Cinnamon-Nut Waffles. They're something anyone can make—and everyone will love to eat. For topping—simply have plenty of old-fashioned maple-blended syrup on the table!

Suggestions for variety: For a spicier recipe, substitute Cinnamon bread for the white, for richer variation, substitute 1/4 cup evaporated milk for the milk; and for a fruit flavor, use half evaporated milk and half canned fruit juice.

Bread 'n' Butter Waffles
8 to 10 slices bread
Butter
1/2 cup milk
Dash of salt
1 egg, slightly beaten
Maple-blended syrup

Spread bread slices lightly but evenly on both sides with butter. Add milk and salt to slightly beaten egg. Blend well. Dip slices of bread in egg-milk mixture quick-

ly. Drain. Bake in moderately hot waffle baker 5 minutes, or until golden brown. Serve hot with maple-blended syrup. Makes 8 to 10 waffles.

Note: For serving a large group, stack baked waffles on cake racks and reheat in moderate oven (350 degrees F.) 3 to 5 minutes.

Scrambled French Toast
8 slices stale bread
3 eggs, well beaten
1/2 teaspoon salt
1/2 cup milk
Bacon drippings or shortening
Butter
Maple-blended syrup
8 slices crisp cooked bacon (optional)

Cut bread into small cubes. (Do not remove crusts.) Combine eggs, salt, and milk. Pour over bread cubes and toss lightly. Add to hot fat in large skillet and turn occasionally until well browned. Serve with butter and maple-blended syrup. Also, if desired, serve with bacon or sprinkle crumbled cooked bacon over each serving. Makes 4 servings.

8 to 10 slices bread
Butter
1/2 cup milk
Dash of salt
1 egg, slightly beaten
Maple-blended syrup
Cinnamon
Sugar
Chopped nuts

Spread bread slices lightly but evenly on both sides with butter. Add milk and salt to slightly beaten egg. Blend well. Dip slices of bread in egg-milk mixture quickly. Drain. Just before baking, sprinkle cinnamon, sugar and chopped nuts over bread in waffle baker. Bake in moderately hot waffle baker 5 minutes, or until golden brown. Serve hot with maple-blended syrup. Makes 8 to 10 waffles.

Ways To Use Honey Told

When honey is used in the freezing of fruits use mild flavored honey in the proportion of one part honey to four or five parts of fruit, on sliced or crushed fruits. If you pack whole fruits with honey, add 1 cup of water to each two cups of liquid honey and then use just enough of this diluted honey to cover the fruit.

Homemakers find that honey used in cakes, cookies, and bread absorbs and holds moisture which is important at any time of year, but is particularly so during the late summer and early autumn months when the soft breezes are drying.

Honey is dark or light depending on the varieties of nectar, the processing, and the storage of the product. However, dark honey is not an inferior product as some people are inclined to believe.

Honey supplements the supply of vitamins obtained from other foods.

Creamed honey results from natural and quick granulation which produces very fine crystals of a creamy-like consistency. It is classified as creamed honey or finely crystalline honey of great consistency and is in demand.

Honey lessens fatigue and increases energy and power to work.

Flavor and sweetness of honey-bread explains its popularity with the members of the family because it is tasty. The homemaker, whether she bakes honey bread or makes it, likes it because it is nutritious and because of the honey in it, it keeps fresh a long period of time.

As a source of sweetening, honey has a special advantage in that a large part of its sugar content is made up of the simple sugars, known to chemists as levulose and dextrose.

Hostesses easily gain culinary respect of their guests when they serve refreshments which include honey in ice tea, ice coffee, fruit cake, fudge, oatmeal and other cereals, French salad dressing and hot and cold lemonade. Many use honey to glaze baked ham.

In using honey to replace other sweetenings in recipes, honey is used measure for measure, but the amount of liquid must be reduced one-fourth cup for each cup of honey used, or in the same proportion for fractions of a cup.

In recipes for muffins, bread, and rolls made with honey instead of other sweetening agents, one does not make any change if honey is used measure for measure.

When using honey in baked products one should use a moderate oven to prevent the product from becoming too brown.

START THEIR BUSY DAY WITH NUTRITIOUS UMPQUA MILK

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... school day luncheon

Molasses Cookies Energy Food Dessert

An ideal school lunch supplies one-third to one-half of the daily food needs of the student. The meal generally includes a protein main dish, vegetable, and-or fruit, enriched bread, butter or margarine, and a glass of milk. Dessert, such as molasses cookies, may be included as an extra treat.

At a school day luncheon, with the approval of your family students by serving "Joe Froggers", 4-inch molasses cookie cartwheels, as dessert.

These cookies are credited to a native of Marblehead, Mass., named Uncle Joe, who many years ago lived by a frog pond and made the best molasses cookies in town. People called the cookies "Joe Froggers" because they were plump and dark like the frogs in the pond.

Marblehead fishermen of long ago would trade with the old man for a batch of his Froggers which they took in sea chests on long voyages because the molasses kept the flavorful cookies fresh tasting.

After Uncle Joe's time, these cookies were sold in a Marblehead bake shop and children would buy them for a penny apiece. The cookies were also a local favorite for Sunday night supper with a glass of milk.

Here is the recipe for the sweet, un-sulphured molasses cookies. They can be frosting trimmed to take to teacher or a favorite friend.

And for the rest of the school day menu have salmon burgers, raisin

- cole slaw, carrot strips, apple-sauce and milk.
- Joe Froggers (Jumbo Molasses Cookies)**
1/2 cup shortening
1 cup sugar
1 cup water
1 cup un-sulphured molasses
3/4 cup sifted all-purpose flour
1/2 teaspoon salt
1 teaspoon soda
1 1/2 teaspoons ginger
1/2 teaspoon cloves
1/2 teaspoon nutmeg
1/2 teaspoon allspice
- Cream together shortening and sugar. Combine water and un-sulphured molasses. Sift together flour, salt, soda and spices. Add alternately to creamed mixture with water and molasses, blending well after each addition. Chill in bowl in refrigerator overnight. Roll out 1/4 inch thick on floured board or pastry cloth, cut into rounds with a 4-inch cookie cutter. Place 3 at a time on greased baking sheets. Bake in a moderate oven (350 degrees F.) 10 to 12 minutes. To store, place in closely covered container.
- YIELD: 1 1/2 dozen cookies.
- NOTE:** If desired, names may be written on cookies by forcing decorative frosting through narrow opening of cake decorator.
- Iced Ginger Tea**
1 cup sugar
1 cup water
1 stick of cinnamon
10 whole cloves
1/2 inch square fresh ginger (peeled and sliced thin)
- Bring water to boil in small pan and add sugar, cinnamon, cloves and ginger. Stir over low heat until dissolved. Bring to boil for 7 minutes. Cool. Remove cinnamon stick and cloves. Yield: 1 cup ginger syrup.
- Prepare iced tea in the usual manner and add 1 to 2 tablespoons of the ginger syrup according to taste. Garnish glasses with lemon slices.

- Cherry Lane Salad**
1 1/2 pounds fresh sweet cherries
6 strawberries
1 small cantaloupe
1 can (7 1/2 to 8 oz.) sliced pineapple
1 avocado
1 banana
Lettuce
- Salad dressing
Wash cherries and strawberries, leaving stems and hulls on. Peel cantaloupe; remove center pulp and cut into 1/2 inch wedges. Drain pineapple. Peel avocado and slice into tenths. Peel banana and cut into chunks. Dip avocado and banana into juice drained from pineapple to prevent darkening. Line platter with lettuce. Mound cherries in center. Arrange alternate slices of avocado and cantaloupe around one half of platter. Circle other side with pineapple and remaining cantaloupe. Top pineapple with strawberries and cantaloupe with bananas. Serve with your favorite fruit salad dressing. Makes 6 servings.

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