

Cantaloupe Festive Choice For Meals In Hot Months

Two desserts certain to impress your most discriminating guests. "Melon-Berry Marguerite" and "Midsummer Splits" are as cooling as they are flavorfully contagious.

Melon-Berry Marguerite
2 large cantaloupes
1 pint fresh strawberries or raspberries or 2 packages (10 oz. each) frozen berries
1/2 cup sugar
1/4 cup water
1/2 cup red currant jelly
1 tablespoon cornstarch
1 tablespoon water

Cut 3 rings from center of each cantaloupe; remove seeds and rind. Chill. With French ball-cutter or 1/2-teaspoon measure, cut melon balls from end pieces. Combine with 1 cup berries; chill. Add sugar, 1/2 cup water and jelly to remaining berries; simmer about 15 minutes. Cool slightly; force through sieve. Mix cornstarch and 1 tablespoon water; stir into sieved berries. Cook until mixture boils and is thickened; chill. Place a melon ring on each dessert plate; top with cantaloupe-berry mixture. Spoon on sauce. Garnish with whipped cream, whipped cream cheese or dairy sour cream, if desired.

Makes 6 servings.
(If using frozen berries, thaw and drain before combining with melon balls; omit sugar and 1/2 cup water in making sauce.)

Midsummer Splits
1 cantaloupe
1/2 cup white corn syrup
1/4 cup chopped maraschino cherries
2 to 3 teaspoons chopped crystallized ginger

Crunchy Cookies Please Children At Snack Time

Snack time comes more frequently in the summer when your youngsters are out of school for several months of outdoor play in balmy weather. A day of hard activity builds up such appetites, that you sometimes wonder if children can ever get filled.

One snack they always go for in a big way is a cookie. . . especially Mom's homemade kind. A full cookie jar certainly brings on the smiles.

This delicious new recipe is one you simply must try. The crunchy, sweet morsels are filled with tiny butterscotch pieces, quick-cooking oats and flecks of orange rind or peel. The key to other crispy, crunchy texture, states home economist Reba Staggs, is the lard used as the shortening.

Prepared once, Snack Time Cookies are destined for repeat performances and a permanent place in your recipe file.

Snack Time Cookies

1 1/2 cups sifted enriched flour
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
2 1/2 cup lard
1/2 cup sugar
1/2 cup firmly packed brown sugar
2 eggs
1 teaspoon vanilla
2 cups quick-cooking oats
1 package (6 ounces) butterscotch pieces
2 tablespoons grated orange rind, or 1 teaspoon dried orange peel

Sift together flour, baking powder, soda and salt. Cream lard and sugars. Beat in eggs and vanilla. Add sifted ingredients. Stir in butterscotch pieces and orange rind or peel. Mix well. Drop by rounded teaspoonfuls, about 2 inches apart on greased cookie sheet. Bake in a moderate oven (375 degrees F.) 12 minutes or until lightly browned. Yield: 4 to 5 dozen cookies.

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THURSDAY JULY 18, 1963



tangy tuna trio

Teen-Aged Crowd Is Happy With This Tangy Tuna Trio

For young people, the guitar makes special music and tuna has a special flavor. They like tuna for itself and they also like it because it can be combined so successfully with tangy seasonings that appeal to them: nippy minced onion, Worcestershire sauce and lemon juice, for example.

Make a tangy tuna trio, and let the youngsters call the tune. It can be presented as a dip, grilled on hot-dog buns, or used

as the central attraction of hero sandwiches. Whichever way it comes, the tuna trio offers appealing flavor and good nourishment. Delicate as it looks and tastes, tuna is high in complete protein, something that growing youngsters need to feel well and get through their energetic days.

Tuna in vegetable oil offers a special bonus. The oil in which the tuna is packed serves as a useful cooking medium in recipes that call for sauteing vegetables such as onion or green pepper; and it adds its moisture to mixtures for salad or sandwiches. Combined with the natural tuna oil, it also acts as a source of valuable polyunsaturates. For all these reasons, the oil should be used whenever possible instead of being drained off.

Marinades And Sauces Give A Zip To Meats

One way of giving zip to your charcoal grill masterpieces is the use of special sauces and marinades. What a luscious flavor and crispy brown crust they add! Marinades and sauces vary from mild to highly seasoned, but they should not mask the natural meat flavor, states meat expert Reba Staggs. Marinades are thinner, generally more highly seasoned and have less oil. However, the same sauce can serve as both a marinade and a basting sauce.

Prepare basting sauces at your leisure and keep on hand in the refrigerator. For spreading on meat a heavy brush or narrow paint brush is handy. Some sauces may also be served as accompaniments.

Sauces with sugar or tomato should be used with quick-cooking meats or spread on during the last half hour. Otherwise, they tend to burn.

With pork chops, ribs and most roasts, sauces with less fat are best. Tomato-y barbecue sauces are delicious, as are fruit sauces.

For lamb chops and kabobs, try an oily sauce or marinade, and a touch of garlic is nice. For beef, barbecue-type sauces fairly rich in oil with plenty of good seasonings go well.

The long cooking of roasts and roasts with relatively little natural fat covering makes oily basting sauces desirable.

Tart Barbecue Sauce combines 1 cup soy sauce, 1 cup salad oil, 1 cup lemon juice and 1 clove garlic, cut in half. Use as a marinade, too.

A tasty kabob marinade blends 1/2 cup salad oil, 2 tablespoons lemon juice, 1/4 cup chopped onion, 1 teaspoon dry mustard, 1/2 teaspoon garlic salt, 1/2 teaspoon salt and 1/2 teaspoon pepper.

RICE PUDDING
Taste and find out how much better old-fashioned rice pudding is when you add fresh nectarines and moist flaked coconut. Fold cooked, cooled rice into whipped cream. Add nectarines and coconut and spoon into serving dishes. Decorate each serving with a bright golden nectarine slice, a red cherry and a sprinkle of powdered sugar.

CANTALOUPE MOLD
Make a shimmering cantaloupe mold for dessert. Prepare a package of lemon gelatin using 1/2 cup boiling water, 1/4 cup Sherry or Port wine and 1 cup orange juice. Add 2 cups cubed cantaloupe and 1 cup fresh cherries. Chill in your prettiest molds for a refreshing treat.

HASH WITH LIMAS
Tasty homemade corned beef hash, brown and crusty on the outside and moist on the inside can't be beat for hearty cold weather food. Our favorite way to make it is with cooked California large dry limas instead of the usual diced potatoes.

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Hawaii Ham Scrumptious

Social calendars this season are filled with luncheon parties. Often they'll honor a lovely bride-to-be. Or perhaps its the garden club, the bridge club or a community activity.

When it's your turn to entertain, you'll want to plan a meal that's light enough for ladies' appetites, yet one that satisfies. The food should be a bit elegant, too. You'll naturally want your luncheon to stand out in your guests' memories.

Such a luncheon main entree is this scrumptious recipe for Hawaiian Ham Patties. Both eye and taste appeal abound.

The patties delectably combine ground cooked ham, sour cream, bread crumbs and chopped celery. Onion and horseradish add a slight tang to the flavor. The patties bake on large pineapple slices and receive a crown of sour cream sprinkled with paprika. There's no worry if serving time is delayed. Just hold the patties in the oven at a low temperature.

Meat expert Reba Staggs suggests purchasing fully-cooked or canned ham for this recipe or using ham left from a roast.

Hawaiian Ham Patties
3 cups ground cooked ham (about 1 pound)
1 cup dairy sour cream
1 cup soft bread crumbs
1-3 cup chopped celery
1/4 cup chopped onion
1 egg, beaten
1 teaspoon prepared horseradish
1 can (1 pound 14 ounces) sliced pineapple, drained
Paprika, if desired
Reserve 1/4 cup sour cream for garnish. Combine ground ham, 1/4 cup sour cream, bread crumbs, celery, onion, egg and horseradish. Shape into 6 patties and place patties on top of 6 pineapple slices. Place in a baking dish and bake in a moderate oven (350 degrees F.) 45 minutes. Garnish with remaining 1/4 cup sour cream and sprinkle with paprika, if desired. 6 servings.

Molasses Taffy Cream Is Good Sundae Sauce
All summer long, sundaes take their place on the gastronomic scene as the most delightful of treats. Molasses Taffy Cream is a pleasant choice, and this one is especially delicious with vanilla ice cream. It combines the unsulphured molasses with melted butter, evaporated milk, sugar and vanilla.

Molasses Taffy Cream
1/2 cup butter
1/2 cup sugar
1/2 cup unsulphured molasses
1/2 cup evaporated milk
1 teaspoon vanilla
Melt butter in saucepan; add sugar and molasses. Bring to a rolling boil; reduce heat and boil 2 minutes, stirring constantly. Remove from heat; cool. Stir in evaporated milk and vanilla. Spoon hot or cold over ice cream. Yield: 1 2-3 cups sauce.

CRAB NEWBURG
Instead of Shrimp Newburg, prepare Crab Newburg and serve it in luscious avocado half shells. It makes an impressive main dish for family or special occasion meals. Complete the menu with whole spiced peaches, green salad and hot rolls; if extra heartiness is desired, add some fluffy, buttered rice. For dessert, fold slices of fresh dates and banana into slightly sweetened cream.

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creamy cantaloupe cups

Pork Shoulder Rolled, Stuffed

Rolling individual servings of meat around a stuffing is a fairly well-known way of varying main dish servings. Frequently beef round steak is used and the resulting dish is called "beef birds."

You probably haven't thought of trying the same preparation trick with economical pork shoulder steaks, but it can give them quite an enticing air. Simply select arm-bone steaks and remove the small bone with a sharp knife. Roll the pork around the stuffing, fasten with wooden picks or string, and braise. Various stuffings could be used. This one suggested by meat expert Reba Staggs is a bread stuffing flavored with sage and onion.

Pork Shoulder Rolls
4 pork arm steaks, cut 1/2 inch thick
2 cups soft bread crumbs
1/2 teaspoon salt
1/2 teaspoon pepper
1 teaspoon sage
2 tablespoons chopped onion
2 tablespoons finely chopped parsley
1 egg, slightly beaten
Meat stock or water
2 tablespoons lard or drippings
1/4 cup water

Remove arm bones from steaks. Combine bread crumbs, salt, pepper, sage, onion, parsley and egg. Add stock or water to make a slightly moist stuffing. Spread stuffing on steaks. Roll as a jelly roll and fasten with wooden picks or string. Brown meat rolls in lard or drippings. Pour off drippings. Add 1/4 cup water, cover tightly and bake in a moderate oven (350 degrees F.) or cook slowly on top of range 45 minutes to 1 hour, or until done. 4 servings.

EASY WAY

Top a bacon-tomato sandwich with a hot cheese sauce and a spoonful of dill pickle relish. Do it the easy way with handy canned cheese sauce; it takes only a minute to heat and is always smooth and creamy with true aged cheddar flavor.

NEW WALDORF
Waldorf salad is better than ever when slices of fresh California dates and a bit of grated orange rind is added.

Delicious Melon Cups Delightful Variation

Cantaloupes are coming into local markets now, and they're a treat to look forward to every summer. Not only do they taste delicious but they're so easy to use and in so many ways.

Vegetables, Beef Baked In A Loaf

Every homemaker can undoubtedly come forth with a favorite, homespun meat loaf that shows off her talent in preparing family meals. The recipe often is passed down from mother to daughter, but today a nationally known meat recipe expert, Reba Staggs, wishes you to try this Beef-Vegetable Loaf. It's a new slant in meat loaves, for baby lima beans, grated carrots and chopped celery bake in the ground beef mixture. Choosing different kinds of crackers will give interesting taste changes. Try bacon or cheese-flavored crackers, for example.

Beef-Vegetable Loaf
2 pounds ground beef
1/4 cup milk
1 cup cracker crumbs
2 teaspoons salt
1/4 teaspoon pepper
1 teaspoon onion juice, or 2 tablespoons chopped onion
1 cup cooked baby lima beans
1/2 cup grated carrots
1/2 cup finely chopped celery
2 eggs, slightly beaten
Pour milk over cracker crumbs. Add ground beef, salt, pepper, onion juice or onion, lima beans, carrots, celery and eggs. Mix thoroughly. Pack in a 9x5-inch loaf pan. Bake in a slow oven (300 degrees F.) 1 1/2 hours, 8 servings.

In "Creamy Cantaloupe Cups," melon half-shells are filled with vanilla pudding (made with a packaged mix) flecked with slivered fresh dates and maraschino cherries and chopped pecans. It's a truly delightful variation on the always popular combination of cantaloupe and ice cream.

Inside the juicy meat is apricot-colored and the seed cavity is relatively small. Enjoy these melons right into September at breakfast, lunch or dinner. In addition to being just-plain good eating, they are high in Vitamin A, a good source of ascorbic acid (Vitamin C) — and the average half-shell contains only 35 to 40 calories despite the sweetness of the fruit.

Creamy Cantaloupe Cups

2 cantaloupes
1 package (3 oz.) vanilla pudding and pie filling
1 1/2 cups milk
1/4 teaspoon almond extract
1 package (1 1/2 oz.) pecans, chopped
1/4 cup maraschino cherries, slivered
1/2 cup fresh dates, slivered
1 cup whipping cream
Cut cantaloupes crosswise into halves; remove seeds. Prepare pudding as package directs but use only 1 1/2 cups milk. Remove from heat and stir in extract. Cool. Fold in pecans, cherries and dates. Whip cream and fold into mixture. Heap into melon half-shells. If desired, garnish each serving with maraschino cherry. Makes six servings.

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