



spinach rarebit sandwich

Hearty Sandwiches Can Be Real Foods, Not Only Good As Snacks And Fillers

Sandwiches are definitely here to stay. Always one of America's favorite foods, sandwiches should be considered as Real Foods, not merely as Snacks or Fillers. But sandwiches are only as hearty as their fillings and here's where frozen foods are a tremendous asset. The National Association of Frozen Food Packers tells us that frozen breaded seafoods (frozen french-fried shrimp, fish sticks and fish cakes) are especially popular for hot sandwich fare, while frozen shrimp and frozen king crab meat make excellent salad

fillings. Frozen vegetables also add interest to sandwiches, especially of the open-faced variety. On the other hand, frozen foods—specifically frozen loaf breads such as frozen date nut and banana bread—make tasty outers for sandwiches filled with cream cheese, peanut butter, jam or marmalade.

Fried Shrimp "Hero"
Heat one large or two small packages of frozen breaded shrimp and one package of frozen French-fried onion rings in hot oven as packages direct. Slice a loaf of

Italian or French bread in half lengthwise. On bottom layer, arrange a bed of lettuce. On top place breaded shrimp, slices of hard-cooked egg, tomato slices and French fried onion rings. Spread mayonnaise or tartar sauce over and cover with top slice of bread. Secure with toothpicks.

Open-Faced Asparagus Benedict
Heat two (9-oz) packages of frozen asparagus (cuts and tips) Hollandaise Style by submerging frozen pouches in boiling water as packages direct. Meanwhile split two frozen English muffins and toast lightly. Spoon hot asparagus with sauce over toasted muffin halves and garnish with slices of hard-cooked egg. Makes four open-faced sandwiches.

Cape Cod Burgers
Heat one package of four frozen fish cakes (use crab cakes or cod cakes) and one small package of frozen French fried onion rings in hot oven as packages direct. Meanwhile warm four hamburger buns. Split buns in half and top each with a fish cake. Spread top of fish cake with catsup or chili sauce and top each with French-fried onion rings. Cover with top half of bun. Serve warm. (Frozen fish sticks may be served this way on frankfurter bun if desired).

Spinach Rarebit
Prepare one package of frozen chopped spinach (or frozen chopped kale) and one package of frozen Welsh Rarebit as packages direct. Meanwhile, toast four slices of white bread or frozen French toast. Spoon drained hot spinach over toast and top with hot Welsh Rarebit. If desired, garnish with slices of hard-cooked egg or tomato. Serves four.

Serve Cool Drinks At Summer Parties

A cool, cool beverage is a "must" for summer entertaining. Fortunately, the frozen food cabinets of our markets are full to overflowing with frozen concentrates and there are carbonated beverages by the dozen. There are hundreds of ways to combine them in refreshing summer drinks, but none better—or more attractive—than Rosy-Lemon Party Punch.

Rosy-Lemon Party Punch
1 can (6 ounces) frozen concentrate for lemonade
1 can (6 ounces) frozen concentrated orange juice
5 cups water
Two-thirds cup grenadine syrup
1 quart of ginger ale
Lemon or lime ice or sherbet (optional)

Combine concentrates, water, and grenadine and mix well. Add ginger ale. Pour over ice in punch bowl. When serving add a scoop of lemon or lime ice or sherbet to each cup of punch. Makes about 2½ quarts (without ice), or enough for about 30 servings, 3 ounce each.

Coconut-Chip Shortbread Squares
¾ cup butter
6 tablespoons granulated sugar
2 egg yolks
2¼ cups sifted flour
1 1/3 cups (about) flaked coconut

1 package (6 ounces) glazed chocolate chips
Cream butter and sugar together thoroughly. Add egg yolks and beat until fluffy. Blend in flour. Stir in coconut and chips. Spread in a greased 13x9x2-inch pan. Bake in moderate oven (350 Deg. F.) 25 to 30 minutes. Cut into squares. Makes about 3 dozen small squares.

MARKET TIPS

Green Beans, Corn, Squash, Peaches Principal Crops

By LEROY B. INMAN
Business News Dept. Editor
Green beans, still in high gear in several local area fields, is the prime Douglas County contribution to the consumer's table this week. Otherwise the offering is scarce.

Sweet corn reportedly is on full swing and will be hitting its peak in another week. Plenty of summer squash varieties can be had. Red Haven and Burbank peaches are very good but limited in supply, and there are some plums.

However, aside from garden crops grown for home consumption, the Roseburg area still relies heavily on California, northern Oregon and Washington points for its food supply.

The potato market strengthened this week, with good Burbank Russets, Early Gems and White Rose coming out of Washington. Idaho is still another source away from shipments and should ease the supply then. Yams are starting to be shipped out of the Turlock, Calif., area now.

Carrots from Salinas and Port-

land are very good, the price stable and supply adequate. Turnips also are good out of both places. The dry onion market firmed up, making it necessary to start drawing some white varieties out of Texas. California is the principal source. Walla Walla is about finished and Nyssa is another week away.

Lettuce remained steady in a fairly weak position and is very good in quality. Most is from the Salinas area but some is coming from Portland. Leaf lettuces, romaine and endive remain steady. The California market is strong on radishes and green onions, while that from Portland has eased.

Large green-skin avocados are in good supply, but the small hard-shell variety is scarce and high priced.

Demand exceeds supply on cabbage, mostly out of California, with only a limited amount out of Portland. Cauliflower is very good out of California, but fair out of Portland. Broccoli is steady.

Celery slipped last week but remains steady now. It is about as low as it can get and represent a profit to growers. Salinas is the source. Egg plant is coming out of California and Wapata, Wash. Good green peppers are being harvested in the San Francisco Bay area.

Tomatoes are very limited, the demand far exceeding supply and the quality very good. They are grown mostly in the Chula Vista and Oxnard areas presently.

Watermelons are very good out of Turlock and Bakersfield, with the Hermiston market coming on now, easing the price. The cantaloupe market also is holding steady after easing considerably. Picking in the Turlock and Bakersfield areas is limited to every other day to maintain price levels.

Apples mostly are Gravensteins, from California and some from local orchards. Transparents are about through. Very good Santa Rosa plums and several local varieties are on. Pears from Sebastopol and a few from Turlock are available in small amounts.

Demand exceeds supply for seedless grapes, but the market is easier on very good red grapes and Nectarines are steady.

Citrus fruits, including oranges, lemons and grapefruit remain steady. Grapefruit is limited to the California whites. Bananas are steady after the market eased last week. Other tropical fruits are available on order.

Old World Kuchen Good All The Time

Kuchen is one of our favorite yeast-raised sweet breads. It originated in Europe, and is probably prepared most often when fresh fruits are in season. This version, featuring canned prunes, apricots and apricot jam, is so tasty that it's a good year-around idea to keep handy.

Apricot-Prune Kuchen
½ cup milk
2 tablespoons sugar
½ teaspoon salt
¼ cup (½ stick) margarine
¼ cup warm water (105-115 degrees F.)

1 package of cake yeast, active dry or compressed
2 eggs, beaten
2¼ cups unsifted flour (about)
1½ cups cooked or canned apricots
1½ cups pitted cooked or canned prunes
¼ cup apricot jam
¼ cup water

Scald milk; stir in sugar, salt and margarine; cool to lukewarm. Measure warm water into large warm bowl. Sprinkle or crumble in yeast; stir until dissolved. Stir in lukewarm milk mixture, eggs and beat the flour; beat 2 minutes at medium speed of electric mixer or 300 vigorous strokes with spoon. Add enough additional flour to make soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Meanwhile, drain fruit on paper towels.

Punch dough down; divide in half. Pat out half evenly in greased 9-inch round cake pan. Top with half of fruit arranged in attractive design. Repeat with second half of dough and fruit, using second pan.

Cover; let rise in warm place, free from draft, until doubled in bulk, about ½ hour. Beat apricot jam and water with fork; brush half over cakes. Bake in moderate oven (350 degrees F.) 35 to 40 minutes, or until done. Remove from oven and brush remaining jam mixture over fruit. Cool in pans on wire racks. Serve warm, with ice cream or whipped cream, custard sauce or old-fashioned vanilla or lemon sauces, if desired, or serve without sauce. Makes 2 cakes about 8 servings each.

ADM: Adults, 75c
Kids, 25c

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Bubble Loaf Is One Of The Most Popular Yeast Breads

The bubble loaf is one of the most popular yeast breads ever dreamed up by a good cook. In this sweet-tooth version, balls of dough are rolled in melted margarine, then in a mixture of sugar, spice and chopped walnuts. When the loaf is baked, the "bubbles" of dough are gently pulled apart, or separated by using two forks. It's a delicious treat to serve on a summer's afternoon.

Walnut Bubble Loaf
½ cup milk
3 tablespoons sugar
1 teaspoon salt
3 tablespoons margarine
¼ cup warm water (105-115 deg. F.)

Oakland Couple Has Youthful Visitors

By EDITH DUNN
Karen and Wendy Taylor of Yreka, Calif., are visiting in Oakland with their grandparents, Mr. and Mrs. Neil Burpee.

Mr. and Mrs. Fred Settle and daughters of Chula Vista, Calif., were callers at the Gene Cherry home recently on their way to Seattle.

Mr. and Mrs. Henry Booke of Ann Arbor, Mich., recently of New York, and Mr. and Mrs. John Wilcox of Corvallis are visiting at the parental home of Mr. and Mrs. George Wilcox. Mrs. Booke is the former Norma Jean Wilcox.

Mr. and Mrs. Roy Truitt of Youngstown, Ariz., are spending some time at their summer home in Oakland.

Mrs. Emma Marie Gray and children, Tom, Kern, Mike and Debra, of Leoti, Kan., are visiting Mrs. Gray's mother, Mrs. Pearl Brandner, and her sister, Mrs. Harold Crouch, and family.

1 package yeast, active dry or compressed
2 cups unsifted flour (about)
¼ cup (½ stick) margarine, melted
½ cup sugar
1 teaspoon cinnamon
¼ cup chopped black walnuts
Scald milk; stir in 3 tablespoons sugar, salt and margarine; cool to lukewarm.

Measure warm water into large warm bowl. Sprinkle or crumble in yeast; stir until dissolved. Stir in lukewarm milk mixture and half the flour; beat until smooth. Stir in enough additional flour to make a soft dough. Turn out on lightly floured board. Knead until smooth and elastic, about 10 minutes. Place in greased bowl, turning to grease top. Cover.

Let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Punch down and turn out on lightly floured board. Form into a roll about 12 inches long; cut into 24 equal pieces and form into balls. Roll balls in melted margarine, then in combined ½ cup sugar, cinnamon and chopped nuts. Place a layer of 12 balls in greased 9 x 5 x 3-inch bread pan; arrange second layer of balls on top; sprinkle with any remaining sugar mixture. Cover. Let rise in warm place, free from draft, until doubled in bulk, about 45 minutes. Bake in moderate oven (350 deg. F.) about 30 minutes, or until done. Cool for 10 minutes and remove from pan. To serve, separate segments with two forks. Makes 1 loaf.

Let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Punch down and turn out on lightly floured board. Form into a roll about 12 inches long; cut into 24 equal pieces and form into balls. Roll balls in melted margarine, then in combined ½ cup sugar, cinnamon and chopped nuts. Place a layer of 12 balls in greased 9 x 5 x 3-inch bread pan; arrange second layer of balls on top; sprinkle with any remaining sugar mixture. Cover. Let rise in warm place, free from draft, until doubled in bulk, about 45 minutes. Bake in moderate oven (350 deg. F.) about 30 minutes, or until done. Cool for 10 minutes and remove from pan. To serve, separate segments with two forks. Makes 1 loaf.

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