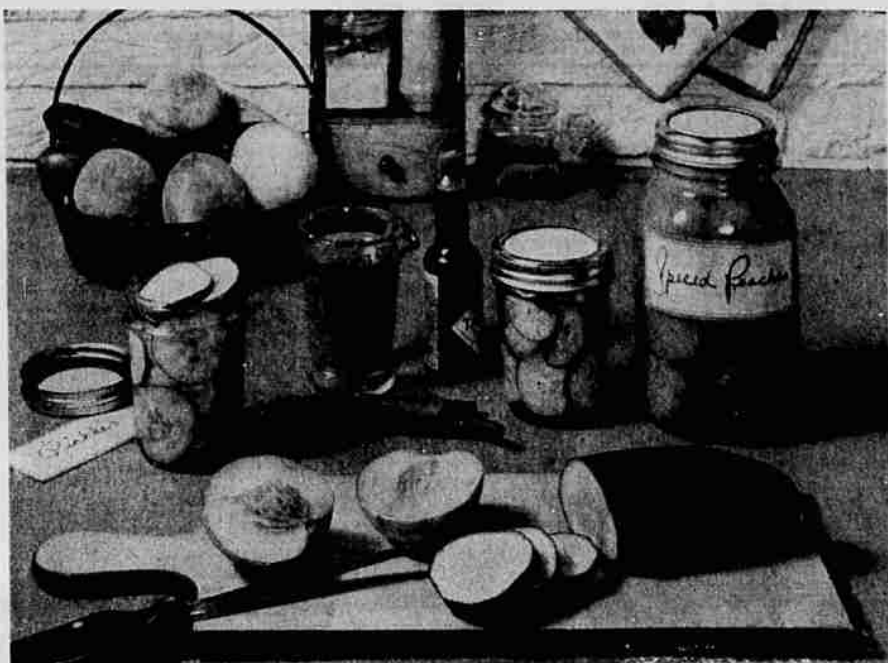




Spiced peaches-cucumber pickles

Spiced Peaches, Cucumber Pickles Give Delicious Summer Memories

Pick a peck of peaches and spice them, pick a peck of cucumbers and pickle them—this is the way to make the fruits of summer last. If you can't pluck peaches from your own orchard, there is a plentiful harvest of them to be had at roadside stands along the highways and byways of the land. Think how nice it will be on a chill winter's day to open a jar of spiced peaches to serve with a roast ham or turkey—a delicious memory of summer.

Or cucumbers. Everybody loves good old-fashioned bread and butter pickles, and they seem to go with just about everything (except ice cream!). Uncap the jar and serve them with hamburgers, franks, stews, meat loaves—even cheese dishes on Fridays!

Almonds Enhance Vegetable Sauce

Delicious whole almonds give crunch texture to "Almond Sauce for Vegetables."

In a skillet, cook ½ cup blanched whole almonds in 2 tablespoons salad oil until golden. Stir in ½ cup chopped onion and cook about 5 minutes.

Drain into skillet liquid from 1 can (5 oz.) water chestnuts and 1 can (4 oz.) mushrooms. Slice chestnuts and chop mushrooms; add to skillet along with ¼ cup chopped celery, 1 tablespoon soy sauce, ¼ teaspoon salt and a dash of pepper. Simmer 5 minutes.

Serve over green peas, cauliflower or other cooked vegetables. This makes 2 cups of sauce.

This Easy-To-Do Soup Features Minced Onion

Onion soup is made in no time when you use handy instant minced onion to prepare "Quickie Onion Soup."

Quickie Onion Soup
2 cups water
3 beef bouillon cubes
3 tablespoons instant minced onion
½ teaspoon salt
4 slices French bread or toast
½ cup grated Parmesan cheese
Bring water to boil in saucepan. Add bouillon cubes, onion and salt; simmer, covered, 10 minutes. Toast bread in 400-degree (hot) oven; place one slice in each of 4 bowls. Pour soup over toast; sprinkle with cheese.
Makes 4 servings.

When using herbs, always crush them in your hand before adding them to food. This hastens the flavor release.

In spicing and pickling fruits and vegetables, Tabasco, the world-renowned liquid red pepper seasoning, is a natural—and a must! The liquid sauce blends evenly and smoothly with the other seasoning ingredients, invisibly adding savory, aromatic flavor.

Spiced Peaches

2 cups sugar
½ cup white vinegar
½ cup water
1 teaspoon Tabasco
1 stick cinnamon
8 to 10 whole cloves
7 to 9 firm ripe peaches, peeled
Combine all ingredients except peaches to make syrup. Boil 2 minutes; let stand in syrup 30 minutes. Put peaches in hot clean jar. Heat up syrup again—pour over peaches and seal.

Bread And Butter Pickles

Yield: 1 quart
6 cups cucumbers (4 to 5 young cucumbers)
1 large onion, coarsely diced
2 quarts water
½ cup salt
2 teaspoons Tabasco, divided
2 cups white vinegar
1 cup water
1 cup granulated sugar

Savory Combination Served Over Cereal

Quick Supper Dish is an appropriate entree for a warm night. The sauce is a top-of-the-range medley of ground beef, tomatoes and peas. Serve this savory combination over hot, buttered (oven-toasted rice cereal).

Quick Supper Dish
2 tablespoons shortening
1 pound ground beef
½ cup chopped onions
1 cup cut celery
3 tablespoons flour
½ teaspoon salt
¼ teaspoon pepper
2 cups cooked tomatoes
1 cup cooked peas
4 cups oven-toasted rice cereal
2 tablespoons butter or margarine, melted
Heat shortening in large heavy fry pan; add meat and brown lightly, stirring occasionally. Add onions and celery; continue cooking until vegetables are lightly browned. Stir in flour and seasonings. Drain tomatoes and peas, saving liquid. Add water, if necessary, to measure 1½ cups. Add vegetable liquid to meat, stirring constantly. Stir in tomatoes and peas; simmer about 15 minutes, stirring occasionally. Combine cereal and butter; heat in oven. Serve meat mixture over or inside ring of cereal.
Yield: Six servings, about 1 cup each.

Appetizing Cooler A Real Refresher

Help the good old summertime live up to its reputation by serving good new beverages that make warm days more pleasant. "Orange Cantaloupe Cooler" is a real refresher with appetizing color, and you'll probably want to serve it well chilled as a between-meals pick-me-up or as a dinner appetizer. It's no problem to double or triple the recipe should you be expecting guests. Despite the sweet flavor cantaloupe imparts to cooling drinks and desserts, the fruit is quite low in calories. An average half-shell has only 35 to 40 calories.

Orange Cantaloupe Cooler

1 cantaloupe
1 can (6 oz.) frozen orange juice concentrate
3 tablespoons maraschino cherry syrup
Dash salt
1 bottle (7 oz.) carbonated lemon-lime drink, chilled
6 maraschino cherries
6 lemon slices (optional)
6 cocktail picks
Cut cantaloupe crosswise into halves; remove seeds. With a melon ball cutter or half-teaspoon measure, cut 6 melon balls for garnish. Remove rind from half-shells and dice melon into blender; add orange juice concentrate, cherry syrup and salt. Whirl until smooth, about 30 seconds. Chill if desired. To serve, blend in carbonated drink; pour into punch cups or juice glasses and garnish each with a melon ball, cherry and lemon slice on a pick.
Makes 6 servings.



surprise burgers

Hamburgers Boast Variety Of Fillings

Everyone has a favorite combination of hamburger toppings. When you make Surprise Burgers, a choice of fillings is available, too. Made by sandwiching together thin ground beef patties, the "Burgers" can be filled with a baked bean mixture or a combination of

onion and tomato slices. You will probably be able to create other unusual fillings, too—sliced olives, blue cheese, you name it! Although everyone has a favorite combination of hamburger toppings. When you make Surprise Burgers, a choice of fillings is available, too. Made by sandwiching together Surprise Burgers are intended to be baked indoors, they may also be grilled over an outdoor fire.

Surprise Burgers

2 cups Corn Flakes or ½ cup packaged Corn Flake crumbs
2/3 cup (7-oz. can) evaporated milk
1½ pounds ground beef
¼ teaspoon pepper
1½ teaspoons salt
2 tablespoons prepared mustard
If using Corn Flakes, crush into fine crumbs. Combine all ingredients thoroughly in large mixing bowl. Shape into 12 thin patties about 4½ inches in diameter. On 6 patties, place one of the fillings suggested below; top with second patty; press edges together. Place on rack in shallow baking pan. Bake in moderate oven (350 degrees F.) about 25 minutes.

Refreshing Salad Is Tropical Treat

Looking for a refreshing salad or dessert? "24-Hour Tropical Treat" doubles as both. Its chilled pineapple, grape, orange sections, fresh California dates, marshmallows and almonds in a whipped cream mixture add up to a delectable flavor combination whether served at the beginning or end of a meal. Fresh dates from the California desert provide rich amber color and unique flavor in numerous summertime salads and desserts.

24-Hour Tropical Treat

1 egg
1 tablespoon sugar
2 tablespoons light cream or milk
1 tablespoon lemon juice
½ cup fresh dates
1 cup fresh dates
½ cup diced pineapple
½ cup diced orange sections
1 cup orange sections
1 cup miniature marshmallows
1 cup chopped almonds
Beat egg until light; gradually add sugar, light cream and lemon juice. Cook over hot water until thick and smooth, stirring constantly. Cool. Whip whipping cream and fold into cooked mixture. Cut dates medium fine. Combine with well drained fruits. Add marshmallows and almonds, then cream dressing; mix lightly. Spoon into 1-quart mold. Chill 24 hours but do not freeze. Unmold and garnish with mint sprigs if desired.
Makes 1-quart mold.

Shrimp Kabobs Are Nourishing

Homemakers who give thought to their family's health make sure they provide their family with plenty of nutrients. Nourishing meals need not take all day to prepare. One of the quickest foods to cook, and one that is high in nutritive value is shrimp. It abounds in high-quality protein, minerals, and vitamins and is low in heat-producing calories. Marinated shrimp, teamed with fruits makes tempting, colorful kabobs—suitable for both indoor and outdoor eating.

Shrimp Fruit Kabobs

1 cup orange juice
½ cup vinegar
½ cup salad oil
½ cup soy sauce
1 teaspoon salt
1 pound fresh shrimp, shelled and deveined, or 1 8-10 ounce package frozen shrimp, thawed
16 thin slices lime or lemon
16 maraschino cherries
1 large banana, cut in thick slices
Combine orange juice, vinegar, oil, soy sauce, and salt; blend. Add remaining ingredients. Chill 1 hour. Arrange shrimp, lime or lemon slices, cherries, and banana slices on 8 skewers. Reserve marinade. Broil kabobs 3-4 inches from source of heat, or cook on outdoor grill 3 to 4 minutes on each side. Heat remaining marinade and serve as a sauce with kabobs. Makes 8 servings.

Frosty Spiced Fruit Enhances Your Menu

The unmistakable flavors of cinnamon, cloves and ginger lend further sparkle to canned fruit cocktail in "Frosty Spiced Fruit," a chilled dessert to enhance a dinner menu. Even the syrup from the can of fruit cocktail is used in this make-ahead treat featuring colorful bite-size pieces of cling peaches, pears, pineapple, seedless grapes and maraschino cherries.

Frosty Spiced Fruit

1 can (1 lb. 14 oz.) fruit cocktail
1 stick (3-inch) cinnamon
3 cloves
½ teaspoon powdered ginger
3 tablespoons Curacao or frozen orange juice concentrate
½ pint dairy sour cream
Drain fruit cocktail, reserving all syrup. Combine fruit syrup with cinnamon, cloves and ginger. Bring to a rolling boil and boil 5 minutes. Remove from heat; add Curacao and fruit cocktail. Chill 4 to 5 hours. Remove cinnamon and cloves. Serve in chilled sherbet glasses topped with a generous spoonful of sour cream.
Makes 4 or 5 servings.



hot dog rabbit

Backyard Picnic Labor Day Treat

For Labor Day entertaining, these recipes for hearty Hot Dog Rabbit and Handy Vegetable Salad will help you serve a backyard or patio party in fine style.

And at family or neighborhood get-togethers, beer and ale are the proper, pleasing beverages of moderation to serve with this tasty, nourishing menu.

Hot Dog Rabbit combines two irresistible foods that enjoy a wonderful compatibility—frankfurters and cheese. The franks are split and grilled, placed on toasted frankfurter rolls, and a delectable cheese sauce is poured over both. The sauce is similar to a rich Welsh Rabbit, combining Cheddar or sharp American process cheese with yummy seasonings and the subtle tang of beer or ale. (Either of the brews may be used in the sauce, some people preferring the tart, somewhat more bitter taste of ale.)

Toss up the salad with fresh pickings from your own garden if you're lucky enough to have fresh radishes, celery, tomatoes and onions. Then blend mayonnaise with beer or ale and seasonings in a large bowl, toss in the vegetables with some diced canned potatoes and green beans, and chill before you're ready to serve.

Hot Dog Rabbit

½ teaspoon dry mustard
½ teaspoon paprika
2/3 cup beer or ale
¼ teaspoon Tabasco
2 teaspoons Worcestershire sauce
1 pound Cheddar cheese or process sharp American cheese, shredded (4 cups)
6 frankfurters, split lengthwise and grilled
6 frankfurter rolls, split and toasted
In heavy saucepan, mix dry mustard and paprika. Stir in beer and heat. Add Tabasco and Worcestershire sauce. Add shredded cheese

Handy Vegetable Salad

½ cup mayonnaise
2 tablespoons beer or ale
¼ teaspoon Tabasco
½ teaspoon salt
1 tablespoon minced onion
½ teaspoon celery seed
1 can (1 pound) small whole potatoes, drained and coarsely diced
1 can (1 pound) cut green beans, drained
½ cup sliced celery
Blend mayonnaise, beer, Tabasco, salt, onion and celery seed in large bowl. Add potatoes, beans, radishes and celery and toss gently. Chill before serving. Garnish with tomato wedges.
YIELD: 6 servings.

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Melons Inspire Elegant Menus

At no time during the year does the homemaker have such a complete selection of fresh fruits and vegetables to select from for family or company meals as she does in early fall. In fact, menus almost plan themselves because who can help but be inspired by the array of fresh foods.

From breakfast to picnic desserts, melons are colorful and nutritious. Properly cared for and attractively served, they have the "just right" flavor at this time of year to make meals appetizing and tasty.

As for variety, one of the recipes given here calls for casaba. These are a late variety and in plentiful supply during fall months. A ripe casaba is characterized by a rough, furrowed rind and a buttery yellow color.

Red Jeweled Casaba

1 6-oz. can raspberry-lemon punch concentrate
3 cans cold water
1 package plain gelatin
Dash of salt
1 casaba melon
Dilute punch concentrate with three cans of water. Measure two cups of raspberry-lemon punch. (One cup punch will be left over.) Use ¼ cup of the punch and add wedge just wide enough to remove seeds from center. Fill cavity with gelatin mixture. Replace cut wedge. Wrap tightly in transparent saran. Put melon in refrigerator and chill until gelatin mixture is firm.

Cut casaba into wedges with red jeweled center. Makes 6-8 servings. NOTE: Two cups of gelatin mixture just filled the cavity.

Chicken Salad With Cranshaw Crescents

1 cup cooked chicken
1 cup celery
¼ cup stuffed green olives
¼ cup cashew nuts
¼ Cranshaw melon
Dressing
½ cup sour cream
1 tablespoon chutney
¼ teaspoon lime juice
¼ teaspoon mace
½ cup mayonnaise
Prepare dressing an hour ahead of salad preparation to blend flavors. Add chutney, lime juice, mace and mayonnaise to sour cream. Blend.

Chop celery into small cubes; mince olives and nuts. Add to cubed cooked chicken. Toss the mixture with prepared dressing.

Line cold salad plates with head lettuce, red tipped lettuce or iceberg lettuce edged with paprika. Cut Cranshaw into crescent shaped slices, wrap tightly in saran and refrigerate until serving time. Then arrange on salad plate with chicken salad. Garnish with red or seedless grapes. Makes 4 servings. Serve with salt or cheese bread sticks.

SATISFYING LUNCH

A satisfying lunch built around a delicious sandwich is the diet's stand-by. Here's a low-calorie favorite. Spread enriched white bread lightly with butter or margarine, then top with sliced cooked chicken and a sprinkling of grated orange rind. Top with a lettuce leaf and close with a second slice of bread. Complete the meal with milk, vegetable relishes and a fresh peach.

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