

Menu in the Glass

Frosty Fruit Drinks Important Part of Dining on Hot Day

BY MAXINE BUREN
Statesman Woman's Editor

Liquids, they've been the chief diet of many Willamette Valley residents, who, unused to such weather, noticed the heat more than people in other parts of the country.

Some of the grocers, we've noticed, have some pretty good bargains in juices, such as orange and grapefruit in large cans, pineapple juice and frozen juices of several varieties.

There's a new product, a frozen concentrated grape juice, which if not here yet will soon be on the markets. It's the color of wine, and gives a very good flavor to punch.

ALWAYS REFRESHES
Then, of course, there are always lemons, which furnish the refreshing flavor needed on a hot summer day.

The usual rule is, the juice of a lemon to 2 tablespoons sugar and ¼ to 1 cup water. Poured over ice cubes, there's no drink like it.

For Pink Lemonade, use a little cherry or raspberry juice.

As punch for a large crowd and using grape juice try this one or cut it down to one-fourth for the family party:

GRAPE PUNCH

- 1½ quarts bottled or frozen grape juice
- 1½ pints orange juice
- 1 pint lemon juice
- ½ cup sugar syrup
- 2 cups strong tea
- 1 quart gingerale

Mix fruit juices, sugar syrup and tea. Pour over block of ice in punch bowl. Just before serving, add gingerale. Yield: 40 to 50 servings.

SUGAR SYRUP

- 3 cups sugar
- 1½ cups boiling water

Combine sugar and water and stir over low heat until sugar is dissolved. Cover 1 minute. Uncover and boil 3 minutes. Pour into a heated glass jar. Cover and seal. Store in refrigerator. Yield: About 2 cups syrup.

A tray of frosty, clinking glasses of just plain lemonade simply can't be best as a thirst-quencher. For a quart of lemonade, allow half cup fresh lemon juice and half cup sugar. Put the lemon and sugar into a fruit jar, which is filled with cracked ice. Add enough cold water to about fill jar. Put lid on, shake well, to dissolve sugar, then fill up with water. Wrapped in newspapers, the lemonade will keep cold long enough to take to the picnic, several hours.

—Pineapple juice of course is one of the popular ingredients for beverages. Here is one of the many possibilities for punch.

PINEAPPLE PUNCH

- 3 cups pineapple juice
- 1 cup peach or other fruit juice
- ½ cup orange juice
- Juice one lemon
- Sugar if needed
- Crushed ice

This makes approximately one quart juice, or 6 servings.

READY-MIX CITRUS PUNCH

Here's a party punch that you can prepare in advance and keep it in half-gallon or gallon glass jars. For each gallon of punch, you will need 1½ cups grape juice, 2 cups fresh lemon juice,

- 3 cups fresh orange juice, 1½ cups sugar and 2 quarts water. Cover and keep in refrigerator several hours, or until needed. Then pour over block of ice in punch bowl, and top with orange slices. This quantity makes approximately 20 punch cup servings.

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Eggs, Cheese in Tuna Sandwich

A sandwich becomes a souffle when prepared like a fougasse, if you know what we mean.

- TUNA SOUFFLE SANDWICH**
2 slices white bread
1 cup flaked tuna (1 7-ounce can)
¼ cup finely chopped celery
¼ cup finely chopped green pepper
¼ cup shredded American cheese
1½ cups milk
2 eggs, beaten
1 teaspoon salt
¼ teaspoon paprika
Trim crusts from bread and place 4 slices in greased 8-inch square baking dish. Combine tuna,

celery and green pepper and spread over slices of bread. Sprinkle cheese over all. Top with remaining 4 slices of bread. Combine milk, eggs and salt, mixing well. Pour over bread. Sprinkle with paprika. Bake in slow oven (350° F.) 40 minutes. Makes 4 servings.

Noodle Ring Has Tuna for Filling

A noodle ring forms an ideal base for a creamed tuna mixture. Here is a nicely seasoned combination of noodles and cream sauce for the ring.

- TUNA NOODLE RING**
7-oz. can tuna

3 cups well-seasoned medium thick cream sauce
6 oz. noodles
3 eggs, beaten
1 cup cold milk
2 tablespoons catsup
1 cup grated cheese
1 teaspoon Worcestershire sauce
Salt, pepper to taste

Cook noodles in rapidly boiling water till tender; combine milk with beaten eggs, cheese, catsup, salt and pepper to taste, then stir in noodles. Pour into generously greased ring mold; bake in pan of water in moderate oven (350 degrees). Unmold and fill with creamed tuna. Serves 4 to 6.

Natural gas is being used from wells in at least 26 U. S. states.



The weatherwise housewife serves fresh fruits, arranged on a good-looking platter as dessert for the family or guests on a hot summer evening. Accompanied by crisp crackers and thin salty shredded wheat wafers, the dessert is refreshing but at the same time, filling. Here we've pictured fresh chilled grapes (some dipped in granulated sugar), berries, fresh apricot halves filled with cream cheese and slices of banana. Of course the selection changes with the season.

Skillet Cooks Make Speedy Dinner Dishes

Cooking in a skillet is considered very proper for this time of year, when culinary activities are allowed to be a bit sketchy. Here are two so-called "skillet" dishes, both, as it happens, include corn.

FINWHEEL SKILLET SUPPER

- 4 ounces elbow macaroni
 - ½ pound pork sausage
 - 2 tablespoons drippings
 - 2 tablespoons enriched flour
 - ½ teaspoon salt
 - 1 cup milk
 - 1 tablespoon chili sauce
 - ¼ cup chopped celery
 - ¼ cup cooked corn
 - ¼ cup chopped green pepper
- Cook macaroni in boiling salted water until tender (about 8 minutes). Drain and rinse. While macaroni is cooking, shape sausage into 8 small patties and brown in skillet. Drain on absorbent paper. Pour off all but 2 tablespoons drippings from skillet. Into drippings, stir flour and salt. Add milk and chili sauce and cook until thickened, stirring constantly. Add macaroni, celery, corn and green pepper and mix well. Arrange sausage patties on top. Cover and simmer gently 15 minutes. Makes 4 servings.

FRANKFURTER SKILLET ROLLS

- 1 tbsp. butter or margarine
 - 1 tablespoon enriched flour
 - ¼ cup milk
 - 1 cup tomato juice or tomato sauce (1 8-ounce can)
 - 1 cup cooked whole kernel corn
 - ½ cup cubed American cheese
- Melt butter or margarine in heavy skillet. Stir in flour. Add milk, stirring constantly until thickened. Gradually stir in tomato juice or tomato sauce. Add corn and cubed cheese. Remove from heat, cover and let stand while making Frankfurter Rolls.

Roll together flour, baking powder and salt. Cut or rub in shortening until mixture is crumbly. Add milk to make a soft dough. Turn out on lightly floured pastry cloth or board and knead gently 30 seconds. Roll out to square 10 x 10 inches. Spread with mustard. Cut dough into four 5-inch squares. Roll 1 square around each frankfurter. Cut each roll into five 1-inch pieces. Arrange pieces, cut side down, in sauce. Cover skillet and cook over low heat about 30 minutes. Serve hot, seeping some of the sauce over Frankfurter Rolls. Makes 4 servings.

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Chicken Among Best of Foods for Mid-Summer

Whether you've planned a company meal, family fare, or a picnic spread for Sunday, tender golden-brown chicken is appropriate—and good.

Since chicken is available in many styles, check well your meat dealer's displays to see what style fits your particular needs. Chilled pan-ready fresh birds, displayed on ice can be whole or cut up. Also, if you have favorite pieces, such as thighs, breasts or others, you can sometimes buy them by the piece.

Chickens, quick frozen at the height of their flavor and tenderness, are cut up and packaged, either by the chicken or by special pieces.

Look for young meaty birds, specially raised for frying. They will be more juicy and tender no matter what method of cooking you use.

Oven bake cut-up chicken for ease of preparation. You'll like the way the chicken locks together and evenly browned outside, thoroughly cooked and juicy inside.

With this oven-easy method, there will be pan drippings to make into thick creamy gravy, served over piping hot mashed potatoes. A green vegetable, chilled sliced tomatoes, and a light dessert, will finish this favorite American meal with compliments.

For a chicken casserole meal with a tangy twist, try Tropical Chicken. The artful combination of ingredients such as lime juice, garlic, tabasco sauce, and familiar chicken make this dish a luncheon party special.

OVEN-EASY CHICKEN

- 1 - 2 to 3 pound chicken
- 1 cup flour
- 2 teaspoons salt
- ¼ teaspoon pepper
- 2 teaspoons paprika
- ¼ cup butter or margarine (¼ pound)

Cut chicken into serving pieces, or, if quick-frozen, thaw according to directions on the box. Rinse in cold water, and drain. Mix flour, salt, pepper and paprika in paper sack. Place butter (or other

shortening) in a shallow baking pan and allow to melt in moderately hot oven (400°). Shake 3 or 4 pieces of chicken in sack at a time to coat thoroughly. Remove baking pan from oven and place chicken, skin side down in single layer. Bake in moderately hot oven (400°) for 30 minutes. Turn chicken. Bake another 30 minutes, or until tender. If chicken cannot be served at once, reduce oven heat. Brush chicken with more melted butter.

TROPICAL CHICKEN

- Yield: 6 servings
- 1 chicken cut up for frying
 - ¼ cup lime juice
 - 1 tablespoon salt
 - 1 clove garlic, finely chopped
 - ¼ cup shortening
 - 2 teaspoons sugar
 - 1 tablespoon flour
 - 1 medium onion, sliced
 - 1 cup sliced mushrooms
 - Dash of tabasco sauce
 - ¼ teaspoon paprika
 - 1½ cups cubed carrots
 - 2 tablespoons chopped green pepper

Place chicken in casserole. Mix together lime juice, salt and garlic and pour over chicken. Let stand in refrigerator for 2 hours. Pour off lime juice mixture. Heat shortening in heavy skillet and brown chicken pieces in it. Remove chicken pieces to casserole. Add sugar and flour to shortening in skillet. Brown onions and mushrooms in it. Place browned onions and mushrooms, carrots and green pepper in casserole with chicken. Pour lime juice, left from above, over all. Cover and bake in moderate oven (350°) 1 hour.

SALAD

Here's a good-tasting supper salad made with a half can of salmon, ¼ cup ripe olives cut into quarters, and 1 cup each, sliced celery and shredded lettuce. Combine with mayonnaise and season to taste with grated onion, pepper and lemon juice. Just before serving stir in 2 cups crushed potato chips.

Mrs. George Leipzig GIVES SALAD HINT



"We love our salads—fruit or vegetable salads—with heaping mounds of cottage cheese," says this Portland homemaker. "We've tried many kinds—but Kraft Cottage Cheese with its natural flavor wins our vote for every kind of salad."



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