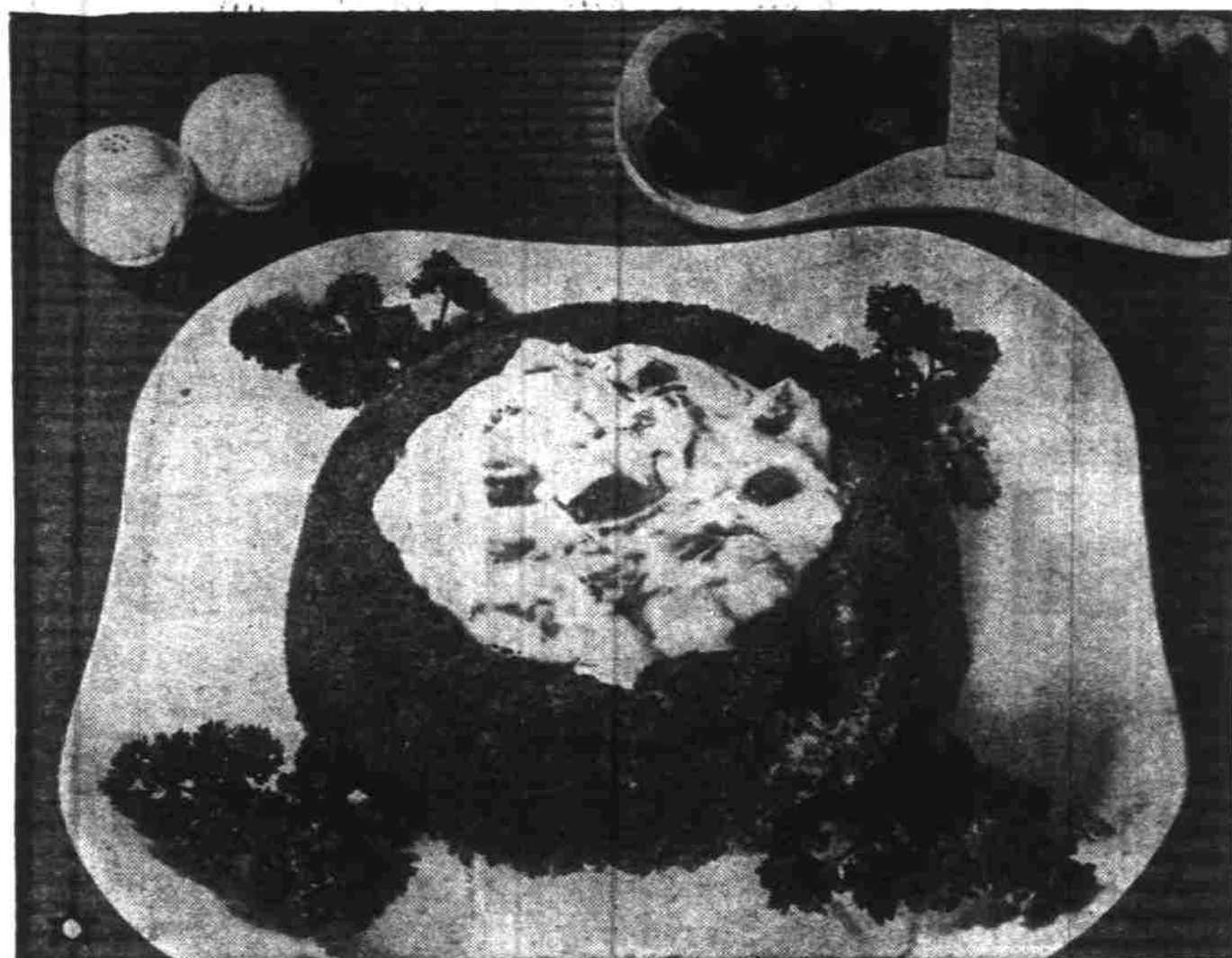




Cornbread comes in a new shape in this recipe—it's a ring that holds creamed meat and vegetables. A can of luncheon meat is the beginning of the creamed mixture. The menu that goes along with it includes a vegetable, assorted relishes and a fresh fruit medley for dessert.

OLD FRIEND COMES IN NEW GUISE AS SPECIAL DISH

Beginning with an old friend in a new guise, cornbread ring, this menu will include a canned luncheon meat creamed and put into the center of the ring.

To complete the menu, provide crisp relishes, very young garden carrots with butter and a fruity dessert.

Any fresh fruits in market will make a dessert that's color and flavor contrast to the creamy main dish. Berries combine with bananas and a citrus fruit may be added. You may use a canned fruit or two.

Here's another suggestion. Instead of the cornbread ring you may want to bake the cornbread in the usual way, then cut it into squares and serve the creamed meat shortcake style. This meat mixture could be served in a noodle ring, too, or on French fried noodles or potato sticks.

Canned Vienna sausages cut into slices might also be served in this same way. You'll find other canned meats such as corned beef and corned beef hash, beef stew, frankfurters, tongue are also a great aid in cutting time in the kitchen during warm summer days.

CREAMED LUNCHEON MEAT

- 1 12-ounce can luncheon meat, cubed
- 1/4 cup chopped celery
- 1/4 cup chopped onion
- 3 tablespoons butter or margarine
- 6 tablespoons flour
- 2 cups milk
- 1 1/2 teaspoons salt
- 2 hard-cooked eggs, diced
- Cornbread Ring

Brown celery and onion in butter or margarine and blend in flour. Add milk gradually and stir until thickened. Season and add the cubed luncheon meat and the eggs. Heat and serve in Cornbread ring. 4 to 6 servings.

Dieters Favor a Bean-Tomato Dish

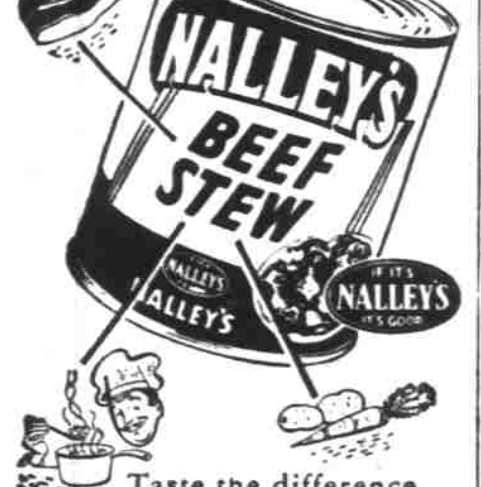
Here is another recipe especially designed for folks on a low salt diet. This entree is made without salt, yet it tastes good and is very satisfying. It is good to know that tomato juice, canned without salt, is on the shelves in many grocery stores.

BEANS WITH TOMATO SAUCE

- 1 cup navy beans
- 2 cups water
- 1 medium-sized onion
- 2 tablespoons cooking oil
- Bit of bay leaf
- 1/2 teaspoon dry mustard
- 1/4 teaspoon black pepper
- 1 No. 2 can unsalted tomato juice

Pick over beans, rinse, add water and let soak overnight. Boil slowly (in soaking water) until barely tender, about 1 1/2 hours. Chop onion and cook in oil until transparent. Add bay leaf, mustard, pepper and tomato juice. Pour over beans. Turn into 1 1/2-quart casserole, cover, and bake in slow oven (300 degrees) 4 to 6

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Taste the difference. There's a real homemade flavor... choice lean beef, garden-fresh vegetables and chef-blended gravy.

FLAVOR-SIMMERED The Homemade Way

- MENU**
- Assorted Relishes
 - Creamed Luncheon Meat
 - Cornbread Ring
 - Buttered Carrots
 - Fresh Fruit Medley
 - Coffee Milk

NUTS TO YOU

You can't beat a hot fudge sundae when it comes to pleasing the young crowd. Impress the gang with one made this way. Put a scoop of ice cream in the bottom of a dish, cover with the hot fudge sauce and sprinkle with chopped walnuts. Then for the final blaze of glory, top each with a lump of sugar soaked in lemon extract. Light the sugar cube, turn down the lights and serve flaming.

LOW IN PROTEIN

In a group of women from above average American families it was found that 16 out of every 100 were receiving inadequate amounts of protein and 23 were not receiving the recommended iron intake.

STATE STREET MARKET

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STATE STREET MARKET SPECIALS

Country Style

Sausage lb 53¢

Pan Ready Colored

Fryers lb 59¢

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BEEF lb 69¢

Loin End Pork

ROAST lb 65¢

Young Colored

HENS lb 49¢

Fresh

Halibut lb 59¢

The Statesman's FOOD SECTION

Professionals Give Tips to Housewives

"By watching the way the cleaning is done in hotels, office buildings and hospitals, housewives can learn to make their own tasks easier," a home management specialist, U. S. Department of Agriculture, explains. "The char women assemble all their cleaning utensils and supplies and carry them from spot to spot. This saves running back to the storage closet for individual items. Furthermore, they try to put them all in something easy to carry or something to pull along on wheels."

It is easier to reach upper walls and ceiling, or the floor, by having long handles on brushes, mops, vacuum cleaners, dust pans and other gadgets. Experts at the department suggest that housewives can rig up a small board platform on casters with a handle or strong rope so that heavy things can be pulled around from room to room. Some women use tea-carts or Junior's wagon.

When washing woodwork or other surfaces use both hands, putting dusting mitts on each. Use one hand to put the cleaning solution on the surface and the other to rinse it off or dry it. "Two-handed team work makes things go faster," one housecleaning expert said.

Textiles Studied By Hobbyists

Statesman News Service
FOUR CORNERS—Mrs. Ernest Walker was hostess Tuesday evening to the Hobbyists club. Textile painting was the diversion. Those working were Mrs. Ross Chrisman, Mrs. Harold Snook, Mrs. LeRoy J. Stewart, Mrs. Morse Stewart, Mrs. E. M. White was a guest.

Theodore O. Rickman was admitted to the Surgeons and Physicians Hospital in Portland Tuesday for surgery.

Mrs. Willard Roscoe who underwent surgery at the Salem General is at her home, 3995 State St.

Fire From Trash Spreads to House

Statesman News Service
FOUR CORNERS—Fire damaged a laundry and storeroom at the R. F. Grotton home at 4840 Reimann Rd. about 1 p.m. Thursday. Four Corners firemen who responded blamed an unattended trash burner near the room for starting the blaze. They estimated damage at \$100. Mrs. Grotton called the firemen, but had the blaze virtually under control when they arrived.

Honey Sweetens Summer Fruits; Good in Dessert

Honey makes a good sweetening for spring or summer fruits and beverages, the U. S. Department of Agriculture suggests to homemakers.

A delicious fruit cup for the first or last course of a meal is made by arranging a whole or diced canned or fresh fruits attractively, mixing honey with lemon juice and pouring it over the servings before chilling. When a tart fruit, such as grapefruit, is included in the fruit cup, use just honey by itself. Warming makes honey easier to pour and mix. But the fruit cup should be chilled before serving.

Honey ambrosia salad can be a cooling hot-weather treat. Slice peeled oranges and dip the slices in honey. Then dip in shredded coconut. Arrange the slices on salad plates about 5 slices for each serving. Heap halves of berries in the center where the orange slices meet, if desired. Pour a little honey over the fruit in the center to make a light coating. Serve cold.

Honey's flavor and sweetness combine well with the fruit juices that make tall iced drinks for warm days. Because honey already is in sirup-like form, it blends easily with the juices. Add just enough to suit the taste. Honey also is good in iced tea.

Honey makes a nice sauce for ice cream, too—with or without nuts. Now, when oranges are so plentiful, consider honey and orange sauce: Combine 1 cup honey; 1/4 cup finely chopped fresh orange peel; 1/4 cup orange juice; 1/4 teaspoon salt. Do not cook, but instead let stand over hot water about 30 minutes to blend the flavors. Serve over cream or puddings.

Simply Made But Simply Delicious

Let the junior miss of your family delight her daddy by making him a pie on Sunday, June 15. It's simple to do. The pie shell is made with graham cracker crumbs and the filling with packaged pudding mix. Whipped cream and crunchy chopped walnuts add a something special.

CHOCOLATE CREAM PIE
5 tablespoons butter or margarine
16 graham crackers
1 package chocolate pudding mix
2 cups milk
1/2 cup whipping cream
1/2 cup walnuts
Place butter in 9-inch pie pan and set in oven to melt. Roll graham crackers into fine crumbs. Turn into pie pan with melted butter and stir until well blended.

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Because...
IT MAKES THE FINEST JAMS AND JELLIES Every Time!
WORKS EQUALLY WELL WITH BEET OR CANE SUGAR!



REFRESHING

One of the easiest-to-fix summer fruit drinks is chilled apricot whole fruit nectar served with a lemon wedge on the side. If you want to get extra fancy float a few slices of fresh strawberry on top.



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This regular jar of Instant Maxwell House makes about as many cups as one pound of ordinary ground coffee—yet it costs you about 25¢ less, even at regular prices!

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