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NO RUBBING WAX

AEROWAX is GOOD wax and YOU SAVE MORE THAN 25¢ a pint!

AEROWAX NO RUBBING WAX

Get handy KITCHEN UTENSILS IN MOTHER'S OATS

Every big square package of Mother's Oats offers an exciting double value! Because money can't buy a finer quality, more delicious, or more nourishing oatmeal than Mother's Oats. And packed in every package you'll find a valuable, useful premium such as aluminum kitchen utensils, famous "Fire-King" glass cup and saucer, beautiful "Wild Rose" pattern china or gay colorful Carnival Ware.

No waiting! No coupons! No money to send! Just ask your grocer for Mother's Oats with Premium, in the big square package.

MOTHER'S OATS—a product of THE QUAKER OATS COMPANY

Be Tuna Smart! Be Tuna Sure!

GET WHITE STAR BRAND TUNA FILETS not just Tuna—at NO EXTRA COST

THE SAME PRICE AS ORDINARY TUNA...but what a difference in flavor and tenderness! These select "Connoisseur cuts" are packed to the hilt, too, with health and nourishment! White Star Brand Solid Pack (Fancy)...packed exclusively from select tuna filets! The brand that made tuna famous!

Enjoy TUNA ROLL-UPS

This delicious Lenten Dish was developed by Betty Crocker's Staff at General Mills

Preheat oven to 450°. Sift together 2 cups sifted GOLD MEDAL Flour, 3 tsp. double-action baking powder, 1 tsp. salt. Pour into a measuring cup (but don't stir together) 1/2 cup WESSON Oil, 1/2 cup milk. Then pour all at once into the flour. Stir with fork until mixture cleans side of bowl and rounds up into a ball. Smooth by kneading dough about 10 times without additional flour. Place the dough between 2 sheets waxed paper (12 in. square).

Roll out until dough reaches edges of paper. Peel off top paper. Cut dough into 9 squares.

Make tuna filling: flake 1 can (1 cup) WHITE STAR Brand TUNA; mix together with 1/2 cup minced celery, 1 egg, unbeaten. Spread 2 tbsp. tuna filling over each square. Roll up each square as for jelly roll.

Place roll-ups, sealed side down, on ungreased cookie sheet. Bake 10 to 15 minutes in hot oven (450°). Serve with hot sauce made by bringing to a boil (over low heat, stirring constantly) one 10 1/2-oz. can condensed cream of mushroom, celery or chicken soup and 2 tbsp. chopped parsley. Garnish with parsley or paprika. Serves 6 to 9.

*If you use GOLD MEDAL Self-Rising Flour (sold in the South), omit baking powder and salt.

BLUE LABEL...
Also Blue Size Green Label and White Star Brand Dietetic Tuna.

Gold Medal
"Enriched" ENRICHED FLOUR

Wesson Oil
For Salads and Fine Cooking

Spicy Shamrock Coffee Cake Pays Tribute to St. Patrick

Another tribute goes to the descendants of Erin in the form of spicy Shamrock Coffee Cake. This light yeast-leavened bread is made from a standard dough with the favored cinnamon-sugar filling. The new interest lies in the clever shaping. Treat the family or club members to this handsome coffee cake on St. Patrick's Day. It can be made the day before, wrapped in waxed paper and reheated at breakfast time.

Shamrock Coffee Cake
1 pkg. yeast, compressed or dry
1/4 cup water (lukewarm for compressed yeast, warm or dry)
1/2 cup milk
1/4 cup sugar
1 tsp. salt
2 tbs. shortening
2 1/2 cups sifted enriched flour (about)
1 egg
2 tbs. melted butter or margarine
1/4 cup cinnamon sugar

Soften yeast in water. Scald milk. Add sugar, salt and shortening. Cool to lukewarm. Add flour to make a thick batter. Mix well. Add softened yeast and egg. Beat well. Add enough more flour to make a soft dough. Turn out on lightly floured board or pastry cloth and knead until smooth and satiny. Place in greased bowl. Cover and let rise in warm place until doubled (about 1 1/2 hours). When light, punch down. Divide dough into 2 equal parts and shape into balls. Let rest 10 mins. Shape each ball into Shamrock Coffee Cake. To make shamrock,

roll ball into rectangle 5x20 inches. Brush with melted butter or margarine and sprinkle with cinnamon sugar. Roll up like jelly roll sealing edge. Flatten roll slightly. Cut into 3 6-inch pieces, leaving 2-inch piece for "stem." Fold 6-inch pieces in half and seal edges. Arrange on greased baking sheet in shape of spokes of wheel with cut ends toward center. With scissors or sharp knife cut each roll to within 1/2 inch of center. Lay each roll open to form petals of shamrock. Place 2-inch piece at base of "petals" to form "stem." Let rise until doubled (about 15 mins.) Bake in moderate oven (350 deg. F.) about 20 mins. Makes 2 small Shamrock Coffee Cakes.

Frozen Peach Marlow An Enchanting Dessert To Glorify Any Meal
For a delightful dessert with wonderful fresh peach flavor, try Frozen Peach Marlow. Just sweet enough, smooth, and satisfying. This luscious delicacy just melts in your mouth. The tree-ripened flavor of fresh frozen peaches blends perfectly with marshmallows to make this an attractive and enchanting dessert. For compliments galore, try it soon!

Frozen Peach Marlow
2 packages frozen peaches
1/2 cup peach juice
1/2 lb. marshmallows (about 32)
1 tbs. lemon juice
1/2 cup evaporated milk
1/2 cup very fine graham cracker crumbs (about 6 crackers)

Defrost and drain peaches, saving 1/2 cup juice. Heat juice and marshmallows in top of double boiler until marshmallows have melted. Stir occasionally so juice will blend thoroughly with melted marshmallows. Set aside to cool. Chop peaches in small pieces, add lemon juice, and cooled marshmallow mixture; blend well. Thoroughly chill the evaporated milk, mixing bowl and beaters. Whip the chilled milk until consistency of whipped cream; fold into the peach mixture. Line the bottom of an 8 x 6 x 2" pan with graham cracker crumbs. Pour mixture over crumbs. Chill in refrigerator several hours until set.

Use honey, in plentiful supply, to flavor milk drinks for small fry.



BE SURE THE COOKIES you send your loved ones away at school or in the service arrive fresh and whole. Here's how. Make "good travelers" moist bar cookies or soft flat ones, not too rich. Then wrap each cookie in moistureproof cellophane to keep it moist. Notch strips of cardboard to make compartments for your mailing carton or tin. Fill in the spaces with unbuttered popcorn. Finally, wrap the entire carton in corrugated cardboard; then in heavy wrapping paper. Your thank-you letter is bound to say "Gee—they were SWELL!"

Old Roman Ruins Discovered Amid Wartime London Rubble

LONDON — (UPI) — Excavations in World War II's bomb-ravaged historic mile-square City of London has thrown up fresh archeological evidence of the ancient capital in Roman times.

The discoveries, result of excavations conducted by the London Roman and Medieval Excavation Council, amplify discoveries made in 1950.

Sufficient excavations have been made in the Cripplegate area

to prove the existence of a fort built to command roads north and west while the province was still being conquered by the Romans.

DIMENSIONS and date of the fort have now been established. It covered an area of about 11 acres, with an east to west width of 230 yards and a north to south length of 250 yards.

It is calculated the fort was built late in the first century A.D., and was surrounded by a ditch which was still open in the mid-second century. The fort was dismantled and the ditch filled in at a date assumed to be not long after the year 200.

Evidence was provided by coins found in the upper filling of the ditch belonging to the late second to early third century. Pottery was found in the ditch itself.

THE LATEST excavations show three sections of the outer ditch of the fort. Post holes for a bridge crossed the ditch at its southern end. An internal road and a part of the gravel surface of a road from the north also were unearthed.

Experts conclude that the ditch and bridge on the south side are from the southern gate of the fort; the road from it points direct to Cripplegate.

The new discoveries indicate the fort was built some time before the Roman Wall. Experts have placed the building of the wall to be around 140 A.D.

At the southwest corner there was evidence of rebuilding and indications that a later inner wall was built to correspond with that of the fort.

FRESH RED APPLES are a good source of Vitamin G, often called the "appetite vitamin" which helps to promote digestion and growth.



YOU'LL LOVE IT FOR LENT!

HERE'S cottage cheese as it should taste...smooth, creamy, velvety—downright delicious!

Make your lenten menu-making easy with these four wonderful varieties of Borden's Cottage Cheese—Cream Style, Country Style, Cottage Cheese with Chives, Cottage Cheese Fruit Salad.

"IF IT'S BORDEN'S, IT'S GOT TO BE GOOD!"

Baked Custard Served With Fruit Elegant Dessert

There's nothing more elegant and appealing for dessert than a tender, fine-textured custard surrounded with colorful fruits. Our "Maple Peach Custard" consists of a maple-flavored custard baked and chilled in a large pan. Then it's turned out and surrounded with big beautiful cling peach halves and toasted almond slivers.

Maple Peach Custard
3 eggs
1/4 cup granulated sugar
Few grains salt
2 cups milk
1/4 teaspoon maple flavoring
Canned cling peach halves
Slivered roasted blanched almonds

Beat eggs and add sugar, salt, milk and flavoring. Pour into round baking dish (about 7 inches in diameter) or 6 individual custard cups. Set in pan of hot water. Bake in moderate oven (350 degrees F.) until custard is set (about 1 hour for large pan, 45 mins. for individual cups). Chill. Unmold on serving plate and arrange peach halves around custard. Top with almonds. Serves 6.

(Editorial Note: By way of variety, make the custard with brown sugar and vanilla flavoring instead of white sugar and maple flavoring. Bake the custard in an oven proof dish which will go to the table accompanied by a bowl of fresh sugared fruit, canned apricots or canned purple plums. Serve it on your prettiest dessert plates garnished with the fruit, taking care to drain the syrup from the fruit while serving.)

ABOUT 5,000 APPLE growers in the state of Washington produce more than one-third of all the apples consumed in America.

Fruited Mousse Rich St. Patrick's Day Salad

We have called this perfect St. Patrick's Day salad "Fruited Salad Mousse" because it's so rich and creamy. Smooth ripe avocado gives it that velvety quality and soft green color. Diced orange and grapefruit sections are refreshing accents for the delicate avocado.

Fruited Salad Mousse
1 envelope (1 tbs.) plain gelatin
1/4 cup cold water
1 cup hot water
1/4 cup lemon juice
1/4 tsp. salt
1/4 cup sieved avocado
1/4 cup diced orange sections
1/4 cup diced grapefruit sections
Salad greens

Soften gelatin in cold water and dissolve in hot water. Blend in lemon juice and salt. Cool slightly. To prepare avocado, cut into halves lengthwise and remove seed and skin. Force avocado through sieve and blend into gelatin. Fold in citrus fruits. Turn into oiled molds and chill until firm. Unmold on salad greens. Serves 6.

GOLDEN GLOW APPLES are plump, cored, baked and filled with chopped pineapple, for sparkling new flavor. If desired, top with sweetened whipped cream, lightly spiced with cinnamon.

FREE TIDE COUPON

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