



# Ila's Almanac

Friday, June 22: Joe Lewis won the heavyweight crown from James J. Braddock, 1937. Louis, like many other boxers, engaged in various ventures including restaurant operation, after retiring from the ring. His principal claim to fame now is that he owes the government so much money for income taxes that he never will be able to pay it.

One of Joe's favorite dishes is fish fillets in sour cream. Arrange 1 pound fish fillets or steaks in a well-buttered baking dish, and sprinkle with salt and pepper. Combine the following ingredients, mixing only until blended, and spread on fish: One cup commercial sour cream, 2 tablespoons finely chopped dill pickle, 2 tablespoons minced onion, 2 tablespoons finely chopped green pepper, 1 tablespoon chopped parsley, 1 teaspoon lemon juice, 1/2 teaspoon dry mustard and 1/4 teaspoon sweet basil. Sprinkle with paprika and bake at 375 degrees for 20 or 25 minutes or until the fish flakes when tested with a fork.

Saturday, June 23: The "President" and the "Belvidera" engaged in the first naval combat of the War of 1812, on this date in — you guessed it — 1812. For many years, boiled beans and cornbread on Tuesdays and baked beans and cornbread on Fridays were traditional breakfasts on ships of the U. S. Navy. But modern diets have changed all this, and now you have to go to the U. S. Senate restaurant for a good dish of Navy bean soup.

Sunday, June 24: St. John's Day in Newfoundland, San Juan's Day in Puerto Rico, Jean Baptiste Day in Canada. It just goes to show, there are lots of ways of spelling John.

Remember the bitter herbs of the Paschal Feast described in the Bible? It consisted of lettuce, dandelion, camomile and mint, combined with oil and vinegar. . . a salad with probably the first version of today's popular French dressing!

Monday, June 25: Governor John Winthrop introduced the

## Party salad mold flavorful treat

Here's an elegant main-dish salad mold that's perfect for a garden party or buffet supper. Provide a big plate of sliced tomatoes, stuffed eggs, hot rolls and a hot beverage.

### "Garden-Party" Salad Mold

- 3 cups consommé, broth or stock
- 3 envelopes unflavored gelatin
- 1/4 teaspoon pepper
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 4 cups cooked turkey or chicken, cut-up
- 1 cup diced celery
- 1 cup chopped cucumber, drained
- 1 jar (7-oz.) pimiento, drained and minced
- 1 small green pepper, chopped
- 1 tablespoon minced chives (optional)
- 1 3-oz. package cream cheese, softened
- 1 1/2 cups mayonnaise or salad dressing
- Garnishes

Soften gelatin in cold liquid (consommé, broth or stock). Stir softened gelatin over hot water until dissolved; add seasonings. Combine turkey or chicken with vegetables, soft cream cheese and mayonnaise, mix well. Add gelatin and blend thoroughly.

Have ready 3 oiled, round cake pans — a large, a medium and a small pan — or use a set of three cake pans if available. Divide salad mixture among pans; chill until firm, preferably overnight.

To serve, unmold small pan on top of medium layer. Be sure round molds are centered, one atop the other, for a symmetrical "cake-like" effect. Decorate with prepared mayonnaise, cream cheese or stiffly whipped cream put through a pastry tube. Garnish with radish roses, orange slices, pickles, fruit, etc. Makes 12-15 servings.

Decorating Mayonnaise — Soften 1 teaspoon unflavored gelatin in 2 tablespoons water or fruit juice; dissolve over hot water. Stir into 1 cup mayonnaise and tint a soft green if desired with a drop or two of food coloring. Force through pastry tube as salad decoration.

LAMB CHOP ACCOMPANIMENT  
Broiler meats, especially broiled lamb chops, are popular menu headlines on warm days. As colorful complements, tomato halves may be topped with grated cheese or buttered bread crumbs. A peach or apricot half could be filled with a marshmallow. Both of these lamb chop partners may be broiled right with the chops as they finish cooking on the second side.

table fork in the United States on this date in 1630. Before that everybody ate "finger foods."

Have a no-fork taco party on the patio. For outdoor appetites, allow a dozen frozen or canned tortillas, one pound hamburger or ground round, 1/2 pound grated cheese, one small head lettuce, 2 medium tomatoes and a bunch of green onions for each two persons.

Advance preparations: shred lettuce, chop tomatoes and mix together in a salad bowl. In other bowls, provide chopped onions and grated cheese. When ready to serve, saute hamburger lightly, seasoning with salt, pepper and a little Tabasco sauce. Keep hot. In another frying pan, heat cooking oil and warm tortillas until they are limp, turning after they puff slightly. Place each tortilla on a paper napkin, add a spoonful of cooked hamburger, a spoonful of salad, green onions and a sprinkling of grated cheese. Fold like a turnover. Provide catsup, Worcestershire sauce and Tabasco sauce for individual seasoning to taste.

Tuesday, June 26: Bend Community Players present two one-act plays every night this week at the Bowers' Studio Theater. Make up a party and take the gang home after the plays for coffee and dessert. Fresh strawberry tarts are a suggestion.

Wash 1 quart fresh strawberries, remove caps and drain while making glaze. Combine three-fourths cup sugar, 1 1/2 tablespoons cornstarch and a dash of salt in a three-cup saucepan. Add one cup of water, stir and cook 5 to 8 minutes or until mixture is clear and has thickened. Remove from heat and add 2 teaspoons fresh lemon juice and 1/4 teaspoon pure vanilla extract. Cool slightly. Arrange whole strawberries, stem end down, in six cold baked tart shells. Spoon glaze over the top. Refrigerate to set glaze. Top with whipped cream or sour cream.

Wednesday, June 27: "Get set to go Fourth." Independence Day is a Wednesday this year. A mid-week holiday is picnic time.

Thursday, June 28: Richard Rodgers, American composer, born in New York City, 1902. Take inspiration from "Carousel" and have a "real nice clam bake." Cole slaw is the perfect salad for a clam bake or other outdoor meal.

To serve 36, shred 4 1/2 pounds crisp green cabbage. Add 2 1/2 tablespoons salt to 3 tablespoons granulated sugar. Prepare one quart of dressing by mixing together two parts of salad dressing to one quart of mayonnaise. Have ingredients in readiness. Mix in relays during serving period.

## Jellied meat loaf good summer dish

Molded meat dishes are appropriate for ever so many warm-weather occasions. This one is a good choice for the at-home patio party, or to take to a potluck dinner.

### Jellied Meat Loaf

- 1 envelope unflavored gelatin
- 1/2 cup cold water
- 1 1/2 cups hot meat consommé, meat stock or bouillon
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 1/2 teaspoon onion juice
- 2 tablespoons chopped pimiento
- 1/4 cup sweet pickle relish
- 1/4 cup chopped celery
- 2 cups ground cooked beef, veal or pork
- 1 hard-cooked egg

Soften gelatin in water; add broth and stir until dissolved. Add lemon juice, salt and onion juice. Cool and when mixture starts to thicken, thoroughly mix in pimientos, pickle relish, celery and ground meat.

Lightly oil a loaf pan. Slice egg and arrange slices on bottom of pan. Spoon the mixture gently over the egg slices. Chill in refrigerator until firm. Slice for serving. Yields 6 to 8 servings.

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## Nutritious liver ideal for kabobs

Nutritious liver becomes fun to eat when it's served as kabobs with bacon and onions. Kabobs are popular for outdoor grilling in warm weather, but you can still enjoy fixing these morsels-on-a-stick all year long. Simply cook them in your range broiler.

### Liver and Bacon Kabobs

- 1 pound beef liver, sliced 1/2 inch thick
- 8 slices bacon
- 16 small cooked onions
- 1/4 cup French dressing
- 8 six-inch skewers

Cut liver in 1 1/2-inch squares. On each of eight 6-inch skewers, thread 3 or 4 pieces of liver, 2 onions and 1 slice of bacon, weaving bacon in between. Set regulator for broiling. Place kabobs on broiler rack. Insert broiler pan and rack so the top surface of the kabobs is 3 to 4 inches from the heat. Brush kabobs with French dressing, using about half the dressing.

Broil 5 minutes or until browned. Turn and brush kabobs with remaining dressing. Continue broiling 3 to 4 minutes, or until browned. 4 servings.

### PANCAKE COURSE

Make pancakes into a main dish by serving with nippy cheese sauce and a garnish of crisp fried bacon bits.

## Sardine cocktail is Maine recipe

Some Maine folk will tell you that the silvery Maine sardine is the "humble little brother" of their famous lobster.

### Icy Maine Sardine Cocktail

- 1 cup sour cream
- 1/2 cup minced cucumber
- 5 to 6 radishes, minced
- 2 scallions, minced
- 1 tablespoon lemon juice
- 1/2 teaspoon Worcestershire sauce
- Dash cayenne
- Salt and pepper to taste
- 3 cans (4-ounce) Maine sardines, drained
- Clove garlic, minced
- French dressing
- Lemon wedges

Mix sour cream with vegetables, lemon juice and seasonings; chill. Gently turn drained sardines into a shallow dish, add garlic clove and cover with French dressing. Chill.

To serve, spoon a little sour cream sauce into a sherbet glass. Edge glass with a lettuce frill. Arrange 4 to 5 sardines in glass. Top with more sauce. Bed glass in chopped ice and garnish with lemon wedges. NOTE: Cucumber should be pressed dry by squeezing in a paper towel.

## Elegant standing rib roast popular dinner for company

When you want to serve something elegant for a company dinner or fine family meal, a beef standing rib roast takes the spotlight. Tender, juicy roast beef slices are the ultimate in good eating.

For this special meal, the platter becomes quite attractive with a garnish. Delicious deviled mushrooms make a fine accompaniment.

### Beef Rib Roast—Deviled Mushrooms

- 2 to 3-rib beef standing rib roast
- Salt and pepper
- Deviled mushrooms

Have the market man remove the chine bone to make carving easier. Season. Place fat side up on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part, being sure that the bulb does not rest in fat or on bone. Do not add water. Do not cover.

Roast in a slow oven (300 degrees F.) to the desired degree of doneness. The meat thermometer will register 140 degrees F. for rare; 160 degrees F. for medium done; 170 degrees F. for well done. Allow 18 to 20 minutes per pound for cooking a rare roast;

## Frozen peas go in Italian salad

Ever since time began, good cooks have industriously searched for the special ingredient which makes their culinary efforts excel in taste and eye-appeal. Now everyone — well, almost everyone! — knows that salad dressings are the secret ingredient!

### Italian Jade Salad

- 1 10-oz. package frozen green peas
- 1/2 cup water
- 1/2 teaspoon sugar
- 1/2 cup sliced green onions
- 1 cup sliced celery
- 2 tablespoons chopped pimiento
- 1/4 teaspoon ground tarragon
- 1/2 teaspoon celery seed
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1/4 teaspoon monosodium glutamate
- 1/3 cup dry white wine
- 1/2 cup Italian or garlic dressing

Place unfrozen peas in a sauce pan with water, sugar and salt. Cover and bring quickly to a boil over high heat, separating peas with a fork, if necessary to hasten thawing. Reduce heat and simmer three to four minutes. Turn peas immediately into a refrigerator container with ice cubes. Chill thoroughly and refrigerate until ready to use.

Prepare a marinade of wine and remaining seasonings. Four over onions, celery and pimiento in a jar with a tight cover and refrigerate for several hours, stirring occasionally so that all of the vegetables are seasoned. At serving time, add the Italian or garlic dressing to the marinated vegetables. Mix well. Drain chilled peas, and toss all together lightly. Serve on crisp lettuce cups. Serves 4.

## Ham salad filling stuffs tomatoes

Pork and apples, traditional go-togethers, get the cold treatment with good results, in a hearty luncheon salad. The mixture could be used for sandwiches, if it's a meal-to-go. Carry the lettuce in a wax-paper bag, and slip a few leaves into each sandwich at lunch time.

Pork-Apple Salad  
1 1/2 cups diced cooked pork  
1 1/2 cups diced unpeeled apples  
1 tablespoon lemon juice  
Mayonnaise  
Salt, celery salt, sugar  
Combine pork, apples and lemon juice. Add mayonnaise to moisten and sit, celery salt and sugar to suit taste. Serve well chilled in lettuce cups. Yields 4 servings.



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