

New Low-Calorie Foods Sensational; Desserts, Fruits, Dressings Listed

Calorie-conscious folk — and there are plenty of them — are hailing the new line of low-calorie, diabetic type foods put out by the Flotill Products Inc., a firm headed by the noted business woman, Tillie Lewis. The new product has brought about a \$20,000,000 a year canning business for Miss Lewis.

This new line takes the pain from dieting, too. The foods are very tasty. Outstanding are the dietetic fruits — in a sweet, heavy syrup that keeps the fruit firm and full of flavor to the extent one eating them does not know the difference between them and the regular canned fruits.

The line of fruits includes apricots, unpeeled and halved and whole peeled ones; apricot nectar; light and dark sweet cherries; Kadoka figs, sliced and halved peaches; fruit cocktail; pear halves; prunes; plums and applesauce.

And not only are there fruits, but gelatin desserts, creamy puddings and salad dressings as well as jellies in this line.

The desserts and pudding mixes duplicate their caloric counterparts, but are low caloric. As illustration, the vanilla pudding mix in this new line has only 30 calories when made with skim milk, against the 225 calories in regular pudding.

The puddings include chocolate, French custard, vanilla and butterscotch.

The gelatin desserts include strawberry, raspberry, cherry and lemon.

The salad dressings are something out of this world — and

they do not use oil. They range from one-calorie per tablespoon type on up.

The summary on this deal is: This new food process cuts out as much as 87 per cent of the calorie overload and brings high quality food to the table, too. And the foods cost just a trifle more than ordinary dietetic foods.

Aiding the consumer to keep count, the number of calories of each food is listed on the can or package.

To make it easy to become acquainted with this line, the company has arranged for gift certificates for a free package of the new low calorie products. To obtain the free gift certificate, write to Tillie Lewis, Stockton, Calif.

Sandwiches Made With French Toast For Supper Treat

The following is a late supper offering.

French Toasted Sandwiches

(Makes 6 servings)
12 slices day-old bread
Margarine or butter for spreading
1 cup peanut butter
¼ cup jam
3 eggs
1½ cups milk
3 tablespoons flour
½ teaspoon salt
Margarine or butter for frying

Make sandwiches by spreading slices of bread lightly with margarine or butter. Spread every other slice with 1½ tablespoons peanut butter and 1 tablespoon jam. Cover with

plain buttered slices. Cut sandwiches in halves diagonally, making triangles. Make batter for dipping as follows: in shallow pan, such as cake pan, beat eggs with fork. Mix flour into thin paste with a little of the milk. Add to eggs, with rest of milk and salt. Mix well. Dip sandwiches, first one side then the other, in batter. Be careful not to let them soak. Fry in margarine or butter in hot skillet or on hot griddle, turning sandwiches once to brown both sides. Serve hot with margarine or butter and warm sirup or honey. With these serve a bowl of creamy cottage cheese and a fruit compote.

When you grind dry bread, tie a paper bag on the blade end of the grinder so that crumbs will drop into the bag as they are ground. If you want fine bread crumbs for a dish, sift the crumbs through a sieve and store the coarse dry and fine dry crumbs in covered separate containers.

Orange Juice Sauce Tops Pancakes



Forty days hath Lent, and often for the good reverend Lent this year everybody's going in ten habit of pancakes, so uni-

versally popular. This special variation of pancakes will delight everyone — combining oranges and creamy cottage cheese. Right now, the market stalls are filled with oranges, easy to section, and full of juice to use in adding tangy goodness to many foods. Try this for a luncheon main dish or dinner dessert to intrigue your family and friends—the sauce is better than syrup, the section of oranges good and chewy, and there's plenty of nutrition in both the oranges and the cottage cheese.

Im you're in a hurry, use a package pancake mix and the sauce.

For main luncheon dish use 2 cups cottage cheese; as a dessert use 1 cup.

Pancake Stacks with Orange Sauce
1½ cups sifted all-purpose flour
2½ teaspoons baking powder
¾ teaspoon salt
3 tablespoons sugar

Sec. III, Capital Journal, Salem, Ore., Thurs., March 13, 1936-4

1 egg, slightly beaten
¾ cup milk
¾ cup orange juice
3 tablespoons melted butter or margarine
1 to 2 cups cottage cheese
Sift together dry ingredients. Combine slightly beaten egg, milk, orange juice and butter. Stir into dry ingredients. To make 4 large pancakes, bake on hot griddle, one at a time using ½ cup batter for each pancake. Stack pancakes, spreading ½ cup cottage cheese between each. To serve cut into wedges; spoon orange sauce over top. Yield: 4 to 6 servings.

Orange Sauce
1 tablespoon cornstarch
¼ cup sugar
¼ teaspoon salt
1 cup orange juice
2 teaspoons grated orange rind
1 orange, sectioned
Mix together, cornstarch,

Eureka Cracked Crab
The west coast crab and its meat is unsurpassed. Cooked or chilled, it makes wonderful eating. Ask your fish market man to clean and crack a cooked jumbo crab. Place on a bed of lettuce. Serve with lemon, salt and pepper, mayonnaise or this seafood sauce. Each ester helps himself, does his own shelling and dunking.
Combine ¼ cup tomato catsup, 1 tablespoon vinegar, 2 tablespoons lemon juice, 1 teaspoon grated horseradish, ½ teaspoon celery salt and 3 drops tabasco sauce; blend well and chill.

sugar and salt in a saucepan. Blend in orange juice gradually; add orange rind. Cook over medium heat until mixture comes to a boil, stirring constantly. Add orange sections; heat. Yield: About 1½ cups.

Everything you'll need to lighten the task of housecleaning...

CLEANING NEEDS SALE!



Community Builder Stores reserve the right to limit quantities. Special Prices Effective March 13-14

Kitchen Queen	FLOUR 10-lb. Bag	85^c	Cascade	Pork Links Pkg.	35^c
Breakfast Delight	COFFEE Lb. Pkg.	79^c	Grade A Good	Beef Roast lb.	49^c
Hoody Creamy or Chunk	PEANUT BUTTER 12-oz. Glass	29^c	U.S. No. 1	Potatoes 10-lb. Bag	49^c
			Sweet, Juicy	Oranges 4 doz.	79^c
			Green Top	Carrots 2 bun.	19^c

midget markets

351 State St. 1128 Center

IT'S A PLEASURE

... to shop the Midgets. Our courteous meat cutters are right on the job to serve you with the cuts you select. No semi-frozen, ready wrapped package, with the less desirable cuts hidden underneath. YOU SEE IT WHEN YOU BUY IT AT THE MIDGETS.

PORK ROASTS Pks	37 ^c
PORK STEAK Lean	53 ^c
LOIN ROASTS	53 ^c
CHOPS All Centers	65 ^c
VEAL STEAK Milk-fed	59 ^c

CORN FED STEER BEEF

We have just prchased a load of the nicest young steers we have seen for a long time. They are top quality. The meat is tender and flavorful. Try some. It will please you. Midget meats are well trimmed. You do not pay for a lot of waste.

BEEF ROASTS Arm	53 ^c
BEEF ROASTS Blade	49 ^c
PLATE RIB Lean	29 ^c
PORTERHOUSE STEAK	75 ^c
SWISS STEAKS	69 ^c
BEEF CUBES Lean	59 ^c

We Buy the Livestock, Process It Ourselves. When good meat is sold for less—the Midgets will sell it.

SLICED BACON "Dixie"	35 ^c
BACON SQUARES	15 ^c
LEAN JOWLS	25 ^c
PURE LARD	10 ^c
WIENERS Skinless	45 ^c
POLISH RINGS	49 ^c
BOLOGNA Rings	45 ^c
MINCE HAM Style	45 ^c

REYNOLDS Foil Wrap 25-Ft. Roll	29^c	HOUSE OF LORDS SMOKED OYSTERS 3½-oz. Tin	35^c	ELSINORE SOLID PACK Tuna White Meat ½ Size can	25^c	DENNISON'S Chili With Beans Lb. Tin	29^c
SCOTT Towels 150 to Roll	20^c	Snowdrift 3-lb. can	93^c	ARMOUR'S ROAST Beef 12-oz. can	53^c	DENNISON'S Meat Balls Lb. Tin	37^c

SUDS SALE!

trend Dishwashing Suds Lge. Pkg.

19^c

SAVE!

BORAXO 8-oz. tin	17 ^c
BORAX POWDER 2 lb. pkg.	33 ^c
BORENE SOAP POWDER Thrift pkg.	53 ^c
DIAL COMPLEXION SOAP 2 for	37 ^c
DIAL BATH SOAP 2 for	37 ^c
WRIGHT'S SILVER CREAM 8 oz.	25 ^c
GOLD SEAL GLASS WAX Pint	59 ^c
AIR WICK Small bottle	69 ^c
SOILAX 18-oz. pkg.	27 ^c
BRILLO SOAP PADS 12's	23 ^c
KURLY KATE PAD	10 ^c
ENERGINE 16-oz. can	53 ^c
OLD DUTCH CLEANSER 2 for	27 ^c
SNOWY BLEACH 20-oz. pkg.	49 ^c
Brooms Brown Beauty	\$1.89
Hansco	\$1.59
DIAL SHAMPOO Bottle	67^c

CLOROX

is **MORE** than an extra-gentle bleach!

It's a **4 in 1** product!

BLEACHES REMOVES STAINS DEODORIZES and Disinfects

½-Gal. Jug **29^c**

CAPITOL FISH CENTER

In Our Center St. Location

Our Fish Department is making a hit. A tempting display of OCEAN FRESH, cured and smoked varieties. It's a Real Fish Market!

Particular People Patronize the Midgets

	Highland Market BERT CARR, Owner Delivery Twice Daily 800 Highland Ave. Call 3-9403	Lemmon's Market ORAL LEMMON, Owner 578 North Commercial	Carter's Market REED CARTER, Owner Delivery Daily 17th & Market Call 3-6171	Wourm's Market GILBERT WOURMS, Owner Stayton
--	---	--	---	---