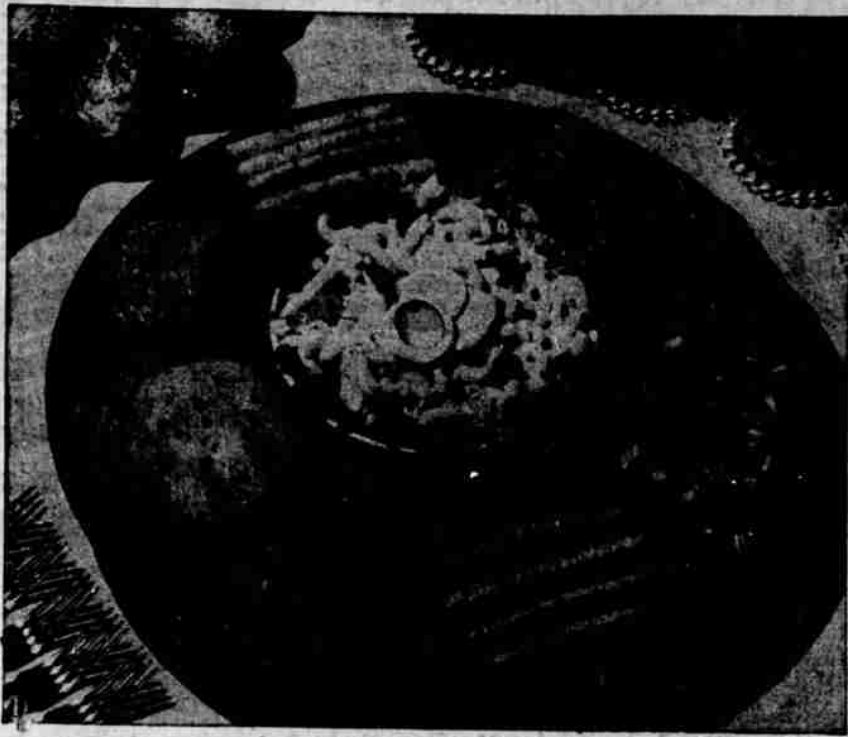


Many Suggestions and Recipes Listed For Mid-Summer Use



Cold Cuts Buffet Treats

Warm days and busy hours mean little time spent in the kitchen. Summer entertaining should be casual and effortless; summer family meals should be nourishing yet prepared with a minimum of work.

A handsome platter of cold cuts nicely fills the bill of fare on a hot summer evening. Whether you're having a family dinner in the back yard or entertaining friends at a porch supper, you'll find the easiest solution is to serve cold cuts. What's more, it's fun for the family and guests to choose their favorite cold meats from an attractively arranged tray.

Pictured (on the following page) are jellied corned beef slices, spiced ham, bologna, head cheese, summer sausage, liver sausage and pimiento loaf. Of course, your selection of cold cuts can be entirely different, as there are many kinds from which to choose. When selecting an assortment of cold cuts, keep these four points in mind. Choose meats which:

1. Contrast in color, as do the head cheese and bologna on the platter.
2. Contrast in flavor, as jellied corned beef and bologna.
3. Contrast in size and shape, as spiced ham and summer sausage.
4. Contrast in texture, as liver sausage and spiced ham.

Arrange the meats prettily on your handsome tray or platter and then relax! The main part of your dinner is ready.

Serve the appetizing array of cold meats with a colorful and hearty macaroni salad. The one pictured here is called "rainbow salad." Pimiento, green onions, sliced carrots and chopped sweet pickle give the rainbow effect and add good flavor, too. You might round out the menu with assorted hard rolls, one-hot vegetable, such as green beans, buttered broccoli or peas, relishes, iced tea, and cantaloupe a la mode. Here's the tested recipe for the tasty macaroni salad.

**Rainbow Macaroni Salad**  
2 cups elbow macaroni (8 oz. package)  
1/4 cup French dressing  
1/4 cup sliced green onions (scallions)  
1/4 cup diced pimiento  
1/2 cup finely chopped sweet pickles  
1/2 cup thinly sliced carrots  
2 tablespoons prepared mustard  
Mayonnaise, salt and pepper

Cook macaroni in boiling salted water until tender. Drain and rinse with cold

water. Add French dressing and chill for several hours. Add remaining ingredients, using about 1 cup mayonnaise and salt and pepper to taste; mix thoroughly but lightly. Chill several hours. Serve in lettuce lined bowl; sprinkle with chopped fresh parsley and top with hard-cooked egg slices, if desired. 8 servings.

**Another Cold Cuts Menu**  
Here is another suggestion for a meal built around sliced cold meats:

**Assorted Cold Cuts**  
Sliced Tomatoes  
Sliced Cucumbers  
Hot Potato Salad  
Ice Box Rye Bread  
Fruit Shortcake  
Iced Tea or Coffee

Cold cuts are not limited to pretty platter arrangements. Here are a few suggestions for other ways to protein-ize your meals with cold cuts:

**In Hot Dishes:** 1. Fry "boiled" ham slices and serve on toast topped with cheese sauce and garnished with fried pineapple slices. 2. Fill fried bologna cups with scrambled eggs, hot potato salad or creamed whole kernel corn.

**In Salad:** Cube cold cuts and add to potato, rice or macaroni salad for a main dish. Or cut meat into long strips and toss with crisp greens and a tangy dressing.

eye-appealing dishes. She said she would never forget their first sight of his planked steak, with potatoes prepared four different ways—Hashed Brown, Creamed, French-fried and Stuffed-baked—gracing each corner of the plank!

But now it's two of Hazel Meyer's own recipes we want to give you. Old favorites of our own, we tried her versions and found them just as delicious as we thought they'd be.

**Filletts With Almond Gravy**  
1 pound package any fish filletts  
4 tablespoons butter or margarine  
1/2 cup sliced blanched almonds  
2 teaspoons flour  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1/4 cup cream (sweet or sour)

When filletts are thawed enough to separate, pan fry in butter until golden brown on both sides. Remove fish from skillet and keep hot. Saute almonds in butter remaining in the skillet until brown. Blend in flour, salt and pepper. Warm cream and add it gradually to the skillet, stirring constantly and cooking over low heat (do not let it boil) until the mixture is blended and thickened. Arrange fish on platter or individual plates and cover with the almond gravy. Serves 4.

**Avocado Sherbet**  
1 1/2 cups mashed avocado  
1 cup lemon juice  
1 cup orange juice  
2 cups sugar  
1 pint heavy cream, whipped  
2 teaspoons grated lemon rind

Combine the fruit juices, avocado, sugar and lemon rind, blending until sugar is completely dissolved. Pour this mixture into ice-cube trays and freeze for about 1/2 hour. Remove from the freezer, turn it out into a bowl and stir it well. Fold in the whipped cream. Pack in rigid waxed tub or plastic containers and store in freezer. Twelve servings.

Home Freezer Delicacies  
Highlighted in Cook Book

We wish we dealt in magic! If we did, we'd say abracadabra and endow every harassed hostess with a home-freezer plus a copy of Hazel Meyer's recently published "The Complete Book of Home Freezing" (Lippincott).

So easy to entertain if you can prepare food ahead and put it in a freezer! So many ideas in Miss Meyer's book on how to use your freezer and have guests without having hysterics!

We hurry to say there's lots besides hostess-help in Miss Meyer's book. It does just what its title implies—gives you complete home freezing information based on the author's own practical experience plus her investigation of sound research. Dr. George Cook of the Long Island Agricultural and Technical Institute was one of the authorities who checked the book.

Did you know you could package hamburgers by the yard? "Do this," Miss Meyer

writes, "by placing a row of equal-sized flattened patties on a strip of cellophane about 6 by 36 inches, leaving two inches of space between each patty. Cover the strip with another piece of cellophane of the same dimensions and fold the margins in close to the meat. Make a compact package by folding the covered meat patties back over each other accordion style. Put this cellophane package in a polyethylene bag, sealing air out. When you want hamburgers for dinner, you can merely cut off as many of the patties as you need with a pair of scissors without disturbing the remainder. Pre-shaped hamburgers take less time to defrost than the same amount of ground meat packaged in bulk."

We were intrigued by Miss Meyer's book dedication: "To the memory of my father, who loved his family's enjoyment of the picture-book meals he so often prepared." So we asked her about one of her father's



Fish Fillets with almond gravy—a freezer treat.

Seasonal Produce Plentiful

So many good things from which to choose, as many western grown fruits and vegetables go into peak production along with beef, beef and more beef, frying chickens, turkeys, ice cream, small oranges, milk and milk products, fresh fish and table and salad fats, oils and shortenings.

**The Beef Situation**  
Remembering all those beef-hungry years, make the most of this super buy now. Beef supplies during August are expected to set new records for the month. Consumers find meat counters well stocked with reasonably priced to bargain priced cuts. Watch the advertisements in this newspaper. Look for featured items in the market. If you've a home freezer, put in beef supplies now.

**Western Poultry**  
Plenty of turkeys as we help celebrate Midsummer Turkey Time. Turkeys of all sizes. Many will choose the junior size which runs 4 to 8 or 9 pounds ready for pan or roaster. Fryers and broilers are reasonably priced.

**Fresh Vegetables Galore**  
Abundant supplies of tomatoes, sweet corn, green beans, cabbage, beets, cucumbers, celery, lettuce and all varieties of fresh squash. Supplies of potatoes and of onions are unusually heavy and likely to continue that way for several months. Wonderful makings for daily green and vegetable salads!

**Fruit Buys**  
Plenty of apricots, berries in wide variety, peaches, grapefruit, small oranges, Bing cherries, new-crop apples. In good supply are cantaloupes, Thompson seedless grapes, peaches, plums, watermelons.

**Fruits for Canning, Freezing**  
Be sure to talk over canning, preserving and freezing plans with your fruit and vegetable man. He is just as anxious to sell his products at their peak season as you are to buy them when prices are lowest. Principal thing is to plan to "put them up" at earliest possible moment after you get them home.

**Fresh Fish**  
Plenty of freshly caught as well as frozen fish fillets throughout August. From coastal waters, featured items are salmon, halibut, sole, rockfish and lingcod. Good variety too from inland streams and lakes. Good marketing!

**Mint-Lime Parfait Pie Rates High**  
Among the parfait pies, lime is always popular. **Lime-mint Parfait Pie**  
1 9-inch piecrust, to be baked  
1 pkg. lime-flavored gelatin  
1 1/2 cups hot water  
1 pt. vanilla ice cream  
1/4 cup crushed peppermint stick  
1/2 cup heavy cream, to be whipped  
1 tbs. sugar  
1/2 tsp. vanilla

Bake one 9-inch piecrust; cool. Meanwhile, dissolve gelatin in hot water. Add ice cream a spoonful at a time, stirring until dissolved after each addition. Chill 15 to 20 minutes until thick but not set. Fold in all but 1 tablespoon of the crushed peppermint stick and pour into the cooled piecrust. Chill at least 30 minutes until firm. Just before serving, whip cream; blend in sugar and vanilla. Spoon around edge and decorate with remaining crushed peppermint.

**Zest for Spinach**  
Fix spinach as usual, cooking quickly with no water except that clinging to the leaves; season with salt, pepper, butter or margarine, a dash of vinegar or fresh lemon juice and a bit of soy sauce for added taste appeal.

Mint-Lime Parfait Pie Rates High

Goodness Sake  
PURE JAMS AND JELLIES  
25 Delicious Varieties  
KERR'S  
LOOK FOR THIS LABEL  
KERR'S PURE JAMS AND JELLIES

Refreshing Dessert

Chilled fruit makes a refreshing summer time dessert. One of our favorite quickies is chilled canned fruit cocktail served in sherbet glasses topped with a spoonful of frozen orange juice concentrate. Give it a perky look with a fresh mint sprig garnish.

Perfect Potato Salad

As often as you serve potato salad, you want it packed with luscious flavor and a joy to behold. Here are some ways to perfect it. Start with a basic mixture of cubed cooked potatoes, onion, salt and pepper; then toss in crunchy bits of green pepper and cucumber. Also happy additions are some cubed ham or bits of crisp bacon. For dressing use about half French dressing and half mayonnaise. (Make your own good French dressing with 1 can condensed tomato soup; mix it with 1/2 can salad oil, 1/2 can vinegar and seasonings.) Final step—and so important—is to let potato salad chill for several hours. This brings out all the flavor.

Refresher

During these warm summer days, a cooling drink for grown-ups and children alike is this Pineapple Juice Refresher. Pour pineapple juice into a tall glass and add 2 tablespoons frozen concentrated orange juice (undiluted). Stir and serve immediately.

Colorful Rice Dish With Peas

Your children will gladly stop their play and be ready and waiting at the table when they know that you are making a Rice Ring of Mushrooms and Pimientos, and filling this Rice Ring with Green Peas. Dad, too, will put away "the sports page" and will be all set to serve plates with hot and heaping helpings of rice spiced with just the right amount of bright red bits of pimiento.

Rice Treat

4 cups hot cooked rice  
1 can (1 1/4 cups) condensed cream of mushroom soup undiluted  
1/2 cup chopped whole canned pimientos  
2 cups buttered or creamed green peas  
Mix together the hot rice, mushroom soup and pimientos. Pack into a well-greased ring mold. Unmold on a hot platter and serve with the peas in the center.

Variations

Fill with other buttered or creamed vegetables as desired; or with creamed meats, fish or chicken.

Cantaloupe Baked Alaska Different

Imagine the Ohhs and Ahhs when you produce this handsome surprise. Really there's nothing to it; just takes a little daring to be different. Even worth trying on the home folks.

Cantaloupe Baked Alaska

3 ripe chilled cantaloupes  
6 egg whites  
1/2 teaspoon cream of tartar  
1 cup sugar  
1/2 teaspoon grated lemon rind  
3 teaspoons fresh lemon juice

Halve cantaloupes and remove seeds. Scoop out pulp with ball cutter or teaspoon and pile back into shells. (You can also use other well-chilled fresh fruits such as diced peaches, bananas, blueberries or huckleberries or strawberries.) Place in refrigerator. Beat egg whites with cream of tartar until stiff. Gradually beat in sugar, 1 tablespoon at a time. Continue beating until stiff and glossy. Fold in lemon rind and juice. Pile meringue on top of cantaloupe, spreading to edge. Bake in very hot oven, 500 degrees about 3 minutes or until delicately browned. Serve immediately. Such good eating!

Gay Garnish

A colorful garnish for your ham platter consists of pineapple slices with edges dipped in colored sugar.

Main Course Dish for Centerpiece

Did you ever prepare a main-course dish that was so attractive you used it as a centerpiece? Well, that's just what this Shrimp on Parsley Rice is designed to be. Curly pink shrimp on a delicate green and white bed of rice and parsley make a dish as colorful and attractive as any bowl of flowers. This edible centerpiece is nutritious, too, as rice is an excellent source of energy-giving carbohydrates, and shrimp is rich in proteins, minerals and vitamins, all the nutrients which should be present in a main dish. Nobody needs to be reminded either that shrimp is one of America's most popular foods and that rice is an economical extender for all kinds of foods.

Shrimp on Parsley Rice

Clean a pound of fresh or frozen shrimp, and cook the shrimp by boiling in a quart of salted water 3 to 5 minutes. Drain the shrimp. In the meantime, saute 1/4 cup minced onion in 1/4 cup of butter or margarine. Add 1/2 cup minced parsley, 1 teaspoon salt and 1/2 teaspoon pepper. Fold the onion-parsley mixture into 2 or 3 cups of hot boiled rice. Arrange the rice in a circle on a chop plate, or in a low bowl. Fill the center with the cooked shrimp. Makes 6 to 8 servings.



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