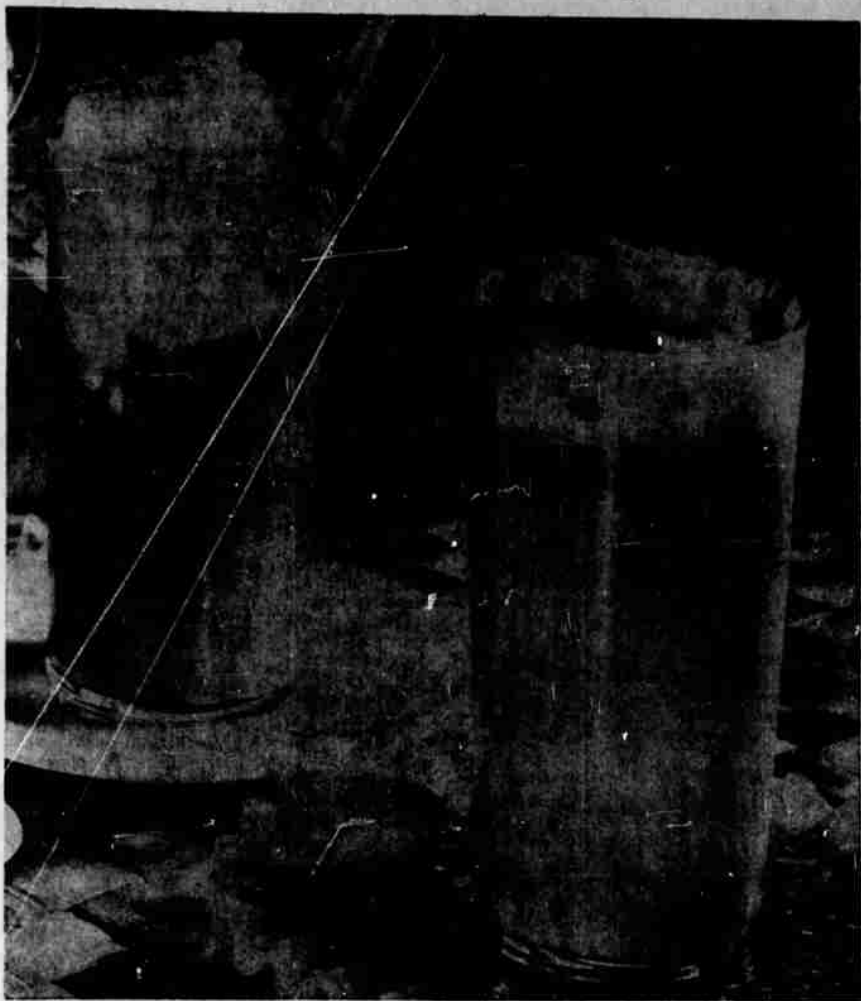


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# Fresh Fruit Desserts, Refreshing Drinks Late Summer Hits



## Nonfat Dry Milk Drinks...

When the refrigerator door swings open a dozen times a day with someone looking for "something cool to drink" — that's the time to try some of the delicious, thrifty drinks made with nonfat dry milk! Whether it's a frosty chocolate milk, a smooth banana milkshake, or a glass of ice-cold buttermilk, nonfat milk makes it good, nourishing, and so much easier on the family food budget. And they're as easy to make as they are good to drink, especially when you use a new brand of nonfat dry milk, now on the market, that's easy-mixing and has delicious fresh-milk flavor. Remember, too, that just a cold glass of nonfat milk is mighty tempting on hot summer days — and that having a big pitcher full of nonfat milk in your refrigerator will help keep those milk bills low. While cost to the tempting drinks in these recipes varies with the cost of the other ingredients, the nonfat milk you use costs only about nine cents a quart!

**Frosted Malted Milk**  
3 tablespoons nonfat dry milk  
3 tablespoons chocolate malted milk powder  
1 cup ice-cold water  
Mix the nonfat dry milk and malted milk powder in a large glass. Gradually stir in about 1/2 cup of the water and mix until smooth. Then stir in rest of water and mix until well blended. Put scoop of vanilla ice cream on top just before serving. Makes 1 serving.

**Buttermilk**  
3/4 cup nonfat dry milk  
3/4 cups water  
1/2 cup buttermilk (see note)  
Few grains salt  
Put the water into a 2-quart bowl. Sprinkle the nonfat dry milk over top of water. Beat with rotary beater until powder is dissolved. Stir in buttermilk and salt. Cover. Let stand at room temperature till clabbered (overnight). Stir until smooth. Store same as fresh milk. Serve cold.  
Note: When you make buttermilk this way for the first time, use 1/2 cup of ordinary

buttermilk — the kind you buy — for this recipe. After that, use 1/2 cup of buttermilk you made as the "starter" for making more buttermilk.

**Banana Milk Shake**  
1 large ripe banana  
1 tablespoon sugar  
1 cup ice-cold water  
1/2 teaspoon vanilla  
1/2 cup nonfat dry milk  
Cut the banana into thin slices into a bowl. Add the sugar and beat with rotary beater until smooth. Beat in the water and vanilla. Sprinkle the nonfat dry milk over top and beat until all lumps disappear. Serve cold. Makes 2 servings.

Note: To make banana milk float, put in scoop of vanilla ice cream into each glassful of ice-cold banana milk shake just before serving.

## Many Good Buys Now In Marts

Occasionally when looking at the prices of fresh fruits and vegetables one can't help thinking how high the prices seem. However, it is a good idea to stop and think once in awhile about the complexities of supplying a perfection demanding buying public with the wide variety of fresh produce it wishes.

The growing of fruits and vegetables is only the beginning toward getting them to your table. Because of their high perishability there are problems of handling, transporting, storing and selling. The fruits and vegetables must be harvested quickly at just the right stage of development; cooled rapidly; cleaned, sorted, graded, sometimes trimmed; packed, stored, loaded on cars or trucks, refrigerated or warmed, depending on weather; inspected, unloaded and stored at terminal markets; then loaded out and delivered to retailers; prepared, displayed and finally sold to you, the customer. With these things in mind the price of lettuce today, for example, should seem very reasonable.

**Best Fruit Buys** include apples, peaches, pears, plums, grapes and melons which are all in good supply. Apricots, berries, cherries, grapefruit, large oranges and avocados are in light supply with correspondingly higher prices.

**Best Vegetable Buys** are many, with bunched vegetables, cabbage, cauliflower, celery, corn, bell peppers, cucumbers, potatoes, onions, lettuce and tomatoes leading the parade. In lighter supply are peas, beans, zucchini squash and new season sweet potatoes.

When buying for freezing remember that freezing does not improve taste or quality of foods. It does tend to keep them at the same point they were before freezing. Consequently, buy quality foods when they are at their peak for table use. Vegetables should be tender and tasty; fruits firm and ripe (or just under-ripe rather than over-ripe).

**Grocery Department**  
Check your supply of staples and canned goods with an eye towards taking advantage of this week-end special prices. There's lots of good inexpensive nutrition to be had from dried beans, peas and lentils; dry skim milk, cereal and macaroni products. Fats and oils continue at low prices.



## Liver Patties With Corn Bread Liked by Children

Every mother knows that liver is particularly good meat for growing children, but getting them to eat it is sometimes a problem.

Baked liver patties that include corn bread crumbs to provide a flavor that is delightfully different help solve that problem.

**Corn Bread Liver Patties** are quick to prepare, for they need to be baked only 20 to 25 minutes. Try them soon for a delicious dinner.

**Corn Bread Liver Patties**  
1 1/2 pounds liver  
2 cups corn bread crumbs  
1/4 cup grated onion  
4 tablespoons bacon drippings  
1/2 teaspoon pepper  
1 teaspoon salt  
1/4 teaspoon powdered sage or 1/8 teaspoon marjoram

Prepare liver by wiping with a damp cloth; cover with boiling water and allow it to stand for five minutes. Remove the liver and run it through food grinder using fine blade. Combine with corn bread crumbs, grated onion, bacon drippings, sage or marjoram, salt and pepper, adding meat broth or hot water to moisten if needed. Shape into thick patties. Wrap with bacon slices and fasten ends with a toothpick. Bake at 400 F. 20 to 25 minutes or until bacon is crisp.

**Apple Souffle**  
Separate 10 eggs, place whites only in mixing bowl and beat until stiff. Add 8 tablespoons sugar, beat for five minutes and their stir in gently 4 teaspoons applesauce.

Grease souffle dish or deep baking tin with butter and dust with sugar. Place 3 tablespoons applesauce in bottom of dish and pour mixture on top of it.

Place dish in larger pan filled with hot water and bake in 400 degrees F. oven for 15 minutes. Remove from oven and serve immediately with whipped cream. Serves 4.

## Tomato Cups Stuffed With Franks

Here's a tasty (and quite thrifty) combination that's meant for brightening your summer dinner table. It's baked tomatoes stuffed with a mixture of sliced franks, tomato pulp, fine bread crumbs and chopped onion. They're slowly baked to mingle the flavors.

### BAKED TOMATOES—

**Frankfurter Stuffing**  
6 frankfurters, sliced  
1/2 inch thick  
1 1/2 tablespoons lard or drippings  
6 large tomatoes  
1 teaspoon salt  
1/2 teaspoon pepper  
1/2 cup soft bread crumbs  
1/4 cup chopped green onions  
Brown frankfurters in lard or drippings. Remove slice

## Peachy Sandwich

One of the most abundant fresh fruits right now, peaches go into ice cream sandwiches like this. Line a refrigerator tray or two with 1/2-inch thick slices of sponge or angel food cake. Cover thickly with peach ice cream. Top with additional cake crumbs. Put back in freezing compartment. At serving time, cut in squares and top with sugared, sliced fresh peaches. Each tray will make 4 generous servings; six less generous.

from tops of tomatoes and scoop out centers. Chop tomato centers and combine with remaining ingredients. Fill tomato cups with mixture. Place in a greased baking dish. Pour 1/4 cup of water into bottom of making dish. Bake in a moderate oven (350 degree F.) for 30 to 40 minutes. 6 servings.

## Children love its good



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## Spaghetti Dish Good Any Time

A good spaghetti "feed" is relished by all. So easy to do whether served at home or taken along for a pot-luck picnic or supper. All this needs really is a green salad, French bread with garlic butter and a fruit or berry cobbler of any kind, with or without vanilla ice cream. For six servings.

**Mexican Spaghetti**  
1/2 pound ground beef  
1/2 cup diced onions  
4 ounces spaghetti  
1/2 cup diced green pepper  
1/2 cup stuffed olives, sliced  
1 cup whole kernel corn  
1 cup diced cheddar cheese  
1 can condensed tomato soup  
1/2 teaspoon salt  
Dash of pepper  
Brown beef in 2 tablespoons fat in medium hot frying pan. Add onions and brown lightly. Cook spaghetti as directed on package. Drain, combine meat mixture, spaghetti and remaining ingredients. Place in buttered casserole and bake in 325 degree oven for 40 minutes.

## Pine-Mallow Name For This Dessert

Here is a delightful summertime dessert:

**Pine-Mallow Dessert**  
1 pound pkg. marshmallows  
1/2 cup pineapple syrup (drained from crushed pineapple)  
1/2 cup milk  
1/4 cup strained lemon juice  
1 1/2 cups drained crushed pineapple (a No. 2 can)  
1 cup heavy cream (1/2 pt.) whipped  
1 cup graham cracker crumbs (8-10)  
Heat the first four ingredients together over hot water until the marshmallows are melted and the mixture is smooth. Cool. Fold the crushed pineapple and the whipped cream into the cooled marshmallow mixture. Pour into a square pan, 9x9x2 inches, which has 1/2-cup graham cracker crumbs sprinkled evenly over the bottom of the pan. Top with remaining 1/2 cup crumbs. Chill until firm, several hours or over night. Serve either with or without additional whipped cream. Makes 12 servings.

## Picnic Ideas

Make your salad after you arrive at the picnic site. Into your picnic basket pack big whole tomatoes, hard-cooked eggs in the shell, a couple of avocados, a few green onions and your choice of dressing. At eating time arrange the salad ingredients on a large plate and let each picnicker help himself.

remind your grocer to put a case of Olympia Beer in your car. Be prepared for unexpected guests.

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