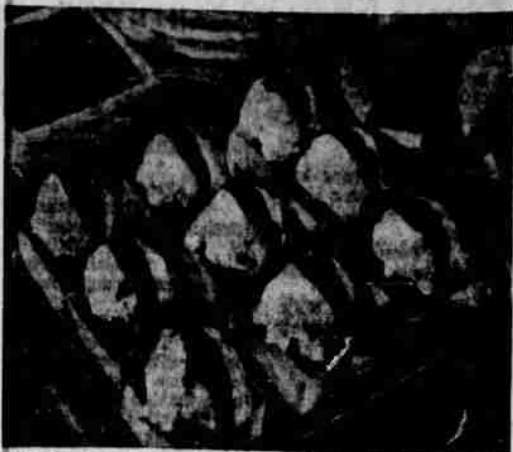


# each Ice Cream de Luxe...



Peach Ice Cream Dessert — It's peachy, too.

**(AP News Features)**  
 frozen strawberries to the treatment. Widely available in thrifty pre-packaged and half-gallon, kitchen can fancy it up for family party delight.  
 Peach Split—sister of glorious banana cream. Place two pitted peach halves on a plate; a scoop of peach ice cream in each cavity. Now one scoop with cherry sauce, the other with pineapple sauce. (You can make sauce by adding finely marachino cherries to any sugar syrup; you can the pineapple topping in jars in most supermarkets. Flute the edges of the with whipped cream.  
 Peach Soda? fresh peaches and sweetener with superfine sugar. Four or five tablespoons peaches into a tall glass; a small scoop of peach ice cream and mix well. Now pour sparkling water and stir; top at once with a scoop of the ice cream.  
 Peach Pie—forget the spoon-sipper! Spoon and straw so you ruzzle the wonderful fast-tasting, revel in mouthfuls of fresh fruit.  
 Peach Sundae hankering after? Fix peaches as you did for the—but add a touch of vanilla. Ladle over a luscious peach ice cream. And times add sliced thawed

a mixing bowl. Make a "well" in the middle and add salad oil, egg yolks, water and vanilla. Beat until smooth. Beat egg whites and cream of tartar until very stiff. Gradually fold in egg yolk mixture until blended. Turn into a waxed paper lined 8 by 8 by 2-inch pan. Bake in a moderate (350 degree) oven 25 minutes. Cool; remove from pan; strip off paper. Cut cake into 9 squares; top each square with a scoop of peach ice cream. Spoon Raspberry Sauce over top of each serving. Makes 9 servings.  
**Raspberry Sauce**  
 Ingredients: One 12-ounce package frozen raspberries, 1/4 cup current jelly, 2 teaspoons cornstarch, 1 tablespoon cold water.  
 Method: Mix raspberries and jelly in saucepan; bring to a boil. Blend cornstarch and water to a paste; add to hot mixture and cook, stirring, until mixture boils. Strain and cool. Makes 1 1/2 cup.

## Bleu Cheese Enlivens Hamburgers

Hamburgers are hamburgers? Not always. Here's a deluxe version you'll serve with equal pride either for dinner or for a hearty evening snack. For this different serving, the twin beef patties are put together with a filling of bleu cheese seasoned with a hint of Worcestershire and dry mustard.  
**Hamburgers De Luxe**  
 1 pound ground beef  
 1/2 teaspoon salt  
 1/2 teaspoon pepper  
 1/4 pound bleu cheese  
 1 tablespoon Worcestershire sauce  
 2 tablespoons mayonnaise  
 1/4 teaspoon dry mustard  
 Combine ground beef, salt and pepper and shape into 8 thin patties. Combine remaining ingredients for stuffing. Place 1/4 of mixture between two patties and press edges together securely. Set regular to broil. Place patties on broiler rack so the top of the patties is 2 inches from the heat. When one side is browned, turn and finish cooking on the second side. 4 servings.

## This Rice Fiesta Colorful

You may use foods which are always on hand for this rice dish, but the combination is different and so exciting that eaters will say, "This is really good!" Such statements will please you, no end, and for more and more praise notices, plan to feature this rice dish with surprise goodness on your menu often.  
**Rice Fiesta**  
**Ingredients**  
 3 cups cooked rice  
 1 12-ounce can pork luncheon meat  
 2 cups cooked and seasoned mixed vegetables  
 2 8-ounce cans tomato sauce  
 2 teaspoons Worcestershire sauce  
 1 cup grated American cheese  
**Method**  
 Spread the rice over the bot-

## Keep Nectar Handy

Keep a trayful of this refreshing nectar ice in your refrigerator freezing compartment during these warm summer months. Then you'll have it ready to spoon on top a fruit salad or float in a sparkling cool drink. Bring 2 1/2 cups apricot whole fruit nectar and 1/2 cup sugar to boil. Stir in 2 tablespoons lemon juice and dash of salt. Freeze in refrigerator tray.

## Cold Cuts Good for Sandwiches

An American summer without sandwiches? That would be like going to the beach without swimming, or going to the mountains without hiking. Sandwiches are the great American summer lunch. And the simplest way to make a sandwich that suits everyone is to put a slice or two of meat in the middle. If the meat is one of the many cold cuts on the market, the cook can make sandwiches in the jiffy it should take.

ent cervelats like Gotscher, Göttinger and Thuringer, as well as summer sausage like Mortadella and Landgager. Get acquainted with some of these delicious cold cuts to make your sandwiches new and interesting each time you serve them.

Dry, or "summer" sausage cold cuts are made of pork and beef, chopped, seasoned, cured. Some are smoked and air dried, others are dried without smoking to give interesting variations in texture and flavor. One of the great advantages of the cervelats and salamis included in this group is that they will keep indefinitely in a cool place.

Then there is the delicious assortment of meat leaves which dice conveniently into squares to fit the usual bread loaf slices. These include veal loaf, liver loaf, and loaves variously flavored with pickle, pimiento, olives and other good things.

be the same for a month of summer days if you sample the delicious variety of cold cuts at the market. Remember that cold cuts have the same important high quality complete protein, B vitamins and essential minerals as other meats you serve. They give sandwiches the nutritional importance they need to be the main dish of a summer lunch.



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## Good Supply of Beef, Many Cuts to Consider

**By ZOLA VINCENT**  
 (Food Writer)  
 Everyone is urged to enjoy beef more often because of its nutritional abundance. All cuts of beef will continue to be plentiful as producers market increased numbers of cattle herds which were expanded from 1949 to 1952.  
 Beef and quality should be selected to suit intended use in the home to get the very most for the money. While higher grades are best for steaks, lower grades are satisfactory in many ways. Both have the same nutritive values.  
**Roast Rib Roast.** Tender, meat, well fattened and containing the ribs. Layer of fat on outside. Cooking method: Broil or pan-broil.  
**Roast Rib Roast—Same cut as roast rib with bones removed. Shaped into roll and with layer of fat outside.**

join end of the short loin, the tenderest section of the side. Fine grained, well marbled with a characteristic portion of fat. Includes large portion of tenderloin. Cooking method: Broil or pan-broil.  
**Sirloin Steak.** From loin end. Sirloin steaks vary in size, shape and bone size. The wedge bone steak is largest. Others are round-bone, pin-bone, double-bone steaks. Cooking method: Broil or pan-broil.  
**Round Steak.** Obtained from the leg. Practically all lean meat. Oval in shape with small round bone. Cooking method: Braise or grind with suet for patties or loaves.  
**Chuck Steak.** From shoulder section of beef. Round-bone or blade-bone steaks. Muscles are small and run in different directions. Cooking method: Braise.  
**Flank Steak.** A lean, flat muscle with no bone; meat fibers running lengthwise. Only one in a side of beef. Cooking method: Score on both sides. Usually stuffed and baked covered or braised as steak.  
**Ground Beef.** May come from the chuck, neck, brisket, plate or shank. Flank and heel of round frequently are also ground. Cooking method: Patties, broil or pan-broil. Loaves, bake.  
**Stew Meat.** Beef steaks may be made from chuck, shank, flank, neck, brisket or heel of round. Cooking method: Slow, gentle simmering in water or other liquid. May be browned first in fat.  
**Short Ribs.** These are cut from the ends of the ribs and plate. Contain layers of lean and fat with the flat rib bone. Cooking method: Braise.  
**Brisket.** Layers of fat and lean with some bone. Frequently cured (corned beef). Cooking method: Simmer slowly in water until tender.  
**Plate.** Layers of fat and lean with ends of rib bones. Cooking method: Simmer slowly in water until tender.  
**Heart.** Weighs 3 to 3 1/2 pounds. Very little waste. Cooking method: Simmer slowly in water until tender or braise with or without stuffing.  
**Tongue.** Fresh or cured and smoked. Weighs 2 to 5 pounds. High percentage of lean meat. Cooking method: Simmer slowly in water until tender. Skin, slice, serve hot or cold.  
**Kidney.** Cooking method: Cut into sections and simmer slowly in water until tender or slice and braise.  
**Oxtails.** Well-flavored, considerable bone. Cooking method: Separate at joints. For soups, simmer small joints slowly in water. Braise large joints.  
**Liver.** Cooking method: Slice and braise or grind for patties and loaves.  
**Sweetbreads.** A mild-flavored delicacy. Cooking method: Pre-cook in water. Remove membrane. Refrigerate if not used immediately. Crumb and bake; crumb and fry; dice and cream or serve in salad.



See coarsely enough peeled ripe peaches to make 6 cups means about 4 lbs., or 8 to 10 medium-size peaches. (Quickly to dice peaches is to use a knife and cutting board, as in the photo.) Add 1/4 cup syrup drained from canned pineapple tidbits or crushed pineapple, if you prefer—to peaches in a good kettle, and cook 3 or 4 minutes, to soften peaches slightly.



To hot peaches add 4 granulated sugar; 1/2 drained pineapple tidbits; 1 tablespoon lemon juice; and 1 to 2 tablespoons diced candied ginger, or like. Boil hard, stir about 20 minutes, or thick as desired. (To cool a spoonful quickly—Let cool in kettle, or into shallow dish. Stir constantly while cooling; cold.  
 3. Spoon a thin coat of hot melted paraffin over the conserve at once—a tablespoon to each glass is plenty. (By the way, you can use the empty pineapple can for melting the paraffin. Set it in a pan of water—never over direct heat.) Put on lid; label and date; store in cool, dark, dry place. Makes 5 to 6 glasses of rich, pinkish-amber conserve you'll serve with pride.