



Prize Recipe for a Dutch salad — It's different.

### A Prize Dutch Salad Idea

(AP Newsfeatures)  
A prize recipe for a different kind of slaw—that's what we have for you today!

We first got acquainted with it when we went home to supper with a lady who's a wonderful cook. Because our friend works outside her home from nine to five, she has a repertoire of speedy delectable dishes; because she also has a teenage daughter, her menus are both nutritious and substantial.

The high spot of the supper she served us was a wonderful Dutch-style slaw. With it came a platter of meat: Tender canned ham sliced thin and just warmed (not browned) in a skillet in a little butter, rounds of bologna folded fan-shape, and savory disks of liverwurst. Daughter put a pan of cornbread in the oven, and served it piping hot with squares of butter, as a perfect accompaniment to the main course.

"What's so different about the slaw?" you ask. For one thing, it combines shredded raw green cabbage with green beans. For another, it also has tissue-thin slices of radish—a just-right addition that's real culinary inspiration. To dress the vegetables, there's a tangy made-in-a-minute bacon and mustard sauce. Do try this salad! We feel sure you'll make it often.

If you have week-end guests to feed these warm-weather days, you'll find canned beans wonderfully handy to have on your pantry shelf. Serve them in this Dutch-salad style; some times marinate them in a spicy French dressing and layer them over salad greens or sliced tomatoes. Either way they're a delicious accompaniment to cold cuts, hamburgers or frankfurters.

Canned green beans are so delicious because the Blue Lake variety is now cultivated especially for canning. They have a firm texture, natural dark green color, symmetrical shape and fresh flavor.

**Dutch Green Bean Slaw**  
Ingredients: 4 strips bacon, 2 tablespoons chopped onion, 3 tablespoons flour, one 1-pound can Blue Lake green beans, 4 tablespoons cider vinegar, ¼ teaspoon salt, 1 tablespoon prepared mustard, 1 tablespoon sugar, 4 cups shredded cabbage, 6 radishes (sliced).

Method: Fry bacon until crisp; drain and crumble; reserve. Add onion to drippings and cook until tender but not brown. Add flour; stir to a smooth paste. Drain beans; add liquid and cook, stirring constantly, until mixture thickens and comes to a boil. Add vinegar, salt, prepared mustard and sugar; mix well. Add beans; heat to serving temperature. Remove from heat; add to cabbage, radishes and crumbled bacon; toss lightly. Serve warm with cold cuts. Makes 4 to 6 servings.

### Herbs, Seasoning Give Special Taste

Here are three menus showing what a touch of herbs or seasoning will do for the dishes.

#### Vegetable Menu

**No. 1 Menu**  
Old Fashioned Boiled Dinner  
Garden Fresh String Beans  
(with smoked bacon ends)  
New Potatoes and whole Carrots

**No. 2 Menu**  
Fresh Asparagus with Brown Sauce (with bits of diced ham on toast)  
Add a pinch of Basil and Onion Salt  
Stuffed Tomatoes with Celery and Olives on salted Lettuce leaves  
Hot Harvard Beets  
Cherry upside-down cake

**No. 3 Menu**  
Five-minute buttered Cabbage with crisp bacon (add a pinch of Celery Seed)  
Garnish with Green Onion tops and chopped Parsley  
New Potatoes with Paprika  
Grilled Tomatoes with Bread  
Crumbs and grated Cheese  
Fresh Melon slices in Peach Brandy

### 'Fishy' Ideas For Sandwich Spreads Listed

The contributions which the fishing industry is making to this month of sandwiches and picnics are almost endless. Just to read the recipes for the delectable sandwich fillings made from the great variety of fish and shellfish make you rarin' to go on a picnic. Here are a few ideas from the National Fisheries Institute, which use easily available fishery products. (Ingredients, of course, may be varied as to amounts.)

**Sardines:**  
Mash a can of sardines. Add ¼ cup chopped stuffed olives, 1 teaspoon chopped onion, 1 tablespoon chopped parsley, 1 tablespoon lemon juice and enough salad dressing to make a spread.

**Tuna:**  
Flake 1 small can tuna. Add ¼ cup chopped celery and ½ cup chopped nuts. Moisten with mayonnaise.

**Cod, haddock, perch, halibut:**  
Cook boneless filets of fish by poaching or boiling (or use left-over cooked fish). For each cup of fish, slice 4 or 5 radishes and grate a raw carrot. Flake the fish, add radishes and carrot, 2 tablespoons pickle relish, ¼ teaspoon salt, dash red pepper, enough mayonnaise to moisten and mix well.

**Salmon:**  
Flake small can of salmon. Add ¼ cup chopped pickle, 1 tablespoon lemon juice and enough mayonnaise to moisten.

**Crab:**  
Flake 1 small can crab meat. Add ¼ cup chopped celery, 3 tablespoons chopped olives, 1 teaspoon lemon juice, 1 tablespoon chopped pimiento. Moisten with mayonnaise.

**Lobster:**  
Flake 1 small can lobster meat. Drain a small can of mushrooms, and add to lobster. Season with salt and pepper to taste. Add 1 teaspoon lemon juice and moisten with salad dressing.

**Shrimp:**  
Chop finely 1 can shrimp or 1 cup cooked shrimp. Mix with 2 tablespoons butter. Add a cup diced cucumbers, 1 teaspoon lemon juice, and season to taste with salt and pepper. Moisten with French dressing, or mayonnaise thinned with milk.

**Green Apple Betty With Confetti Sauce**  
Plentiful, wonderful, rare and delicious Gravenstein apples are now arriving in markets in good supply for making many mouthwatering good green apple pies, cakes, puddings, cobbler and fragrant homemade applesauce. Read this and we think you'll make it also.

**Green Apple Betty**  
2 cups graham cracker crumbs  
3 tablespoons melted butter  
4 green Gravenstein apples, pared, cored and sliced  
½ teaspoon grated lemon peel  
1 tablespoon lemon juice  
½ cup brown sugar  
½ cup hot water

Combine graham cracker crumbs and butter. Place one-third of the crumbs in the bottom of a greased baking dish. Arrange one-half the sliced apples over the crumbs and sprinkle with half of the lemon juice, grated lemon peel and sugar. Add second layer of crumbs, remaining apples, lemon peel, juice and sugar. Cover with remaining crumbs. Pour hot water over all. Bake in moderate oven, 375 degrees until apples are tender, about 40 minutes.

**Confetti Sauce**  
Serve warm with Confetti Sauce made by creaming together ¼ cup butter and 2

### Add Ripe Olives To Scrambled Eggs

Have you ever tried adding ripe olives to your scrambled eggs? Besides helping to stretch six eggs, a half cup of rich ripe olives will do wonders in enhancing the flavor interest of this simple dish. A dash of Worcestershire sauce also lends a special flavor note. The next time you plan a quick supper, try "Olive Scrambled Eggs" and your family will applaud your ingenuity.

**Olive Scrambled Eggs**  
6 eggs  
¼ teaspoon salt  
¼ teaspoon pepper  
½ cup cream  
½ teaspoon Worcestershire sauce  
1 tablespoon butter or margarine

Cut olives into large pieces. Beat eggs lightly and blend in salt, pepper, cream, Worcestershire sauce and olives. Melt butter in heavy frying pan. Add egg mixture and cook over low heat until barely set, stirring frequently but lightly. Serve at once.

**Caramel Chiffon Pie Elegant One**  
Pie is a favorite dessert the year around. File away these two goodies:

**Caramel Chiffon Pie**  
1 9-inch piecrust, to be baked  
1 envelope unflavored gelatine  
¾ cup cold water  
½ cup sugar  
1 ¼ cups milk  
½ tsp. salt  
3 eggs, to be separated  
1 tsp. vanilla  
½ cup sugar  
½ cup heavy cream, to be whipped

Bake one 9-inch piecrust; cool. Soften gelatine in cold water. Place ½ cup sugar in a large heavy skillet or saucepan. Heat, stirring constantly, until sugar forms a brown liquid.

Meanwhile, scald milk and salt in small saucepan. Add to caramelized sugar; cook, stirring constantly, until blended. Separate eggs into 2 bowls. Gradually stir in the hot mixture. Return to pan and cook over very low heat, stirring constantly, until mixture coats spoon. Remove from heat. Add softened gelatine and vanilla; stir until smooth. Cool.

Beat egg whites with rotary beater until peaks form when beater is raised. Add ¼ cup sugar a little at a time; beat after each addition. Whip cream; fold with whites into caramel mixture. Pour into crust; chill.

Then there is lemon pie, too.

**Lemon Sponge Pie**  
1 9-inch unbaked piecrust  
¼ cup butter  
1 cup sugar  
1 tbs. cornstarch  
3 eggs, to be separated  
Rind and juice of 1 lemon  
1 cup milk

Set oven at 350 degrees F. (moderate). Make one 9-inch unbaked piecrust; bake crust for 5 minutes. Meanwhile, cream butter in a small bowl; add sugar a little at a time. Stir in cornstarch. Separate eggs, adding the yolks one at a time to the butter mixture. Beat with a wooden spoon until fluffy. Grate lemon rind and squeeze lemon. Stir milk, lemon rind and juice into butter mixture. Beat egg whites with a rotary beater until stiff but not dry; fold into mixture. Pour into piecrust. Bake for 35 minutes.

### It's Peach Time; Serve Fruit Often

Let's crown the peach as August queen. This favorite fruit does reign over all in quantity during the late summer season.

Let's crown the cereal bowl, too, with a wreath of the fruit slices. Topped with chilled milk, your breakfast main dish is easy to look at and ever so easy to eat.

**Wide Variety**  
Crisp cereal plus fresh fruit of any kind add up to refreshing summer time eating. The choice of fruit is wide now; try picked fresh plums, some fresh pear slices, and cantaloupe sections, atop your cereal bowl.

The choice of cereals is even more varied, no matter what the season. Over two dozen varieties of cereal, both hot and ready-to-eat, wait on the grocer's shelves for your selection.

This wide variety of ingredients at hand shows just how changeable your breakfasts can be. There is such a selection that a breakfast menu need not be repeated for a long period of time.

**Follow Pattern**  
A convenient pattern to use in planning the morning menu is one widely recommended for everyone's use. The outline for breakfast meal planning features the main dish of cereal

### Working Out Breakfast Manus Easy in Summer

Lining up the week's breakfast menus in summer is easy with all the fresh fruits now at the market. Try this set for the week:

**Monday**  
Melon Balls in Grape Juice  
Oatmeal Spiced Milk  
Toast Special\*  
Milk Coffee

**Tuesday**  
Fresh Peach Slices with Brown Sugar  
Shredded Wheat Milk  
Poached Egg on Toasted English Muffin  
Butter  
Coffee

**Wednesday**  
Tomato Juice, Lemon Twist  
Corn Flakes with Baked Pear Center  
Crumb Coffeecake  
Milk Coffee

**Thursday**  
Grapefruit Half with Cherry Center  
Fruit-studded Puffed Wheat\*\*  
Ham Slice  
Jelly  
Toast Butter  
Milk Coffee

**Friday**  
Blackberries and Banana Slices on Bite-size Shredded Rice  
Milk  
Jelly Roll Biscuits  
Butter

\*a sunburst pattern. Decorate with halved maraschino cherries.  
Serves 4.



This is known as 'Sunburst' Salad

Sunburst describes to perfection not only the attractive arrangement, but the golden hue of the canned cling peach slices in this "Sunburst Salad." A square of cream cheese centers the "rays" of the cling peach slices, and for additional flavor and garnish, grated orange rind is sprinkled over the cheese and topped with a cherry half.

and milk, then adds fruit, bread and butter for extra nourishment, helping the meal measure up to the requirement of ¼ to ½ of the day's total food needs. Assure yourself of enjoyable summer mornings by following a menu similar to the one suggested today: fresh peach slices on pre-sweetened corn flakes, milk, corn muffins and butter. With daily breakfasts such as this one, you'll rule with ease over hot summer mornings.

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## ROUND STEAKS Lb. 49<sup>c</sup>

BONELESS NEW YORK CUT . . . . . LB. 59<sup>c</sup>

SIRLOIN TIP ROAST OR STEAK . . . . . LB. 53<sup>c</sup>

BEEF TENDER LOIN . . . . . LB. 89<sup>c</sup>

FRESH BEEF HEARTS . . . . . LB. 29<sup>c</sup>

COUNTRY STYLE SAUSAGE . . . . . LB. 29<sup>c</sup>

Fresh Ground Beef LB. 29<sup>c</sup> Lean Short Ribs . . LB. 17<sup>c</sup>

Fresh Ground Round LB. 49<sup>c</sup> Lean Beef Cubes . LB. 49<sup>c</sup>

Fancy Eastern Oregon Hereford Beef ROAST LB. 33<sup>c</sup> Beef STEAK LB. 43<sup>c</sup>

Baby Beef LIVER LB. 39<sup>c</sup> Fresh Beef TONGUES LB. 29<sup>c</sup>

Arm Cuts — Blade Cuts — Rumps T-Bone — Rib Steaks

The Yorubas were the most advanced tribe, socially and politically, when Europeans first went to Nigeria.