



**Cantaloupe Chiffon Cup**—As we lucky westerners revel in an abundance of really fine fresh fruit, berries and melons, let's rediscover the art of making fresh fruit salads and desserts. Can't think of a finer centerpiece, either!

## Enjoy Season's Fresh Fruits While You May; Combinations Countless

By ZOLA VINCENT  
(Food Writer)

To be sure, we west coasters enjoy a delicious array of fresh fruits all year long, but never in such variety as August and September pour forth! Think of it and it is certain to be available . . . fruits, berries, melons in amazing variety and fresh from the patch or orchard. No cold storage or days of travel for our fresh fruits . . . or vegetables, for that matter.

How about asking for the head fruit display man at your favorite store and telling him

that you admire his displays and the beauty, freshness and quality of his offerings? Merchandising of fresh produce is a highly specialized field. While you're visiting, tell him about your plans for preserving, canning, freezing and pickling, and he'll tell you the best time to buy whatever you have in mind.

For eating out of hand, for stewing and saucing, for salads, for desserts to delight the family, for canning, preserving and freezing, there are a few remaining golden apricots, plump red plums, refreshing new green apples which have a short season, black Mission figs, luscious peaches and pears; some currants and cherries, though these are not now in abundance.

There are also avocados, Thompson seedless grapes, bananas, oranges, lemons, limes and grapefruit. There are berries of many kinds and melons of various varieties, with watermelons and cantaloupes most abundant.

These are pictured and there's no doubt about it, they are spectacular looking and make very good eating with very little effort, really.

### Cantaloupe Chiffon Cups

- 1 envelope unflavored gelatin
  - 1/4 cup cold water
  - 4 eggs, separated
  - 1/4 cup fresh lemon juice, strained
  - 1/4 teaspoon salt
  - 1/2 cup sugar
  - 1 teaspoon grated lemon rind
  - 3 cantaloupes
- Soften gelatin in cold water. Beat egg yolks until thick and lemon colored. Add lemon juice, salt and 1/2 cup of sugar. Cook over hot water until thickened, stirring constantly. Add gelatin and stir until dissolved. Chill in refrigerator until beginning to set (consistency of unbeaten egg white).
- While custard is chilling, halve cantaloupes and remove seeds. With spoon, scoop out some of the pulp, leaving 3/4 inch rim of cantaloupe meat in the shell. Notch edges if desired. Crush cantaloupe meat with potato masher and measure 2 cups of it. Beat egg whites until stiff. Gradually beat in remaining sugar. Fold in gelatin mixture, grated lemon rind and cantaloupe pulp. Pile into cantaloupe shells and chill until firm. Garnish top with sprig of mint, minted or maraschino cherry. Six servings.

**To Jam Makers**

When adding crushed pineapple or pineapple tidbits to your favorite preserves or preserves, let your taste guide you. Usual proportions are one cup pineapple, not drained, to 6 to 8 cups prepared peaches, pears, apricots or whatever. Simmer the raw fruit with the pineapple a few minutes; then add sugar and boil rapidly until thick as desired.

### Silverton

Silverton—In the local hospital as a result of an automobile accident Sunday or Johnny Tusty, 18, and Eula Mae Wyatt, 15, both of Mulino, under treatment for shock, facial cuts, bruises and other minor injuries.

Mrs. T. P. Heidenstrom of 501 McClaine St. was a minor surgery patient two days at Silverton hospital, returning to her home Friday.

Mrs. Mina Cooper, 515 South Water St., is reported as improving at Silverton hospital, where she is under treatment for pneumonia.

Mrs. Lena Brenden of South Center St. is reported seriously ill at the Silverton hospital, but resting easily.

William Bloch of Eureka Ave., a local electrician, is wearing a cast on his right arm. Bloch was doing some repair work at the family home on the porch ceiling Saturday, when he fell to the floor, fracturing both bones of the arm just above the wrist.

Mrs. M. S. Burson of North Silverton is reported as improving normally from a hip and knee injury sustained a few weeks ago in a fall while working in her kitchen.

## Ginger Adds Flavor to This Cake

Like many aromatic spices, ginger has a long and noble history. In medieval times, ginger was brought to Europe from India and Cathay at tremendous expense and reserved for royalty and the wealthier lords. Today's homemaker can buy her year's supply of ginger for a few cents . . . use it in ways like this. A fine way to fix up some of those wonderful new season Gravenstein and Transparent apples that are available right now. What a treat!

### Apple Upside-Down Cake

- 1/2 cup butter or margarine
- 1/2 cup brown sugar
- 2 large green apples
- 1/2 cup shortening
- 3 tablespoons sugar
- 1 egg, unbeaten
- 1 cup unsulphured molasses
- 1 cup boiling water
- 2 1/2 cups sifted all-purpose flour
- 1/2 teaspoon salt
- 1 1/4 teaspoons powdered ginger
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 teaspoon baking soda

Melt butter in 10-inch heavy frying pan. Sprinkle brown sugar evenly over bottom of pan. Peel, core and slice apples rather thickly. Arrange in bottom of pan, overlapping edges. Cream shortening and sugar. Beat in egg. Combine molasses and water and add to shortening mixture, alternately with sifted dry ingredients. Spoon over apples.

Bake in 325 degree oven, 45 to 50 minutes. Invert onto serving plate but do not remove from pan for 3 or 4 minutes. This permits the brown sugar mixture to run down over cake and is a good thing to remember for all upside-down cakes. Cool.

**Ginger Ice Cream** is made by softening 1 pint of vanilla ice cream, folding in 1 teaspoon lemon extract and 1 teaspoon powdered ginger and returning to refrigerator freezing unit only until consistency of whipped cream.

### Lunch Box Time

Soon it's time to get out the lunch boxes for back-to-school lunches. That means new ideas for sandwich fillings. Combine ripe olives, chopped hard-cooked eggs and crumbled cooked bacon with a dash of salt and enough mayonnaise for spreading consistency.



## Waffle Sandwiches Offer Variety of Good Fillings

Cool thinking prompted one very smart homemaker to create this hot weather Waffle Sandwich. A perfect solo treat for homemaker who works like fury all morning and needs a bit of pampering around noon time. We tasted it and found it especially delicious . . . a sandwich we'll remember to serve over and over again. To begin with, crisp waffles were used as the base. American cheese, slices of tomato and cooked bacon were placed on top. Into the broiler goes this combination and in a few minutes, when the cheese has melted, the sandwich is ready to eat. It's definitely delicious and food for thought. Makes you think of other tasty combinations you can use. Spicy corned beef hash with egg slices placed over the top is one combination we found to be excellent. The waffles themselves play the important part in this dish. Busy homemakers have found they can be made days ahead, cooled, wrapped in foil and frozen. When needed they are popped into the toaster or broiler to emerge crisp, tasty and golden brown. Using a pancake ready-mix cuts preparation time to a fourth the usual minutes. All these features combine to make the waffle a perfect summer treat and certainly the prize choice for these open face sandwiches.

### Bacon-Tomato Waffle Sandwich

Makes 5 servings

- Waffles:**
- 2 cups pancake ready-mix
  - 2 cups milk
  - 2 eggs
  - 1/3 cup melted shortening
- Topping:**
- 10 slices processed cheese
  - 10 slices tomato
  - 10 cooked bacon strips
- For the waffles, place all ingredients in bowl; beat with

rotary egg beater until fairly smooth. For a 7-inch round waffle, pour 1/2 cup batter on hot waffle iron. For larger waffle irons, use more batter. Bake waffles until steaming stops.

Top each waffle with two slices of cheese. Place tomato slices and bacon strips on the cheese. Broil until cheese melts.

### Sunday Supper Waffles

Makes 5 servings

- Topping:**
- 1 one-pound can corned beef hash
  - 1/4 cup chili sauce
  - 3 tablespoons chopped green onions
  - 2 tablespoons chopped green pepper
  - Sliced hard-cooked eggs
  - 1 recipe Waffle Batter (see above)

For the topping, combine hash with other ingredients except egg slices. Heat in a frying pan until browned and hot.

### About Tomatoes

The skin of tomatoes is thin and perfectly edible. It also holds the tomato together. Peeling them when they're to be eaten raw is a matter of choice; personally, we don't bother. But if you do, there are two easy ways to peel them: Dip quickly in boiling water to loosen skins; then plunge in cold water to remove heat. Or stick a fork in the stem end and rotate tomato over direct heat until skins burst. After peeling, keep covered and refrigerated until ready to use.

**5000 REBUILDERS**  
Flint, Mich., (AP)—More than 5,000 volunteers are expected to participate Saturday and Sunday in a giant project to rebuild some 186 Flint area homes that were leveled by the great tornado June 8, which claimed 116 lives.

## 2 Popular Cookies Use Cereals

All youngsters like cookies, but they like some better than others. Especially popular are the large, chewy variety such as the ones made from the recipes that follow. Each recipe features a different, ready-to-eat cereal, which is responsible for the special texture.

### Mint Surprise Cookies

- 1 cup butter or margarine
- 1 cup granulated sugar
- 1/2 cup brown sugar
- 2 eggs
- 2 tablespoons water
- 1 teaspoon vanilla
- 3 cups sifted flour
- 1 teaspoon soda
- 1/2 teaspoon salt
- 1/4 dozen chocolate mint wafers (approx.)
- 2 cups corn flakes

Blend butter and sugars; add eggs, water and vanilla and beat well. Sift together flour, soda and salt, add to butter mixture and mix thoroughly. Chill about two hours. Enclose each chocolate wafer in about 1 tablespoon of chilled dough. Place on ungreased baking sheet about 2 inches apart. Crush corn flakes into fine crumbs and sprinkle over cookies. Bake in moderate oven (375 F.) about 12 minutes.

Yield: 4 1/2 dozen cookies, 2 1/2 inches in diameter.

### Butterscotch Refrigerator Cookies

- 1/2 cup butter
- 1/2 cup margarine
- 2 cups brown sugar
- 1 egg
- 1 cup ready-to-eat bran
- 3 cups sifted flour
- 2 teaspoons baking powder

Blend butter, margarine and sugar. Add egg and beat well; stir in bran. Sift together the flour and baking powder; stir into bran mixture a small amount at a time. Knead and shape into two rolls, about 1 1/2 inches in diameter. Wrap in waxed paper, covering ends carefully. Store in refrigerator until firm. Slice very thin and bake on ungreased baking sheets in hot oven (425 F.) about 10 minutes.

Yield: 7 1/2 dozen cookies (3 inches in diameter.)

Note: One tablespoon water or milk may be added to the dough if it is too dry to shape into rolls.

### Vegetable Topping

Make a luscious, yet easy, sauce for vegetables by combining mayonnaise and sour cream. Stir in a bit of prepared mustard and chopped roasted almonds. Serve on tender-cooked garden vegetables.



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## GARDEN-FRESH FRUITS AND VEGETABLES

<b>Cantaloupes</b> Vine Ripened Large Size 3 for 25c	<b>TOMATOES</b> Vine Ripened 2 lbs. 19c Local Canning PEACHES ORCHARD PRICES	Large — 5c each <b>Bell Peppers</b> Doz. 55c U. S. No. 1 POTATOES 10 lbs. 29c	<b>Watermelons</b> Lb. 2 1/2c We Guarantee Ours
<b>COFFEE</b> 89c All Popular Brands	<b>MARGARINE</b> 2 lbs. 45c Sweet Sixteen	<b>Tomato Soup</b> can 10c Campbell's	<b>DOG FOOD</b> 3 cans 25c Playfair
<b>OUR EGGS</b> Are Still The Freshest Thing In Town	<b>New Potatoes</b> Little Potato No. 2 10c Can	<b>SNOWDRIFT Spry, Crisco</b> 3-lb. can 89c	<b>Strawberry Preserves</b> 12-oz. jar 25c
<b>Peanut Butter</b> 1-lb. 45c 4-oz. jar Swift's	<b>HONEY</b> 5-lb. Pail 89c Bradshaw's	<b>MILK</b> 6 Tall cans 81c	<b>PREM LUNCHEON MEAT</b> 12-oz. can 39c
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2. Write your name, address, and telephone number on large half of ticket. Tear off the numbered stub and keep it. Deposit large half of ticket in the box provided at the store.
3. Everyone over 16 years of age is eligible to participate in these drawings except employees of Safeway Stores, Inc., or members of their immediate family.
4. No one person will be eligible to receive more than one weekly prize. A winner of a merchandise prize, however, remains eligible to win one of the grand prizes.
5. Drawings will be held for the next four Saturdays at 6 p.m. Winning tickets will be redeposited for the drawing for the grand prize to be awarded Saturday, September 19. You do not have to be present to win. Winners will be notified promptly.
6. Tickets will NOT be distributed on the basis of purchases made. Every person has an equal chance. Every visit to your Safeway store entitles you to ONE ticket only, regardless of any purchase made.

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