



ROADSIDE SPREAD—Under a shade tree, at home or on tour, America's favorite fare is hamburgers and potato salad. These old favorites can be varied to suit the taste, and a deluxe dressing makes the salad extra-special. Ice-cold lemonade, of course!

Picnic Time!—

Oversize homemade onion buns hold juicy burgers, trimmings

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Let's have a picnic! Whether your picnic is partly prepared in the kitchen and toted out to the patio, or prepared "on the spot" at a camping site, big juicy hamburgers, on fresh homemade buns, are a sure winner.

The buns are made in the kitchen, of course, but the meat may be pan-fried over an outdoor fire, or cooked — ever so little please — on the charcoal broiler.

Potato salad is the all-time favorite with burgers or hot dogs. It is so much better if the cubed or sliced potatoes, while still warm, have been lightly mixed with a bit of French dressing and allowed to chill.

In the final mixing, use a sour cream dressing, lightly sweetened and seasoned, and sharpened

Franks, beans go to a picnic

It's picnic time again, and more often than not, frankfurters are part of the accepted menu pattern. If you're picnic prone, keep in mind the numerous ways in which frankfurters can enter into the picture. For instance, use them in an easy carry-along salad that also contains kidney beans, sour pickles, French dressing and slices of onion.

Frankfurter Salad Bowl
2 cups sliced frankfurters (7 to 8 frankfurters)
1 can (16 ounces) kidney beans
¼ cup sliced sour pickles
¼ cup French dressing
1 head lettuce (medium size)
½ large onion, sliced
Drain kidney beans. Add frankfurters, pickles and ½ cup French dressing. Chill about 1 hour. Break lettuce leaves into pieces. Alternate layers of frankfurter mixture, lettuce and onion in a shallow bowl. Pour the remaining French dressing over all. Garnish with a few onion rings. 8 servings.

Food for parties includes spreads

To make party sandwiches, remove crusts from thinly sliced sandwich bread. Spread slices with Green Onion Spread or Cheddar Cheese Spread. Roll up to form sandwich rolls or cut in 3 for finger sandwiches.

Green Onion Spread: Cream ½ cup corn oil margarine. Stir in 3 tablespoons sliced scallions, 1 pimiento, chopped and drained, and chopped parsley to taste. Makes enough for 10 rolls or 30 finger sandwiches.

Cheddar Cheese Spread: Cream ½ cup margarine. Blend in 1 cup shredded Cheddar cheese, 1 teaspoon mustard with horseradish and ½ teaspoon grated onion. Makes enough for 8 sandwich rolls or 24 finger sandwiches.

VITAMIN SOURCE
Nutritionally speaking, butter-milk contains all of the important vitamins found in fresh skim milk.

with vinegar. To the potatoes, add whatever you like in the way of celery, hard-cooked egg, minced onion or sliced green onion with tops, celery seed, sliced stuffed green olives, chopped sweet pickle.

For dessert, have a big chocolate cake — homemade or from the baker's — with scoops of ice cream atop the slices, if you wish. Here are recipes for the substantial elements.

King-Size Onion Buns
1 package hot roll mix
¾ cup warm (not hot) water
1 tablespoon shortening
1 cup finely chopped onion
Sauté onion in shortening until tender and golden. Sprinkle yeast over water; stir to dissolve. Add dry mix and onion. Blend well. Let rise in warm place (85 to 90 degrees F.) until light and doubled in size, 30 to 60 minutes.

Roll out on floured surface to 15x10-inch rectangle. Cut into six 5-inch squares. Moisten edges of dough. Shape into round buns, sealing edges firmly. Place sealed side down on well-greased baking sheet. Flatten slightly. Let rise in warm place until light and doubled in size, 30 to 60 minutes. Bake in moderately hot oven (375 degrees) 20 to 25 minutes until deep golden brown. Makes six 5½ to 6-inch buns.

Flavored Butter for Buns
Whip together ½ cup (1 stick) butter, at room temperature, 1

Frosted cookies good picnic fare

Frosted chocolate cookies are good travelers for a picnic, and are handy snack items for the youngsters. This recipe makes three dozen.

Frosted Chocolate Cookies
½ cup (1 stick) butter
1 cup sugar
1 egg
1 teaspoon vanilla
2 squares (2 oz.) unsweetened chocolate, melted
1¼ cups sifted flour
½ teaspoon salt
½ teaspoon baking soda
¾ cup buttermilk
1 cup coarsely chopped walnuts
½ cup raisins (optional)
Cream butter with sugar. Add egg, vanilla and chocolate; beat well. Sift together flour, salt and soda. Add dry ingredients alternately with buttermilk. Add nuts and raisins.

Drop from teaspoon onto buttered cookie sheet about 2 inches apart. Bake 8-10 minutes in 400-degree oven. Remove to cooling rack. When cool, frost with Chocolate Icing.

Chocolate Icing
3 tablespoons cream
1 square (1 oz.) unsweetened chocolate
1¼ cups sifted confectioners sugar
½ teaspoon vanilla
In small heavy saucepan, heat cream and chocolate over very low heat until chocolate melts; blend. Beat in sugar and vanilla until smooth and creamy.

French cookery shortcuts offered in practical book

Esther Riva Solomon's bright and practical new book "Instant Haute Cuisine (French Cooking American Style)" is packed with short cut know-how to genuine gourmet meals. The color illustrations are inspirations to better eating.

She uses canned and frozen foods and special preparations to reproduce dishes she learned to prepare at Cordon Bleu in Paris. The result, as every bride should learn, is less time in the kitchen, wonderful food, and meals with not only appetite appeal but also eye appeal.

Charlotte mold sparked by wine

Here's an eye-pleasing, two-toned dessert keyed to warm weather enjoyment. Orange juice doubles the flavor of orange-flavored gelatin, and fruity Muscatel wine adds considerably more interest.

To create the two-toned effect, half of the gelatin is chilled firm in a mold, while the other half is chilled just until slightly thickened. The second half is then beaten until frothy, combined with whipped cream and orange sections, and chilled until firm atop the first layer. The result is spectacular to see, pleasantly refreshing to taste.

Orange-Wine Charlotte
1 cup orange juice
½ cup water
1 (3-oz.) package orange-flavored gelatin
2 tablespoons sugar
½ cup California Muscatel
1 tablespoon lemon juice
Dash of salt
½ cup heavy cream, whipped
½ cup diced orange sections
Heat orange juice and water to simmering. Add gelatin and sugar and stir until dissolved. Remove from heat; add wine, lemon juice and salt. Pour 1 cup of this mixture into a mold that has been rinsed with cold water; chill until firm.

Meantime, chill remaining gelatin mixture until it begins to thicken. Beat with a rotary or electric beater until frothy. Fold in whipped cream and orange sections, blending gently but thoroughly.

Pour this gelatin-cream mixture on top of the firm gelatin; chill until cream layer is firm. Unmold and garnish with additional orange sections, if desired. Serve with whipped cream. (Makes 6 servings.)

Sour Cream Dressing
1 cup dairy sour cream (thick)
1 tablespoon chopped chives or minced onion
2 tablespoons tarragon vinegar
¼ teaspoon salt
freshly ground black pepper or a liberal sprinkle of pepper from the shaker
¼ teaspoon sugar
Mix together carefully, then fold in ½ cup mayonnaise or cooked salad dressing. Excellent for potato salad.

Here's a husband-pleasing dish, very easy to prepare:
Yams in Apricot Nectar
2 tablespoons butter or margarine
1 cup apricot nectar
1 can (1-pound) yams, drained
Melt butter. Add nectar and yams. Cook over low heat 5 minutes, or until thoroughly heated, basting occasionally. (Serves 4.)

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Tomato souffle luncheon treat

Planning a lunch to honor the new bride? Or a sweet graduate you particularly like? Then look at this Tomato Aspic Souffle recipe. It can be prepared in advance.

Tomato Aspic Souffle
2¼ cups tomato juice
1 large stalk celery with leaves, cut into pieces
½ small onion
½ teaspoon sugar
¼ teaspoon salt
2 peppercorns
1 bay leaf
1 envelope unflavored gelatin
¼ cup real mayonnaise
1 egg white
Parsley
Celery
Carrot Sticks
Combine 2 cups tomato juice, celery, onion, sugar, salt, peppercorns and bay leaf in saucepan. Bring to boil, then cover and simmer 5 minutes. Meanwhile, sprinkle gelatin in remaining ¼ cup tomato juice; let soften 5 minutes. Strain hot juice. Add gelatin and stir until completely dissolved.

Chill until mixture mounds slightly when dropped from spoon. Beat mayonnaise into chilled aspic mixture until well blended. Beat egg white until soft peaks form when beater is raised. Fold into aspic mixture.

Pour into 1-quart ring mold or a loaf pan. Chill until firm. Cut into serving pieces and serve on lettuce, garnish with parsley, celery and carrot sticks. (Serves 4 to 6.)

Mashed yams in oven dish

Here's a tasty oven entree recommended for a bride. It will make any hungry husband pleased with his lot.

Yam-Frank Bake
3 tablespoons butter of margarine
1 medium onion, sliced
3 eggs, well beaten
3 tablespoons prepared mustard
2 cans (1-pound each) yams, drained and mashed
4 frankfurters
Melt butter over low heat; add onion and cook until tender. Remove onion; reserve drippings. Add eggs, 1 tablespoon mustard and yams to drippings; mix well. Cut frankfurters in half lengthwise; spread cut surfaces with remaining 2 tablespoons mustard. Cut in half crosswise.

Turn yam mixture into greased 1-quart casserole. Arrange onion and frankfurters over yam mixture. Bake in 400-degree oven 30 minutes or until lightly browned. (Serves 4.)

Protein good bet for diet menus

Trying to whittle down your figure to fit into last year's spring outfit? The most effective way to lose weight is a high protein diet that includes plenty of lean meat.

For your information, here are some of the popular meats that contain less than 250 calories per 3½ ounce serving. Beef cuts: ground round, round steak, sirloin tip roast, rump roast, flank steak. Pork cuts: tenderloin, loin chops, ham, picnic shoulder, sirloin roast. Lamb cuts: loin chop, leg roast. Almost all veal cuts.

LOW CALORIE
If you're calorie conscious, you will be glad to know that butter-milk contains only 85 calories per cup.

Raised, biscuit mix pancakes two handy tips for breakfast

The West first became famous for its sour dough during the days of 1849 when every prospector had a sour dough pot.

But if you want to make raised pancakes even though you lack a starter, use the regular active dry yeast available in all food stores. Or use a biscuit mix recipe plain or with camper variations.

Raised Pancakes
1½ cups milk
3 tablespoons sugar
1½ teaspoons salt
¼ cup corn oil
¼ cup warm, not hot, water
1 package active dry yeast
2 eggs, beaten
2 cups sifted flour
Scald milk; stir in sugar, salt and shortening. Cool to lukewarm. Measure water into a bowl. Sprinkle yeast over water and stir until dissolved. Add lukewarm milk mixture, eggs and flour. Beat until smooth.

Cover with a cloth, let rise until doubled in bulk, about 50 minutes. Stir down. Spoon onto medium hot griddle and bake until bubbles begin to break; turn to cook other side. Makes 10 to 15 pancakes.

Campercakes
2 eggs
1½ cups milk
2 tablespoons corn syrup
2¼ cups biscuit mix
¼ cup corn oil
Combine eggs, milk and corn syrup. Add biscuit mix and blend until smooth. Fold in corn oil. Spoon onto medium hot griddle. When bubbles begin to break, turn to cook other side. Makes 10 to 20 cakes.

Pineapple Pancakes
Reduce milk to 1¼ cups and add one 8-ounce can crushed pineapple.

DOUBLE DUTY ROAST
Plan to buy a larger roast than needed for your family for one meal, especially when "specials" are available. Prepare the leftover portion as a completely different dish to please your family. You'll save yourself both work and money.

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