



WHAT NEXT!—Chow mein ingredients go in the saled bowl for a patio main dish to make the most sophisticated sit up and take notice. Serve with hot soy-buttered rolls and hot or cold tea, with a fruited cheese cake for dessert. This is really different.

New dish, chop-chop—

Chow mein in unusual form is pretty patio salad meal

By Ila S. Grant
Bulletin Staff Writer

Here's a salad combination to make even the "I've-seen-everything" contingent sit up and take notice.

It's as oriental as the Japanese lanterns lighting your patio—where you might like to serve it, one of these warm late summer evenings. The conventional ingredients for chow mein are blended with spicy salami and chunks of chicken, and served cold, with crisp noodles on top instead of underneath.

A ring of mandarin orange segments adds color, while piping hot soy-buttered rolls and your proudest cheese cake complete the menu. Serve tea, of course—hot or cold, depending on the temperature.

- Chow Mein Salad**
- 2 (1-pound) cans mixed Chinese vegetables
 - 1 (6½ ounce) can water chestnuts, sliced thin
 - 4 stalks celery, chopped
 - 2 green onions, sliced thin

Use spaghetti with wieners

Looking for quick main dishes with flavor, food value and interest? Then try this recipe.

- Frankfurter Sauced Spaghetti**
- 1 package complete spaghetti dinner with mushrooms
 - 1 small green pepper
 - 1 medium onion
 - 2 tablespoons butter of margarine
 - 4 frankfurters
 - ¼ teaspoon salt
 - ½ cup beef bouillon

Open packaged dinner and remove spaghetti, can of sauce and can of cheese. Cook spaghetti according to package directions. Cut stem end off green pepper; remove seeds and membrane and cut into strips. Mince onion.

Melt butter. Cook green pepper and onion until tender but not browned. Cut frankfurters into thirds crosswise. Add to vegetables with salt, bouillon and can of spaghetti sauce. Cook all together over low heat for about 10 minutes. Serve frankfurters and sauce over spaghetti. (Serves 4.)

Meat ravioli pie easy-do dinner

Here's an easy oven entree that means hefty eating for the hungry, and certainly less work for mother.

- Meat Ravioli Pie**
- 1 pound ground beef
 - 1 egg
 - ¼ cup dried bread crumbs
 - 3 tablespoons minced onion
 - ¾ teaspoon salt
 - 3 tablespoons milk
 - 1 (15½-ounce) can cheese ravioli
 - 2 tablespoons Parmesan cheese

Preheat oven to 350 degrees. Mix beef, egg, bread crumbs, onion, salt and milk. Press into bottom and sides of 9-inch pie plate. Bake 20 minutes. Remove from oven. Arrange canned ravioli in meat crust. Sprinkle with cheese. Bake 20 minutes longer.

- 2 (5-ounce) cans boned chicken, cut in chunks
 - ½ pound salami, cut in julienne strips
 - Canned chow mein noodles
 - Mandarin orange segments
 - Leaf lettuce
- Dressing**
- 1 tablespoon wine vinegar
 - 2 tablespoons orange juice
 - 1 teaspoon lemon juice

Cookouts are getting fancy

A Paterson, N.J., doctor and his wife, two sons and a daughter can tour the countryside in a brand new car. He just won it in the 4th annual All-Male Championship cookout in Honolulu.

- Grilled Chicken Breasts Hawaiian**
- 4 chicken breasts, boned
 - ½ cup soy sauce
 - ½ cup pineapple juice
 - 2 tablespoons lemon juice
 - 1 clove garlic, minced
 - ½ cup finely chopped Macadamia nuts

Place chicken breasts in marinating dish. Combine soy sauce, pineapple juice, lemon juice and garlic; pour over chicken. Let stand at room temperature for 2 hours.

Line firebox with quilted foil; let coals burn down until covered with gray ashes.

Combine Macadamia nuts, deviled ham and onion. Spoon onto chicken breasts, roll up and secure with skewers. Brush with melted butter and arrange on a sheet of foil.

Grill 4 inches above the coals for 35 to 40 minutes, turning often and basting with melted butter. (Serves 4.)

Sauerkraut goes with hot dogs

Caraway seeds and onion add piquancy to this sauerkraut relish, and a hint of sugar takes the edge off the tartness. Pile this into split buns along with the hot dog and mustard. Quite a mouthful!

- 1 can (1-pound, 4-ounces) sauerkraut
 - 1 tablespoon instant minced onion
 - 1 teaspoon sugar
 - ½ teaspoon caraway seed
- Drain sauerkraut. With fork loosen packed shreds. Add onion, sugar and caraway seed. Toss lightly to distribute seasonings. Cover tightly. Chill 2 or 3 hours.
- Place hot hamburgers or frankfurters on buns. Spread with prepared mustard. Spoon generous helpings of sauerkraut relish on top. (3 cups.)

PORK IS PLENTIFUL

Pork appears on the USDA plentiful food list this month. Because of the abundant supply, lower prices are likely. Watch for pork bargains at your market.

- 1 teaspoon salt
 - 1 teaspoon sugar
 - ¼ cup salad oil
 - 1 tablespoon minced parsley
 - ½ garlic clove, mashed
 - 2 teaspoons celery seed
- Preparation—**
- Drain mixed vegetables, water chestnuts and chicken. Mix first six salad ingredients, reserving some salami strips for garnish.
- Blend all ingredients for dressing in shaker jar; shake well. Pour dressing over salad mixture and marinate in refrigerator for an hour or two.
- At serving time, line bowl with lettuce and heap salad in center. Garnish with salami strips in center, ring of noodles around them, and ring of orange segments around outer edge of bowl. (6 large servings.)

Bing preserves seasonal treat

Sweet cherries are a delightful introduction to summer. A bowl of them delights every member of the family. Use some for preserves, too. Bings and Lamberts are the two popular varieties.

- Sweet Cherry Preserves**
- 5 cups prepared cherries (about 2½ pounds ripe sweet cherries)
 - 5 cups (2½ pounds) sugar
 - ½ cup lemon juice (2 lemons)
 - 2 tablespoons chopped candied ginger
 - ½ bottle liquid fruit pectin
- Stem and pit about 2½ pounds fully ripe sweet cherries. Measure 5 cups (firmly packed without crushing) into a large saucepan.

Add sugar. Let stand ½ hour, stirring occasionally. Then place over high heat and bring to a full rolling boil, stirring carefully. Remove from heat and let stand 3 to 4 hours.

Squeeze lemons; measure ½ cup juice into saucepan with fruit. Add ginger. Place over high heat, bring to a full rolling boil, and boil hard 2 minutes, stirring carefully.

Remove from heat and at once stir in liquid pectin. Skim off foam with metal spoon. Then stir and skim for 8 to 10 minutes. Ladle into glasses. Top with ¼-inch hot paraffin. (8 medium glasses.)

Picnic potatoes plain but tasty

Picnic scalloped potatoes—plain but tasty fare—will win shouts of praise from the family and friends, with coal-grilled hot dogs and hamburgers.

- Picnic Scalloped Potatoes**
- 1 package scalloped potatoes
 - 3 cups boiling water
 - 2 tablespoons butter
 - 1½ cups thin sliced crisp celery
 - 1 can (10½-ounce) vegetable soup
 - ½ teaspoon seasoning salt
- Empty entire contents of package of scalloped potatoes into a 2-quart casserole. Add boiling water and butter. Stir to blend together.
- Add celery, soup and seasoning salt. Mix all together. Place uncovered in a 400-degree oven for 45 to 50 minutes. (6 servings.)

Imperial crown meat loaf cookout dish for barbecuers

A 35-year-old lawyer from North Hollywood, Calif., Thomas J. McDermott Jr., was named the all-American cookout champion at Kaiser Foll's men's cookout competition recently in Honolulu. McDermott has a \$10,000 check in his apron pocket, and the memory of a kiss from Joan Crawford, who handed him the prize.

Use snap beans these new ways

With fresh snap beans available for our June tables, it is time to invent new ways to add interest and flavor to those often less-than-exciting summer vegetables. These two recipes are sure to please.

- Snap Beans, Mustard Sauce**
- 1 tablespoon butter or margarine
 - 1 teaspoon flour
 - ½ teaspoon powdered mustard
 - ¼ teaspoon salt
 - ½ teaspoon ground black pepper
 - 2 egg yolks, beaten
 - ¾ cup milk
 - 1 tablespoon fresh lemon juice
 - 1 pound (3 cups) hot cooked fresh snap beans
- Chopped pimento for garnish
- Melt butter or margarine. Stir in flour and seasonings, blending well. Mix egg yolks with milk and stir into the mixture. Cook until slightly thickened, stirring constantly. (do not boil). Add lemon juice and pour over beans. Garnish with chopped pimento. (6 servings.)

- Snap Beans, Sesame Butter**
- ¼ cup butter or margarine
 - 1 teaspoon sesame seed
 - ¼ teaspoon paprika
 - 1-16 teaspoon cayenne
 - 1 pound French-style cooked fresh snap beans
- Melt butter or margarine in a saucepan. Add sesame seed and heat until butter is golden brown. Stir in paprika and cayenne and pour over hot cooked fresh snap beans. Serve hot. (5 to 6 servings.)

Use spareribs for oven bake

Your favorite cuts of pork, as well as less demanded cuts, are available in especially ample supply this month. For smart shoppers this means savings.

You just might find that summer barbecue favorite, spareribs, among the specials.

This time, for a change, select spareribs with a different recipe in mind... a recipe that gives the meat a delightful flavor with an apricot glaze.

- Apricot Glazed Spareribs**
- 2 to 3 pounds spareribs
 - 1½ teaspoons salt
 - ¼ teaspoon pepper
 - ½ cup apricot preserves
 - 2 tablespoons lemon juice

Have the spareribs sawed across the rib bones so individual servings may be carved easily after cooking. Place ribs, rib ends down, on a rack in a roasting pan. Cover tightly and bake in a moderate oven (350 degrees F.) 1 hour.

Season with salt and pepper. Continue baking uncovered 45 minutes. Combine apricot preserves and lemon juice. Spread over spareribs and bake 30 minutes longer, or until spareribs are done and glaze is set. 4 to 6 servings.

Try grape freeze for easy dessert

Here's a refreshing fruit dessert that is easily prepared, with the assistance of convenience foods.

- Grape Freeze**
- 1 (6-ounce) can frozen grape juice concentrate, thawed
 - 1 (2½-ounce) package Whip Dessert Topping Mix, prepared according to instructions
- Gently fold grape juice concentrate (do not reconstitute) into whipped topping mix. Pour into refrigerator tray or individual sherbet glasses. Freeze until firm. (Serves 6.)

There's only one **SKIPPY** TOPS IN QUALITY!

BEWARE OF IMITATIONS LOOK FOR THE HAPPY LITTLE DOG

LOW IN PRICE

- Grilled Imperial Crown Meat Loaf**
- 2 pounds ground lamb
 - 2 eggs, beaten
 - 1 cup cracker crumbs
 - ½ cup chopped parsley
 - 3 tablespoons soy sauce
 - 1 clove garlic, pressed
 - 1 teaspoon cumin
 - ½ teaspoon seasoned pepper
 - 1 cup catsup
 - 10 mushrooms, medium size
 - ½ cup pineapple chunks, drained
- Quilted foil, 18-inch heavy duty Line firebox with quilted foil; let coals burn down until coated with gray ashes.

In large mixing bowl, combine lamb, eggs, cracker crumbs, parsley, soy sauce, garlic, cumin, pepper and ½ cup catsup. Mix thoroughly.

Place half of mixture on an 18-inch sheet of foil; shape into lower half of loaf. Place mushrooms in a row down center of meat; arrange pineapple chunks beside each mushroom "crown." Top with remaining meat mixture, sealing edges together. Wrap foil around loaf, sealing securely.

Grill loaf about 1 hour, turning a quarter turn every 15 minutes. Open foil and fold back to make a "pan." Brush meat with remainder of catsup and continue cooking and turning loaf about 15 minutes longer. (8 servings.)

- Broiled Lamb Chops**
- 6 to 8 rib, loin or shoulder lamb chops, cut 1 to 2 inches thick
 - Salt
 - Pepper
- Currant-Meringue Peaches**
- 2 egg whites
 - ½ cup currant jelly
 - 1 can (1 pound 13 ounces) cling peach halves, drained

Beat egg whites until stiff. Beat currant jelly into egg whites until thoroughly blended. Place peach halves cut side up in a shallow baking pan. Top peaches with generous spoonfuls of currant-meringue.

Bake in a moderate oven (350 degrees F.) 10 to 12 minutes or broil until meringue becomes lightly browned. Yield: 6 to 8 large peach halves.

Topping mix shell for tart is new idea

Here's a gift for the new bride; it's a fruit tart to delight a young husband, made with a packaged whipped dessert topping. The tart shells are molded in advance and kept in the freezer for at least 2 hours. The fruit is spooned into the frozen shells just before serving.

- Strawberry Tarts**
- ½ cup cold milk
 - ½ teaspoon vanilla
 - 1 (2½-ounce) package Whip Dessert Topping Mix
- Combine cold milk, vanilla and topping mix in deep one-quart bowl. Blend, then whip at high speed with electric mixer or hand beater until topping forms stiff peaks.

Spread whip into four 3-inch circles (½-inch deep) on a sheet of aluminum foil. Using a teaspoon, drop small amounts of whip around edge of circle to form a ring. Continue building up sides to form a ring about 2-inches high. Freeze until firm, about 2 hours. Remove shells from foil with a flat spatula; place on serving dish. Fill centers with strawberries, or other fruit, or pudding or ice cream. (Makes 4 tarts.)

Viennese beef delightful meal

This recipe for Viennese boiled beef makes a hearty main dish for Sunday dinner with very little kitchen preparation. Serve it with noodles, corn on cob and a large bowl of mixed green salad for a delightful family meal.

- Viennese Boiled Beef**
- 2 to 3 pounds beef bottom round
 - 6 cups water
 - 2 envelopes Swiss recipe spring vegetable soup mix

Combine beef and water in kettle. Cover; bring to boil. Reduce heat and simmer 1 hour per pound of meat, turning meat occasionally. Remove beef from kettle. Cool broth and skim off hardened fat. Heat broth to liquid consistency. Add beef and stir in soup mixes. Simmer 30 minutes. (6 to 8 servings.)

A GOOD BREAKFAST

This is a good time to check your morning-meal habits. The best breakfast includes a serving of a source of high-quality animal protein, such as meat. Meat keeps you on the go all morning.

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Peach meringue goes with lamb

Plan a light-hearted, pretty menu and serve it on a spring-like table. Broiled lamb chops accompanied by Currant Meringue Peaches ought to accomplish the trick for you. Your meal is on the table in a jiffy, too.

- Broiled Lamb Chops**
- 6 to 8 rib, loin or shoulder lamb chops, cut 1 to 2 inches thick
 - Salt
 - Pepper
- Currant-Meringue Peaches**
- 2 egg whites
 - ½ cup currant jelly
 - 1 can (1 pound 13 ounces) cling peach halves, drained

Set regulator for broiling. Place chops on broiler rack. Insert broiler pan and rack so the top of 1-inch chops is 2 to 3 inches from the heat and 2-inch chops is 3 to 5 inches from the heat.

When one side is browned, season, turn and finish cooking on the second side. Season. Chops cut 1 inch thick require 10 to 12 minutes. Chops cut 2 inches thick require 20 to 22 minutes. Serve with Currant-Meringue Peaches. 6 to 8 servings.

Herbed fricassee mildly flavored

The gentle art of using herbs in home cooking adds interest and delicate flavor to many dishes. We think this tomato-chicken fricassee will convince you and your family of that delicious fact.

- Herbed Fricassee**
- 3 to 4 pound fricassee chicken
 - 2 cups boiling water
 - 3 teaspoons salt
 - 3 cups chicken broth
 - 1 cup tomato juice
 - 6 ounce can tomato paste
 - 2 teaspoons chili powder
 - ¼ teaspoon ground black pepper
 - ¼ teaspoon oregano leaves (crumbled whole)
 - 2 tablespoons instant minced onion
 - ½ cup diced green pepper
 - ¼ cup chopped ripe olives
 - Hot cooked rice.

Cut chicken into serving-size pieces. Place in saucepan with boiling water and salt. Cover and cook 1 hour or until tender. Remove chicken from saucepan. Measure broth, adding water to make 3 cups, if necessary. Return to saucepan.

Add tomato juice, tomato paste, seasonings, onion, green pepper and olives. Cook, uncovered, 10 minutes. Add chicken and cook until sauce has thickened, 15 to 20 minutes. Serve hot over rice. (6 servings.)

Curried chicken bakes in oven

This recipe for curried fried chicken is different and delicious. Serve it with fluffy rice and garden-fresh lima beans.

- Curried Fried Chicken**
- 2½ pound frying chicken
 - ¾ cup flour
 - 2 teaspoons salt
 - 1 teaspoon curry powder
 - ½ teaspoon black pepper
 - ½ cup vegetable shortening, or lard

Wash chicken and cut into serving pieces. While chicken is wet, dredge each piece in a mixture of the flour, salt, curry powder and black pepper. Heat shortening until hot in a heavy iron or heavy aluminum skillet. Put in the flour-dredged chicken, having the hot fat to come up about halfway. Fry slowly, turning to brown both sides, until golden brown and tender. (6 servings.)

Carrots vitamin A source; recipes suggest new ideas

Orange gold carrots hide a nutritional treasure, a wealth of vitamin A. Vitamin A is essential to eye health and helps prevent infections of the respiratory tract. Fortunately carrots are also good eating and a budget buy.

- Savory Carrots**
- 12 medium whole fresh carrots
 - 1-inch beef or chicken broth
 - ¾ teaspoon salt
 - 2 tablespoons butter or margarine, melted
 - 1 tablespoon fresh lemon juice
 - ¼ teaspoon ground black pepper
 - 1 tablespoon chopped chives or onion
- Wash and pare carrots. Place in saucepan with 1-inch beef or chicken broth and ¾ teaspoon salt. Cover and cook until tender, 20 to 25 minutes. Drain. Mix together butter or margarine, lemon juice, remaining ¼ teaspoon

salt and black pepper. Pour over carrots. Toss lightly. Arrange carrots on serving dish. Sprinkle as desired with chopped chives or onion. (6 servings.)

- Fresh Carrots with Golden Sauce**
- 18 fresh small young carrots
 - ½ teaspoon salt
 - 1-inch boiling water in pan
 - Golden Sauce
 - Fresh parsley for garnish
- Wash and pare carrots. Place in saucepan along with salt and 1-inch boiling water. Cover. Cook until tender, about 15 minutes. Lift carrots to serving dish. (Save carrot water to use in the sauce.) Serve with Golden Sauce. Garnish with parsley. (4 servings.)

Golden Sauce

- 2 tablespoons butter or margarine
- 1 tablespoon flour
- ½ cup milk or ¼ cup milk and ¼ cup carrot water
- 2 egg yolks, beaten
- 1 tablespoon fresh lemon juice
- ¼ cup grated sharp American cheese
- 1/16 teaspoon ground black pepper

Salt to taste

Melt butter or margarine in a saucepan. Remove from heat. Stir in flour. Gradually add the liquid (milk and carrot water). Cook until medium thickness over low heat. Combine egg yolks with lemon juice and mix with the sauce. Stir in cheese, black pepper and salt. Serve over cooked carrots.

Buffet loaf substantial party fare

Giving a buffet party? Then look at this peasant-style loaf filled with avocado and sardines mashed together. Good substantial eating for the crowd. It's different and delicious.

- Buffet Sandwich**
- 2 large ripe avocados, peeled
 - ¼ teaspoon capers
 - 1 tablespoon minced onion
 - 2 tablespoons lemon juice
 - 3 tablespoons orange juice
 - 1 tablespoon grated rind
 - 4 cans (4-oz. each) Maine sardines, drained
 - ½ teaspoon chili powder (or more to taste)
 - Salt and pepper to taste
 - 1 round home-style loaf (about 12 slices)
 - Pimento strips

Chili-toasted sesame seeds

Halve, peel and pit avocados. Mash to a cream with capers, onion, lemon and orange juice, grated rind and 2 cans sardines. Season to taste with chili powder, salt and pepper. Chill mixture 1 hour or more to blend and ripen flavors.

To prepare sandwich loaf, discard very small end slices of loaf. Spread remaining 10 or 12 slices on one side with a generous amount of filling. Press spread slices together and reshape into loaf.

As loaf is separated for serving, top each single slice with whole sardines, strips of pimento and sprinkle with chili-toasted sesame.

Chili-toasted sesame seed: Cream 1 tablespoon butter with ½ teaspoon chili powder. Spread to cover bottom of shallow pan. Sprinkle 4 to 5 tablespoons sesame seed over seasoned butter. Toast in hot oven (400 degrees) until seeds are golden. Spread on paper towels to drain and crisp.

Herbed lamb one-dish meal

Rosemary leaves give distinction to a lamb casserole that features stew meat with potatoes, carrots and onions.

- Herbed Lamb Casserole**
- 2 pounds boneless lamb stew meat
 - 1 cup boiling water
 - 1 tablespoon salt
 - ½ teaspoon ground black pepper
 - 2 bay leaves
 - 6 medium potatoes
 - 6 fresh carrots
 - 12 whole white onions
 - ½ teaspoon crumbled whole rosemary leaves
 - ¼ cup flour
 - ¼ cup cold water

Trim excess fat from lamb and cut into 1½-inch cubes. Brown on all sides in some of the fat trimmed from the meat. Place in a 2-quart casserole. Add boiling water, salt, ground black pepper and bay leaves. Cover and cook 45 minutes or until meat is about half done.

Peel potatoes, carrots and onions. Cut potatoes and carrots into quarters. Add all vegetables to lamb along with rosemary. Mix flour with cold water until smooth. Add to casserole. Cook 1 hour longer or until vegetables and meat are tender. (6 servings.)

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