



FREE

Enter Piggy Wiggly's Hunters' Sweepstakes

Enter the free drawing at Piggy Wiggly and you may win one of the value prizes to be given away at 6 PM this Saturday. (Contest limited to adults only, please)

★ **\$50.00 Rainier Tent**

A warm and comfortable 9x12 umbrella tent that's completely water-proof.



★ **\$25.00 Sleeping Bag**

4-lb. Cellulocloud sleeping bag with colorful flannel lining.

★ **\$25.00 Camp Stove**

A Coleman two-burner camp stove complete with stand.



DRAWING AT 6 P. M. THIS SATURDAY

You may win... ask for your free entry blank at Piggy Wiggly

Stock up on Nalley's

BEEF STEW

Nalley's stew is made with lean beef and fine vegetables.

No. 1 tin 39c

No. 2 1/2 size large tin

69c

Lima Beans & Ham
Nalley's 24-oz. tin 39c

Shop tonight 'til 9!



Grade "AA"

Large EGGS

Ranch-fresh eggs

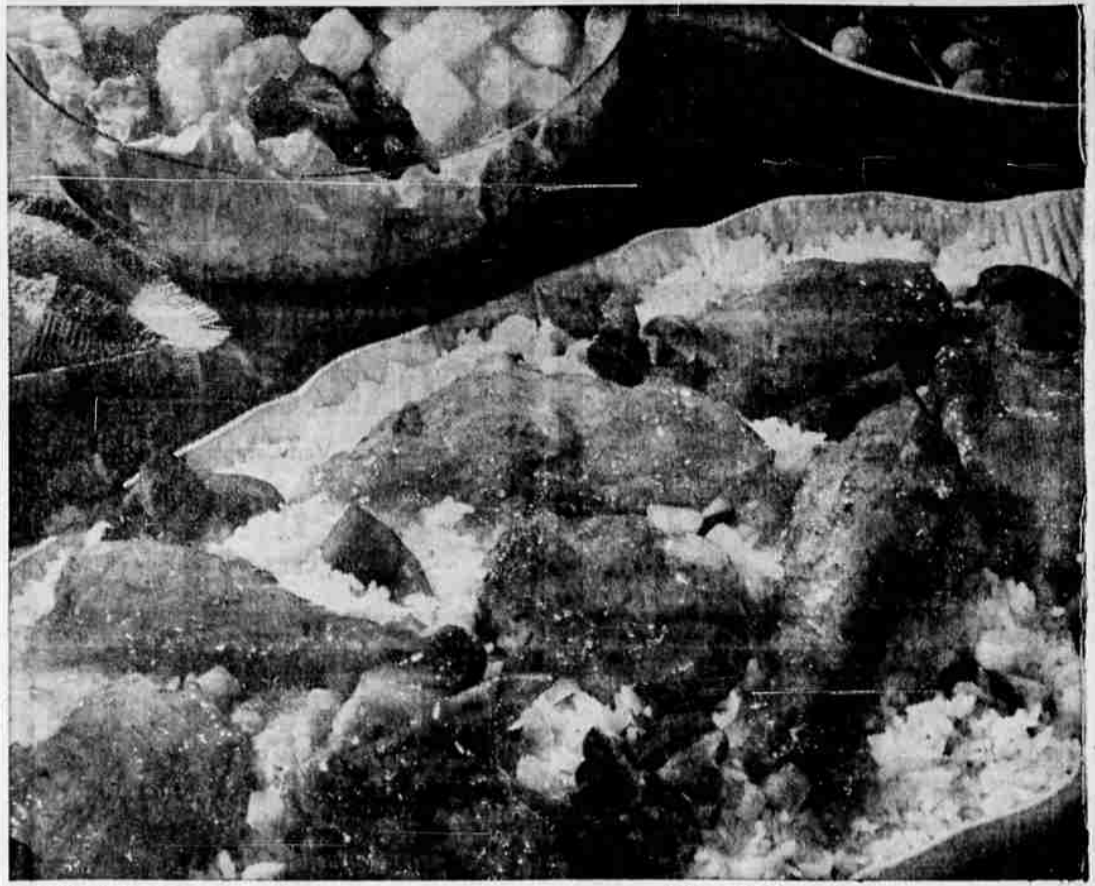
2 dozen 89c

Penthouse Freestone

PEACHES

No. 2 1/2 tins

5 100



ORIENTAL FLAVOR—Pineapple preserves, vinegar and soy sauce are key ingredients in the sauce for a company dish, sweet-sour chicken. Chicken and sauce are served over hot parsleyed rice. Cashews or other nuts are good garnish.

Velee good, chop-chop!—

Serve chicken Cantonese style for delightful change of pace

By Ila Grant Hopper
Bulletin Staff Writer

Everybody loves chicken, one of the all-American favorite foods. Fried, stewed, or roasted just the way Grandmother used to fix it, it always "tastes like more."

For a delectable change of pace, however, try it with an oriental touch. The sweet-sour flavor of famous Cantonese dishes can easily be achieved when the chicken pieces are simmered until they are glazed to perfection in a sauce which combines pineapple preserves or orange marmalade with vinegar.

Add a bit of soy sauce, cornstarch, green pepper and onion, and serve the tender, piquant chicken over well-seasoned rice. This is a luxury treat which will satisfy the heartiest appetite.

Sweet-Sour Chicken is a recipe which you will undoubtedly want to add to your party menu file. It's a dish that will be wonderful for year-round entertaining, as

- well as one for which family members put in frequent requests.
- Sweet-Sour Chicken**
- 2 tablespoons cooking oil or shortening
 - 1 clove garlic, minced
 - 1 3-pound frying chicken cut into serving pieces
 - 1 teaspoon salt
 - 1 jar (12 ounce) pineapple preserves or orange marmalade
 - 1/2 cup vinegar
 - 1/2 cup water
 - 2 tablespoons cornstarch
 - 2 tablespoons soy sauce
 - 1 large green pepper, cut into 1-inch pieces
 - 1/2 cup sliced green onion
 - 2 cups hot seasoned cooked rice
 - 2 tablespoons melted butter or margarine
 - 2 tablespoons finely chopped parsley

Heat cooking oil or shortening in large skillet. Add garlic and heat. Add chicken pieces; brown well on all sides turning pieces as needed. Sprinkle with salt. Combine preserves or marmalade and vinegar; pour over chicken.

Cover and cook slowly until chicken is tender, 30 to 40 minutes. Combine water, cornstarch and soy sauce; mix well. Pour over chicken. Add green pepper and onion; heat until sauce is clear and thickened.

Combine hot seasoned cooked rice, butter or margarine and parsley; mix well. Spoon onto serving dish and top with chicken and sauce. Yield: 4 servings.

School lunch menus given for the week

Four fruit desserts and iced white cake will be the finales for school lunches in the Bend Public Schools next week. Complete menus follow for the period, September 23-27.

- Monday: Beef stew, lettuce wedge, peanut butter sandwich, peaches, milk.
- Tuesday: Chiliburger, molded sunset salad, yeast roll with butter, apple crisp, milk.
- Wednesday: Best-ever casserole, buttered spinach, cornmeal yeast roll with butter, blackberry cobbler, milk.
- Thursday: Pizza a la Wyoming, tossed salad, yeast roll with butter, raisin cookie, applesauce, milk.
- Friday: Salmon loaf, mashed potatoes, creamed peas, rolled wheat roll with butter, iced white cake, milk.

Hearty beef soup vegetable loaded

Soup — one filled with a lot of vegetables and meat — can be a meal in itself. Try the European custom of serving a rich soup with cheese and a loaf of crusty bread. Home-made soup takes more work, to be sure. But the results are worth it.

- Fresh Vegetable Soup**
- 3 pounds beef shin bone
 - 4 quarts cold water
 - 2 teaspoons salt
 - 1 cup chopped onion
 - 1/2 cup minced parsley
 - 1 tablespoon shortening
 - 2 cups shredded cabbage
 - 1 cup cut-up fresh snap beans
 - 1 cup sliced fresh carrots
 - 1 cup diced celery
 - 1 cup diced potato
 - 1 cup fresh corn, cut-off-the-cob
 - 1/2 cup thinly sliced zucchini squash
 - 5 medium-sized tomatoes, diced
 - 1 1/2 tablespoons salt
 - 1/2 teaspoon ground black pepper

Place soup bone, water and salt in a large kettle. Cover. Simmer until meat is tender (2 to 3 hours). Remove soup bone, trim off meat, discard bone, add meat to stock. Sauté onion and parsley in shortening, add to stock along with vegetables and seasonings. Cover. Simmer 30 minutes or until vegetables are tender. (16 to 20 Servings.)

Freeze leftover soup in tightly covered jars for use within the next 2 or 3 weeks.

Nut honey cake for Rosh Hashana

Today is Rosh Hashana, the Jewish New Year. It is customary in Israel to serve foods cooked in honey for a sweet, good year. Here is a recipe that many will want to borrow.

- Honey Cake with Nuts**
- 1 cup honey
 - 1 cup sugar
 - 5 egg yolks
 - 5 egg whites
 - 1 cup cold coffee
 - 1 teaspoon vanilla
 - 1/2 pound ground walnuts
 - 1/2 teaspoon ground cloves
 - 3 cups flour
 - 1 teaspoon baking powder
 - 1 teaspoon baking soda
- Mix honey and sugar well. Add egg yolks. Keep mixing while adding the cold coffee, vanilla, walnuts and cloves. Mix thoroughly. Sift together flour, baking powder and soda. Add to first mixture. Fold in 5 well-beaten egg whites. Bake in moderate oven (325 degrees) for 1 hour.

Teens go big for hermits

Cookies are nourishing between-meal snacks for teenagers. Better than soft drinks and candy, and those greasy French fries. These cookies are packed with good foods — oatmeal, milk, eggs and nuts.

- Oatmeal Hermits**
- 1/2 cup shortening, soft
 - 1/4 cup granulated sugar
 - 1/4 cup firmly packed brown sugar
 - 1 egg
 - 1 teaspoon vanilla
 - 1 1/4 cups sifted all-purpose flour
 - 1/2 teaspoon baking powder
 - 1/2 teaspoon salt
 - 1 teaspoon cinnamon
 - 1/2 teaspoon nutmeg
 - 1/4 teaspoon ground cloves
 - 1/2 cup milk
 - 1 1/2 cups rolled oats (quick or old fashioned, uncooked)
 - 1 cup raisins
 - 1/2 cup chopped nuts
- Heat oven to moderate (350 degrees). Beat together shortening and sugars until creamy; add egg and vanilla. Sift together flour, baking powder, salt and spices; add alternately with milk to creamed mixture. Stir in oats, raisins and nuts.
- Drop from teaspoon onto greased cookie sheets. Bake in preheated oven (350 degrees) 12 to 15 minutes. (3 dozen cookies.)

Big tomatoes good stuffed

With those big beefsteak tomatoes on the market this time of year, you'll want to try some in baked dishes. Here's one that features tomatoes stuffed with sliced frankfurters, bread crumbs, corn (or any other cooked vegetable) and seasonings.

- Stuffed Baked Tomatoes**
- 6 frankfurters, sliced 1/2 inch thick
 - 1 1/2 tablespoons lard or drippings
 - 6 large tomatoes
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
 - 1/2 cup cooked corn
 - 1 cup soft bread crumbs
 - 1/2 cup chopped green onions
- Brown frankfurters in lard or drippings. Remove slices from tops of tomatoes and scoop out centers. Chop tomato centers and combine with salt, pepper, corn, bread crumbs, frankfurters and green onions.
- Fill tomato cups with mixture. Place in a greased baking dish. Pour 1/4 cup water into bottom of baking dish. Bake in a moderate oven (350 degrees F.) 30 to 40 minutes. 6 servings.

Try veal birds this new way

- Veal-Olive Birds**
- 2 veal round steaks, cut 1/2 inch thick
 - 1/2 cup chopped celery
 - 1/2 cup chopped pecans
 - 1/2 cup chopped stuffed olives
 - 2 tablespoons lard or drippings
 - 1 can (10 1/2 ounces) condensed mushroom soup
 - 1/2 cup milk
 - 1/2 teaspoon paprika
- Cut veal into 6 pieces. Pound to about 1/4 inch thickness. Mix together celery, pecans and olives and spoon approximately 2 tablespoons on each piece of steak. Roll as a jelly roll and fasten with wooden picks or tie with string.
- Brown meat in lard or drippings. Pour off drippings. Mix together mushroom soup, milk and paprika. Add to veal birds. Cover tightly and cook slowly 45 minutes or until done. 6 servings.

WEEK-END SPECIALS

FRIDAY and SATURDAY

PURE DANISH

COFFEE CAKE

Reg. 39c

Now Only **33c**

Twin Rolls, Sesame Seed, French and all Special Hard Rolls Mix or Match **39c**

FANCY DINNER ROLLS doz. **39c**

All Varieties **DANISH PASTRIES** 3 for **29c**

Pure **COOKIES** 3 for **99c**

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