



SPRINGTIME SALAD—Waldorf Salad, once a treat in "winter apple" season, now is a tribute to spring. Calorie counters will be delighted with this new version of the old favorite, which replaces the nuts with crushed pretzels.

Nuts to Good Old Days!—

Apples are spring fruit, now— thanks to modern cold storage

By Ila Grant Hopper
Bulletin Staff Writer

Once upon a time, when the old Waldorf - Astoria hotel in New York City was at the height of its glory, apples could only be obtained in the fall and winter months. It was only during these seasons that the famous Waldorf Salad could be ordered.

School lunch menus given for the week

Two combination main dishes that have proved particularly popular, "Pizza a la Wyoming" and "Farmer Jones Special," are on the menu for the school lunch program in the Bend Public Schools next week.

Complete menus follow for the period, May 4-8.

Monday: Wieners stuffed with cheese, mashed potatoes, buttered corn, rice muffin with butter, applesauce cake, milk.

Tuesday: Chiliburger, celery and carrot sticks, yeast roll with butter, fruit gelatin, milk.

Wednesday: Pizza a la Wyoming, tossed salad, yeast roll with butter, peanut butter cookie, peaches, milk.

Thursday: Farmer Jones Special, buttered green beans, cornmeal yeast roll with butter, apple crisp, milk.

Friday: Tomato soup, egg salad sandwich, cheese wedge, cole slaw, cherry cobbler, milk.

apples in the market, thanks to a special cold-storage process, and they make this new version of the delicious salad appropriate for our modern spring-time appetites.

The newness of this particular Waldorf Salad results from replacing nuts with crumbled pretzels, and a very good substitution they make — low calorie, too, if that is of interest to you.

Another thing, this salad is pretty. The red of the apple skin, the green of the celery, the gold of the pretzels plus the gently pink of the dressing combine to delight the eye as well as everyone's taste buds.

Springtime Waldorf Salad
2 cups diced, unpared, red apples
1 cup diced green (Paschal) celery

Tangy Dressing (recipe below)
1 cup coarsely crumbled pretzels (about 18 thin twisted)

Combine apples and celery. Add just enough dressing to coat lightly. Chill for at least one hour. Just before serving, add crumbled pretzels and toss lightly. Pour over remaining dressing.

Makes 6 servings.

Tangy Waldorf Dressing
Into 1 cup sour cream blend 2 tablespoons red current jelly, 1 tablespoon lemon or lime juice and 1/2 teaspoon grated lemon rind. Cover and chill before use. Yield: about 1 cup. For fewer calories, substitute yogurt for sour cream.

EYE-OPENER
Combine fluffy cooked rice and golden cling peaches for an eye-opening breakfast dish. Place canned cling peach slices on bowlfuls of hot cooked rice. Serve with dark brown or maple sugar and rich cream. Sweet enough for a hearty dessert, too.

Carrots, limas combine nicely
Lima beans and carrots are a vegetable combination that's out of the ordinary. Excellent with meat loaf.

1 package (10 ounces) frozen butter beans or frozen Fordhook lima beans
1 tablespoon butter
1 cup thinly sliced carrots
Cook beans as directed on package, adding butter and carrots to salted water with beans. Separate beans with a fork to hasten thawing. (4 to 5 servings.)

ROCKETSHIP

Put favorite ready-to-eat cereal in oval bowl. Sprinkle with quick strawberry-flavored mix. Since banana in half lengthwise, centering one slice lengthwise over cereal; halve remaining slice and arrange as V-shape tail fins at end of bowl. Serve with milk.



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