

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

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.

Nuts to Good Old Days!-

Apples are spring fruit, nowthanks 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 heighth 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.

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

The newness of this particular Waldorf Salad resurts from replacing nuits with crumbled 2 pretzels, and a very good substitution they make — low calorie, too, if that is of interest to you.

Coat lightly, Chill for at least one hour. Just before serving, and terminded pretzels and toss lightly. Pour over remaining dressing.

Tangy Waldorf Dressing
Into 1 cup sour cream blend pretzels, and a very good substitution they make — low calorie, too, if that is of interest to you. be ordered.

Today, we have crisp, juicy

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, but-tered corn, rice muffin with but-

ter, applesauce cake, milk.

Tuesday: Chiliburger, celery
and carrot sticks, yeast roll
with butter, fruit gelatin, milk. Wednesday: Pizza a la Wyo-ming, tossed salad, yeast roll

with butter, peanut butter cook-ie, peaches, milk. Thursday: Farmer Jones pecial, buttered green beans,

MILK CHOC. CAKE

FISHERMAN SPECIAL

Prices Effective Thursday, Friday & Saturday

SAILOR JACKS doz. 69c

APPLE SPICE DONUTS .. doz. 49°

BUTTER FLAKE ROLLS ... doz. 39°

CASCADE BAKERY

We Give S&H Green Stamps

and they make this new version of the delicious salad appropriate for our madern springtime 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

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

Carrots, limas combine nicely

Lima beans and carrots are 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 tablespoons butter 1 cup thinly sliced carrots Cook beans as directed commeal yeast roll with butter, apple crisp, milk.

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



Prices Effective Thursday, Friday & Saturday

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 ma-ple sugar and rich cream. Sweet enough for a hearty des-

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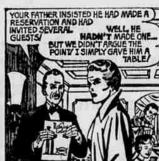














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