



**FINE EATING**—Plain or fancy, cantaloupes are fine eating any time as appetizers, salad, dessert or snack. Usually chilled and served with salt, lemon or lemon juice, they combine admirably with fruits, berries, ice cream; occasionally wind up in fancy deserts like these Chiffon Cups. The recipe is included in today's food columns.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Western Ways with Cantaloupes, Other Melons

High in eating delight, low in cost, markets overflow with luscious, full-flavored cantaloupes, ripe and ready honeydews, pale honey-like honeyballs, orange-fleshed Persian melons along with the coolings of all summer delights, watermelon. Comparative new-comer, the Cranshaw, cross between Persian and Casaba is with us too with its spicy flavor.

Our long growing season brings us ambrosial melons from May to December. Melon time begins with the famous cantaloupes from the Imperial Valley and warm desert valleys of Arizona. Harvest continues from other districts moving northward through Oregon and Washington bringing us many melon varieties as the season advances. Local melons are of very good quality. Take time to get better acquainted with most popular varieties; find out how versatile they are.

Consider cantaloupes which have been enjoyed for more than 4,000 years and all that time used only in the fresh state since they have no by-products such as vinegar, sugar, sirup or brandy. High in nutrition including vitamins A and C, low in calories, they are the summer answer to many a weight watcher's prayer.

Cantaloupes most often are served chilled with salt, lemon or lime juice. They combine well with many fruits, berries, other melons and ice cream; appear as appetizer, salad, dessert and are highly regarded for snacking.

Honeydews are larger than the honeyballs; creamy yellow melons weighing four to six pounds. They are bluntly oval in shape and usually smooth but may be slightly netted. A fruit, pleasant fragrance. Flesh is a delicate green, very juicy, very sweet, fine textured.

Honey balls are similar in size to cantaloupes and also similar in shape though slightly more round. Flesh is thick, extremely sweet and has distinctive flavor which is less pungent than the cantaloupe. These keep well; can be bought and held for several days.

Persian melons are the large round melons which range from two to eight pounds in weight. Rind is a deep green and is very evenly covered with a fine netting similar to that of the cantaloupe. Flesh is a deep orange-pink, very thick and mildly

sweet. Many think flavor of Persians unexcelled and they have a distinctly pleasant aroma.

Cranshaw melons are comparatively new and of exceptional quality. Very perishable, these gold and green melons are pointed at the stem end and round at the base. Rind is smooth and the salmon-colored flesh is thick, juicy and very rich in a spicy flavor.

Watermelons have been enjoyed cold for thousands of years. Offered whole, halved or quartered in most markets, they're refreshing but low in calories. Best when very cold!

**Versatile Melons**  
All melons are excellent as breakfast fruit. Persians, honey balls, honeydews can be used exactly like cantaloupes. Cranshaws and the casabas which come later, are especially good in fruit salads and both are superb dessert melons as is watermelon. All are good mixers.

**Melon Cup Cocktail**  
For each serving of melon cup cocktail, fill a small to medium cantaloupe half with fresh seasonal fruits such as peaches, pears, berries, sliced bananas, pitted cherries. Garnish with sprigs of mint. For something super special, top with any favored sherbet.

**Sierra Snow Peak**  
Cut thick slices from a chilled cantaloupe or honeydew. Remove rind from slices and place on serving plates. Fill rings with balls or cubes cut from bowls of the melon. Top with peaks of any favored sherbet.

**Perfect Picnickers**  
There's just nothing finer for a picnic dessert than chilled, ripe melons. Chill the picnic melons overnight. Wrap in several thicknesses of brown paper or newspaper to keep them good and cold. Cut just before serving.

### Judge Goes Free

Hillsboro — (UP) — Circuit Judge Ralph Holman yesterday afternoon dismissed the case against Washington County Judge Harry Seabold for lack of sufficient evidence.

Judge Seabold had been indicted by the county grand jury on a charge of accepting a real estate commission from the sale of a tract of land the county had formerly owned.

Judge Holman, of Oregon City, made his decision after the defense moved for complete acquittal.



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IF YOU THINK the jelly making season is over when summer's gone, remember this. With the fine bottled juices your grocer always has in stock—such as apple and Concord grape—you can make very fine sparkling jellies "out of season" so easily and economically you'll be surprised... so quickly, too, for you don't have to press out the juice. Making jellies with bottled juices and uncooked jams with frozen berries... these are but two of the wonderful year-round uses that make it well worth your while to have dependable M.C.P. JAM AND JELLY PECTIN on hand at all times. A recipe for making tangy, tasty Cream Dressing that will not separate is another. You'll find them all in the complete recipe folder in every package (3 1/2-oz.) of M.C.P. PECTIN.

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Sunshine pkg. **5<sup>c</sup>**

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4 Bottles **89<sup>c</sup>**

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3 Tins **\$1 00**

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**Vienna Sausage**

6 Tins **\$1 00**

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**Pork and Beans**

6 No. 2 Tins **\$1 00**

**PUREX** 1/2 Gal. **29<sup>c</sup>**

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Vine Ripened Extra Large 27 Jumbos

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Sweet, Juicy Sunkist Valencia, 144 Size

**2 DOZEN 49<sup>c</sup>**

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**2 LBS. 25<sup>c</sup>**