

IF YOU'RE NOT TRADING AT THE GROCETERIA YOU'RE PAYING TOO MUCH!

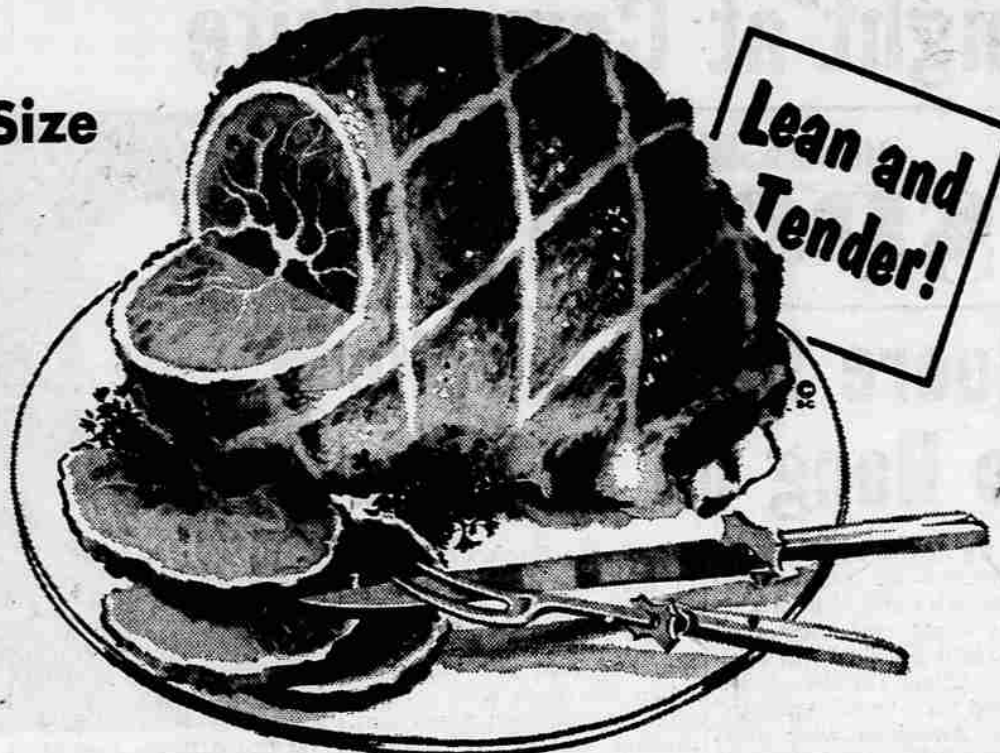


Swift Premium Brand  
● Short Shank ● Small Size

Fully Cooked

PICNICS

35<sup>C</sup> LB.



It's the Best Buy of the Year!

LET'S HAM IT UP!



Feeding the Family

By ZOLA VINCENT  
Food Editor

Tomato Aspic Ring

**Fine Surrounding Salad**  
Right now, if ever, is the time to let your refrigerator take over and provide meals that are cool, tempting and colorful. . . made with the greatest of ease in the cool of the day. For a perfect luncheon or supper menu, we suggest this well-seasoned tomato aspic ring with an extra special salad center of seafood potpourri. Or fill it with chicken salad, tuna salad, watercress or relishes.

We remind you that large salad molds should be made eight hours or more ahead of serving so they'll be thoroughly "set" for best appearance. It is so easy with unflavored gelatine which becomes a showcase to display sparkling color, lovely tints or transparency enveloping the true form and flavor of other foods. The glow of fresh tomatoes is captured in this ring which makes eight servings.

3 envelopes unflavored gelatine  
5 1/4 cups tomato juice, divided  
3/4 teaspoon salt  
1 1/2 teaspoons sugar  
2 teaspoons Worcestershire sauce  
1/4 teaspoon Tabasco  
1/3 cup lemon or lime juice  
Sprinkle gelatine on 1 1/2 cups of the tomato juice in saucepan to soften. Place over medium heat, stirring constantly until gelatine is thoroughly dissolved. Remove from heat; stir in remaining tomato juice, lemon juice and seasonings.

Pour into a six-cup ring mold; chill six to eight hours or overnight until firm. Unmold on salad greens and fill center with Seafood Potpourri. Garnish with black olives.

**Seafood Potpourri**  
This is party stuff that will be rewarding to the hostess who likes her salads to be conversation pieces. Fine family fare, too. Eight servings to be displayed in center of tomato aspic ring . . . or to be offered in lettuce cups.

1 7-ounce can tuna  
1 6 1/2-ounce can crabmeat  
2 tablespoons French dressing  
1 cup diced celery  
1/4 cup diced cucumber  
2 tablespoons capers  
2 tablespoons lemon juice  
1/2 cup mayonnaise  
Salt, pepper, paprika  
Flake tuna and crabmeat. Remove black line from shrimp. Combine seafood and French dressing. Marinate 15 minutes; add remaining ingredients and toss lightly.

**Avocado-Tomato Aspic**  
**Two Layer Beauty**  
Before we get into this recipe, we remind you that there's a wide variety of individual ring, fluted and fancy metal molds available for salad molding but if you don't happen to have one, molded salads taste just as good, look just as handsome often, when turned out of cake pans, meat loaf pans, mixing bowls, custard cups or other handy item including coffee cans and paper cups.

**Avocado Aspic**  
Soften one envelope unflavored gelatine in one-fourth cup cold water; add one cup boiling water and stir until dissolved. Add one teaspoon sugar, two tablespoons lemon juice, one cup mashed avocado pulp, (one large avocado), one-half cup sour cream, one-half cup mayonnaise, one teaspoon salt, dash of pepper, dash of cayenne. Pour into two quart ring mold, or containers of comparable size, and chill.

**Tomato Aspic**  
Soften one envelope unflavored gelatine in one-half cup cold tomato juice combined with one tablespoon lemon juice. Bring 1 1/2 cups tomato juice to full boil. Remove from heat and add to gelatine. Season with one teaspoon grated onion and one-half teaspoon salt. Chill until syrupy. When avocado aspic (above) is set, spoon tomato aspic over it. Chill. Unmold. If ring mold is used, fill with other salad, cole slaw or watercress. Individual molds may be turned out on lettuce leaves or bed of shredded lettuce.

**Molded Salad Mems**  
Here are a few helpful reminders for preparing and serving conversation-piece molded salads. Here's what the experts say:  
Chill gelatine until slightly thickened before adding solids. Carefully fold-in fruits, vegetables or meats into the partially set gelatine, distributing them evenly.  
Prepare large gelatine molds a day ahead of serving so they will be thoroughly set before unmolding.  
Fill molds as full as possible for easy unmolding.  
To mold fruits or vegetables in a definite pattern, arrange them in a thin layer of slightly thickened gelatine. Chill until firm, then add balance of the gelatine.  
To make layered salads, be sure each layer is firm before adding the next.  
To unmold, dip mold in warm water (hot water will melt it) Shake mold to loosen contents. Place serving dish over top of mold, invert and lift mold off carefully. If mold is not fluted, loosen gelatine with spatula or a small knife which has been dipped in warm water.  
For large molds, moisten the surface of the gelatine and the serving plate and unmold as suggested above. When the two surfaces are wet, it's easy to center the mold. Remove excess moisture on plate with a paper towel.  
Surround large molds with salad greens after unmolding. Individual molds may be turned out directly on greens, however, because there isn't so much danger of breakage.

**Picnic Corn**  
Simply super! August is the month of peak corn perfection. A popular way with corn this season is to soak corn ears in cold water about 15 minutes without husking. Put them in a Dutch oven, cover tightly and bake in a hot oven, 425 degrees, 30 minutes.  
If toting to picnic grounds, wrap in several layers of newspaper. Plenty of butter at room temperature. Salt and pepper, of course and there are those who like a dash of garlic powder and/or chili powder.

**Plums Popular**  
Those who are slimming down while slowing down this summer will welcome this good news about fresh plums as satisfying low-calorie fruit. Chilled fresh plums are ideal for low-calorie, between-meal pick-ups for both dieters and hungry youngsters, besides quenching the thirst.  
At breakfast time, two or three fresh juicy plums are satisfying while waiting for the poached egg on whole wheat toast.  
For lunch, try a luscious plum and cottage cheese salad on a bed of crisp lettuce along with two rye wafers and iced coffee or tea.  
At dinner time, individual fresh fruit cups for appetizers or dessert might combine plums, peaches, oranges and apples; looks good, tastes good, is slimming.  
West coasters like lamb; serve it oftener than do people of any other U. S. area. Lamb cuts for roasting include leg of lamb, crown of lamb, shoulder, cushion, and shoulder that has been boned and rolled. Roasting time varies from 2 1/2 to 3 hours for four to six pounders. Here are favored seasonings:  
**Garlic.** With tip of knife, make five or six gashes in roast. Insert small slivers of garlic. Or rub garlic salt into surface of lamb before placing in oven.  
**Mint.** Sprinkle roast lamb with mint jelly before roast is taken to the table.  
**Spices.** Rub the lamb roast thoroughly with a cut clove of garlic. Combine one teaspoon chili powder and one tablespoon paprika. Rub this mixture thoroughly into the roast before placing it in the oven.  
**Herbs.** Marjoram, thyme or rosemary may be rubbed into roast before roasting.  
**Curried Green Beans.** Cook fresh green beans until tender; drain. Season with three-fourths teaspoon curry powder blended with two teaspoons melted butter for each pound of beans.  
Kalamazoo, Mich. - (UP) - Ward Kyle opened his farm mail box and found the spotlight which had been stolen from his son's truck. With it was this note: "Your spotlight didn't fit, so we are returning it. Thank you for your cooperation."

U.S. Graded Choice Steer or Swift Premium Brand

Round Steak

Cut Thick or Thin,

Your Choice

69<sup>C</sup> LB.

RUMP ROAST 69<sup>C</sup> LB.  
Standing Semi-Boneless

ARMOUR'S STAR BRAND—OLD FASHIONED, COUNTRY STYLE

Thick Sliced BACON 2 lb. 89<sup>C</sup> PACKAGE

YOUNG TENDER—GRAIN FED

Its Lean

Its Fresh Cut

Boneless PORK ROAST 43<sup>C</sup> lb

EXTRA LEAN—FRESH MADE

GROUND CHUCK 69<sup>C</sup> lb

U.S. GRADED CHOICE STEER OR SWIFT PREMIUM BRAND

BONED & RUMP ROAST 89<sup>C</sup> lb  
WASTE FREE You Buy No Bones

EXTRA SPECIAL—LEAN COUNTRY STYLE—FRESH MADE

SAUSAGE 43<sup>C</sup> lb  
Its the finest in the state

Grocceteria PRODUCE Melon Roundup!

FOR LARGE SELECTION TOP QUALITY

Choose Your Favorite from This Selection

- Crenshaw
  - Persian
  - Casaba
  - Honey Dew
  - Christmas
  - Cantaloupes
- YOUR CHOICE

9<sup>C</sup> LB.

WATERMELONS

WARM, COLD OR CUT AT COMPETITIVE PRICES!



REPEAT SPECIAL!

SEEDLESS GRAPES

10<sup>C</sup> LB.

Sure sorry we ran out of these last week. We hope we have plenty for everyone this time!

Fancy Packaged

Celery Hearts 19<sup>C</sup> Pkg.

Sunkist Sweet Valencia

ORANGES

138 Size 39<sup>C</sup> doz.  
88 Size 59<sup>C</sup> doz.

LOCAL TREE RIPENED SLICING

PEACHES 15<sup>C</sup> lb  
At Their Sweet and Juicy Best

SUNKIST 245 Size

LEMONS 29<sup>C</sup> dz

You'll Like...  
**KUBLA KHAN**  
CHINESE COMBINATION DINNER  
tender fried shrimp  
chow mein • pork fried rice  
QUICK FROZEN • HEAT 'N' EAT