



SOUP AND SANDWICHES—Enliven lunchtime menus with hot soup and cold sandwiches or cold soup and hot sandwiches. Milk and dairy products play a major role in today's four featured trays for enjoyment on the patio or in other pleasant places.

Feeding the Family

By ZOLA VINCENT
Food Editor

Milk Plays Leading Role in Daily Diet

The big June spotlight appropriately is on the fine, high spirited performance of our state's cows which consistently outrank cows of many other states in the production of nature's most nearly perfect food. There's plenty of highest quality milk and other dairy products at reasonable cost for those who find life good in our state; spend 20 per cent of their food allowance on these items.

There's moola too in the moo as milk looms largest among our many agricultural products and as we inspect the many fine cheese and other processing plants that dot our landscape. Evaporated milk plays an important role too in our state's economy.

Milk Bargain
Milk and dairy products are not only one of the nation's best food buys but they are a better buy here than in most areas. The many segments of the dairy industry take pride in this fact as they meet the needs of our growing families, growing population. Enjoy even more of our dairy abundance during June Dairy Month.

Needed Daily
There are many reasons why we need milk daily. Its calcium is needed by all ages for strong bones and teeth. Other nutrients in milk are essential for healthy skin and nerves. The protein in milk is needed daily for growth and repair of body tissues.

Remember to step-up vacation-time home delivery or purchase of milk to compensate for "school" milk.

Hot Soup, Cold Sandwiches
Cold Soup, Hot Sandwiches: As a nation we have selected soup and sandwiches as far and away our favorite lunch-eon foods. A pitcher of milk on the table or ice-cold chocolate or other flavored milk drink is standard equipment in most families. Celebrating June as Dairy Month, we've carefully planned four lip-smacking luncheon combinations (good for supper, too) for lap-eating on the patio, porch or other pleasant place.

Garden Soup Float (chilled)
French Cheeseburger (hot)
Olives

Fresh fruit and cheese
Garden Soup Float is made by blending one can (10½ ounces) condensed cream of celery soup and one can (10½ ounces) condensed cream of asparagus soup; gradually add 2 soup cans of water or one can each water and milk. Chill until ready to serve. Garnish with parsley-sprinkled whipped cream for extra special. Four servings.

French Cheeseburgers are made by combining one pound

broth with thin lemon slices. Simmer five minutes. Remove caraway seeds, distribute lemon slices.

Avocado-Ham Sandwiches. Cut one ripe avocado in half lengthwise. Remove seed and skin. Mash with fork; season with two teaspoons lemon juice one-fourth teaspoon salt, dash of pepper, dash of Tabasco. Arrange one-fourth thinly-sliced cold boiled ham on four buttered bread slices. Spread with avocado mixture; top with remaining bread, servings.

Macaroni Dress-Up
Macaroni and cheese becomes a dish of distinction in such beguiling ways as these: Add graded onion, sliced green pepper or sliced pimiento stuffed olives, bite-size pieces of cooked frankfurters or sausage. A handful of parsley adds interest.

Brasilians Like

Avocado Whip
From a private collection of recipes garnered from wives of members of officials of United Nations, we chose this unusual recipe which combines plentiful avocados, interestingly, with ice cream as we celebrate ice cream abundance in June Dairy Month. Brazil as everyone knows is the coffee-drinkers heaven. We're told that many drink 30 to 40 cups of coffee a day but you wouldn't believe us if we told you that. Cheese with a dessert of thick preserves often tops off an ample Brazilian meal.

1 avocado
Juice of 1 lime
2 tablespoons sugar
1 cup (½ pint) vanilla ice cream
Remove peel and pit from avocado; mash through sieve (avocado, that is). Add lime juice and sugar. Combine avocado mixture and ice cream and beat with rotary beater until smooth. Place in freezing tray and chill but do not freeze. Three servings.

Cucumber Dressing
This cucumber dressing is an excellent accompaniment for cold fish and seafood. Do not peel cucumber if it is properly crisp and tender. Wash and chop cucumber very fine. Combine one-half cup well drained finely-chopped cucumbers with ½ cup heavy sweet or dairy sour cream, whipped. Add one-half teaspoon salt and one tablespoon vinegar.

Yogurt Fanciers
Yogurt fanciers are increasing rapidly in number. Many take it straight, eat it from jar or container with a spoon. Some add brown or maple sugar, honey or preserves and serve it as dessert. Others add such favored seasonings as instant onion, garlic, parsley, green pepper. Continental enjoy yogurt mixed with honey and toasted almonds for spooning over fruit compote or fruit gelatin as dessert.

Bologna-Bean Bunwich. For each four generous servings. Cook one-fourth cup chopped green pepper and two tablespoons chopped onion in two tablespoons butter until tender; add one can (one pound) baked beans, one-half teaspoon chili powder, one-half teaspoon Worcestershire; heat. Spoon onto toasted buns. Lightly brown eight slices in hot butter; top bean burgers.

Nothing Was Right In Alabama Town
Warrior, Ala. - It was a night when nothing went right. A firetruck overturned, a house and trailer burned and Mayor Early Caldwell narrowly escaped death.

With the fire call came in, Caldwell took the wheel of the firetruck and gunned off to the rescue. But the brakes failed on a hill and the truck rumbled a tree and rolled over. Caldwell had to be pried out of the cab.

Another truck was called. It arrived safely. The hose was hooked to a hydrant... no water. Workmen had forgotten to turn the water back on after repairing a broken water main.

Off went a crew to borrow a wrench big enough to turn on the water. They returned with it 10 minutes later, got the hose working and doused the smoldering ashes of what once was a house and trailer.

Food for Gourmets Offered on Planes

New York - Got a yen to visit France? You can take a gastronomic tour of the country hours before your plane touches down.

Meals served aboard the Air France 707 Intercontinental jets are made up to represent favorite dishes from the seven regions of France. Each course on the eight-course meal is accompanied by a vintage wine as well as a regional one.

SUMMER MENU MAKERS

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5 4-Oz. Cutlets \$1.00

WIENERS 2 Pkgs. 89¢
FRYERS \$1.19 each
OK'S Famous 2½ to 3½ lb. Average NO CHEMICALS ADDED

It's June Dairy Month! Look at your grocer's for Tillamook Cheese... a leading dairy product with the prize-winningest flavor, extra amounts of vitamins, minerals, protein and lecithin, too.

Tillamook
Natural Cheddar Cheese
MEDIUM - mild but well-flavored

TELEPHONE
DISH OF THE MONTH
SALAD
Blend butter. Blend in flour well. Add milk gradually, then cheese and salt. Cook over low heat, stirring constantly until thickened. Serves 4-6.