

Feeding the Family

By ZOLA VINCENT
Food Editor

Move Breakfast Into Wide Open Spaces

Food served outdoors has always had its own special appeal, a flavor and a flair that somehow can't be matched indoors no matter how accomplished the cook nor how attractive the service.

Fresh air feasting can be achieved as easily at breakfast time as any other time, yet the breakfast room habit is not easily broken. There are several ways of putting new excitement into breakfast—all of them easy on the cook. A buffet arrangement on porch, patio or other shady area so each person may serve himself. A tray served or self-served in the kitchen, then carried to a favorite spot or with an eye to joining a good group in a secluded nook or on the steps.

There are those who do breakfast cook-outs but we propose to take it easy today. We start with plenty of paper paraphernalia that is designed especially for hot foods or for cold foods. There are plastic-coated plates for sizzling eggs and other hot foods. Hot drink cups for coffee or cocoa. Paper cereal bowls are useful in many ways as are dessert dishes with a wax or plastic coating, excellent for fruits.

Proclaim freedom from dish washing chores for all, beginning with breakfast. Here are suggestions for fortifying fam-

ily and friends for a really fine day.

Omelet Specialty With Avocado-Tomato Garnish
For an easy breakfast menu that will prove further cause for celebrating, feature a golden omelet, hearty and distinguished. Garnish it with colorful half-moon wedges of California avocados and tomatoes arranged alternately for color and drama. Toast and butter plenty of English muffins that have been torn apart (to cut them ruins texture, crunchiness and appearance.)

Start breakfast with big, beautiful California mid-summer cantaloupe halves filled with cubed fresh pineapple. Plenty of hot fragrant coffee for the grownups, a pitcher of milk handy for the youngsters. Extra butter and a choice of jams for the extra muffins that are certain to be reached for.

Basic Fluffy Omelet
A plain or French omelet is a scrambled egg mixture, unstirred but lightly gently as it cooks. Basic to a glamorous puffy omelet is the combination of lightly beaten egg yolks and stiffly beaten egg whites. A two, three or four egg omelet is a good amount. More eggs require a very large pan and omelet becomes difficult to fold and roll onto platter.

Separate eggs and beat yolks thoroughly; add one

tablespoon milk for each egg. Beat together egg whites and a little salt until stiff but not dry. Gradually fold in the egg yolk mixture. Pour into frying pan containing only enough melted fat to cover pan. Cook over low heat until omelet is lightly browned on bottom. Cover and cook until "set."

Or when it is lightly browned on bottom, finish cooking by baking in a moderate, 350 degree, oven, 10 to 15 minutes or until browned on top. Crease through center, fold over and serve as suggested above.

Dress omelet with a mushroom sauce, tomato sauce, cheese or Spanish sauce or top with creamed vegetables, meat, fish or poultry.

For a sweet omelet, add jelly or marmalade just before rolling omelet.

If you're adding meat, fish, vegetables, grated cheese or other food to omelet, be sure to mix them with egg yolk mixture before folding into beaten egg whites.

Ukrainians Enjoy Potato And Cheese Dumplings
Ukraine, a Republic of the U.S.S.R., covers an area of 232,000 square miles, has a population of approximately 42 million. Capital city is Kiev. From representatives at United Nations, this recipe, declared to be a favorite of Ukrainians, was garnered.

Dough:
1 1/2 cups flour
1 egg, well beaten
1/2 cup water
1/4 teaspoon salt

Filling:
1 1/2 cups mashed potatoes
1/2 cup cottage cheese
1/2 tablespoon fat
1/2 small onion, chopped
1/2 teaspoon salt
Pepper

Combine flour, egg, water and salt. Knead until smooth. Divide into two or three balls. Roll each ball very thin on floured board and cut in circles about three inches in diameter.

Place one rounded tablespoon of filling* in center of each circle and form dumpling, being sure to seal well. Place dumplings in large kettle of boiling water (3 quarts). Place in water just enough dumplings to cover bottom of kettle without crowding. Continue to boil for four minutes after dumplings float. Remove to a colander, drain and spray dumplings with cold water to set them.

Place dumplings on platter, garnish with crumbled, crisp bacon (3 slices) and serve with dairy sour cream.

***Filling.** Mix potatoes and cheese. Saute onion in fat until brown, then add to potato and cottage cheese mixture. Add salt and pepper to blend well.

Mid-Summer Cantaloupe Is Joy Beyond Compare
We rejoice in the bounty of California mid-summer cantaloupe which are now appearing in local markets and due to be with us through September. Look for rinds of warm beige color with a high, well-defined net-like pattern all over the exterior. Stem ends are always clean because the melons are picked only when they are ripe and ready to leave the vine of their own accord. They are deep apricot, sometimes called pink, inside, have small seed cavity and rich, fresh fragrance.

Enjoy these melon monarchs any time from morning eye-opener to midnight snack. Say what we will, most of them will be chilled and cut into halves or half moons, served with lime or lemon wedges and/or sprinkling of salt.

Rainbow Bowl. Fill chilled peeled cantaloupe halves with balls or cubes of cantaloupe, honeydew and watermelon. Place on bed of shredded lettuce. Serve with French dressing, with a fresh fruit salad dressing or with dairy sour cream with bit of curry.

Melon Cup. For each serving, fill cantaloupe half with fresh seasonal fruits; peaches, berries, sliced bananas, pitted fresh sweet cherries or any combination thereof. Garnish with sprigs of mint. For special occasion, top with any flavored sherbet.



PUBLISHER CHARGED - Hugh Heffner, publisher of Playboy Magazine, is shown as he appeared in a Chicago court to face charges that photographs of Jayne Mansfield in the June issue were obscene. Heffner's attorneys asked for a continuance and his trial has been set for July 9. (UPI)



Deschutes Welfare Administrator Named

Bend - (UPI) - John C. Kerns, 36, has been named Deschutes county welfare administrator, succeeding Olive Jameson, who resigned after 28 years in the post.

Kerns has been welfare administrator for Malheur county since Sept. 1, 1960. He will assume his new duties Aug. 1.

MARK'S GROCERIA
6th and Grape Medford



PAPER AT BREAKFAST - Paper is proper at breakfast, too; it will save time and energy in countless ways. Our breakfast buffet offers mid-summer cantaloupe halves filled with cubed fresh pineapple, a handsome omelet surrounded by tomato and avocado slices. Toasted English muffins, jam, coffee for grownups, milk for the youngsters complete the enticements.



"Bleach-white clothes without adding bleach? IMPOSSIBLE!"

Not any more! For now there's a Chlorinated Detergent! It's called Pruf and it brings you exclusive Chlorinated Cleaning: the cleaning action of a detergent and the bleaching action of chlorine bleach combined, for the first time, in a single laundry product.

Take any wash-load to which you would normally add both a detergent and chlorine bleach. Now wash these clothes in Pruf. Just one cup (nothing more) is all it takes to clean them bleach-white!

Pruf's exclusive Chlorinated Cleaning means you can stop adding bleach forever, yet still clean clothes bleach-white! And you can forget about overbleaching once and for all!

Why keep on adding chlorine bleach to your detergent? Get Pruf, the world's first Chlorinated Detergent. Clean clothes bleach-white without adding bleach!

WORLD'S FIRST CHLORINATED DETERGENT



© Colgate-Palmolive Company, 1963

CASCADE PHARMACY

Cascade Shopping Center, White City

Grand Opening SALE

COME IN AND GET ACQUAINTED!

Saturday & Sunday, June 29 & 30, 9 A.M. to 9 P.M.



Ernie Kennedy is proud to announce the grand opening of the new Cascade Pharmacy in the Cascade Shopping Center in White City. Ernie has lived and worked in the area for many years and offers to his customers friendly and efficient service. Ernie welcomes everyone to drop in and see his new store and get acquainted.

FREE ORCHIDS
to the First
250 Ladies Each Day

- LISTERINE reg. 89c 59c
- ANACIN 100's reg. \$1.25 89c
- Crest Tooth Paste reg. 83c 69c

RUBBING ALCOHOL
McKesson
Reg. 59c Pint **29c**

- Leather Billfolds reg. \$1.00 59c
- ENVELOPES Value Pak reg. 39c 29c
- POCKET COMBS reg. 10c 1c
- BOBBY PINS reg. 25c 2 cards for 25c

EASTMAN FILM
VP 620 and 127 F O R **2 88c**
Reg. 55c

- French Touch Shampoo Full Pint 88c
- Tre Jur Bubble Bath liquid & crystals 88c
- 8 Pc. Iced Tea Set reg. \$1.85 **\$1.39**
- Plastic Cosmetic Bag 88c

WE FEATURE!
Tussy & Max Factor
COSMETICS
Brown & Haley
CANDY
American
GREETING CARDS
★ PLUS ★
FILM DEVELOPING
SERVICE

CALL 826-9481
for
COMPLETE Service
at

CASCADE PHARMACY

Cascade Shopping Center, White City

FREE FREE FREE
★ Candy ★ Balloons ★ Samples
DOOR PRIZES
Register for free prizes... no purchase necessary and you need not be present at drawing to win!
★ Portable TV Set
★ Baby Blanket
★ Ansco Camera Set
MANY MORE PRIZES ALL DAY!

- MICRIN reg. 98c 69c
- HAIR BRUSHES reg. 1.00 69c
- KOTEX (reg. 12's) reg. 45c 29c
- Facial Tissue Lydia Grey 400 count **5 for \$1.00**

TONI PERMANENT
Reg. \$2.00 **\$1 39**

- Playing Cards Bridge or Pinochle reg. 59c 39c
- RUBBER GLOVES Household reg. 69c 39c
- Bathroom Scales reg. \$5.95 **\$3.95**
- Super Blue Blades reg. \$1.00 79c

HEADQUARTERS FOR VETERINARY SUPPLIES
Franklin & Cutter
Vaccines and Instruments
(Register for Free Vaccine Syringe)

STERILE PADS
2x3x12's Reg. 49c **41c**

PLASTIC BANDAGES
Reg. 45c Special **38c**

VACUUM BOTTLE
Pint Reg. 1.98 **1.19**

KODAK Instamatic Cameras
Bright new day in picture-taking pleasure!