

Tasty Salads Made With a Ham or Chicken Accent



Some salads are meals in themselves. By MRS. GAYNOR MADDOX There can be more to a salad than refreshing greens. Chicken and ham, beans, cheese and fish can be added to turn this touch of the garden into a satisfactory meal. Try these recipes:

Chicken and Ham Salad (Serves four to six)
One and one-fourth cups cooked chicken, 1 cup diced boiled ham, salt, pepper, 1 cup diced celery, 1 cup French dressing, lettuce, 1 cup mayonnaise.
The chicken should be free from skin, fat and gristle, and should be cut in cubes 1/2 to 1 inch in size. For special occasions white meat alone is used. Sprinkle meat with salt and pepper, add celery and French dressing, and let chill half an hour or more. Serve on platter in lettuce cups and garnish with mayonnaise.

Cottage Cheese Salad (Serves four to six)
One pound cottage cheese, 1 teaspoon salt, 2 tablespoons mayonnaise.

Menu
BREAKFAST: Stewed apricots, dry cereal, wholewheat toast, honey, coffee, milk.
LUNCHEON: Clear tomato soup, banana-nut salad, potato chips, chocolate cookies, tea, milk.

French Veal, Brunswick Stew Termed Popular Meat Dishes

By MRS. GAYNOR MADDOX Vegetables, fresh and colorful, give meat dishes extra delicacy. Try these combinations for dinner:

BRUNSWICK STEW (Serves four to six)
One four-pound fowl, 1 cracked veal shank, boiling water, 1 tablespoon salt, 1 teaspoon pepper, 1 teaspoon paprika, 3 small onions, sliced; 2 cups canned tomatoes, 14 cups green lima beans, 14 cups corn, cut from cob or whole kernels, canned; 2 tablespoons butter, 2 tablespoons flour.
Have fowl cut in pieces for serving. Place in kettle with veal shank, add boiling water to half cover and salt and pepper. Bring to boiling, cover tightly, and simmer over low heat 1 hour. Uncover, add onions, tomatoes, and beans and cook 30 minutes. Add corn and cook 10 minutes until chicken and vegetables are tender. Remove veal shank. Cream butter with flour until well blended and stir slowly into hot liquid over low heat. Let boil 2 minutes.

FRENCH VEAL STEW (Serves four to six)
Two pounds stewing veal, 1 quart boiling water, 1 large onion, stuffed with cloves; 1 cup chopped carrot, 1 cup fresh herbs with inexpensive cuts of veal.
This veal stew with a French accent uses carrots, mushrooms, onions, green peas and fresh herbs with inexpensive cuts of veal.



GARDEN-FRESH FLAVOR AT ITS PEAK

...because Stokely's are rushed from garden to kitchen in record-breaking time Just like "Mom" put up? No, indeed! These vegetables and fruits have that desired home-style goodness...but they're far fresher, far richer in natural flavor, far more uniform in quality.
Here's the reason: All of Stokely's products are carefully and quickly moved from field to cannery, where only the best of each crop is accepted. Stokely's vegetables and fruits are picked and packed the same day—often within an hour—to preserve their fresh-tasting flavor.
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Stokely's FINEST FOODS

peas, raw; 1 bay leaf, 1 sprig thyme, 2 sprigs parsley, 4 peppercorns, 2 teaspoons salt, 1 cup mushrooms, sliced; 10 small onions, 5 tablespoons butter, 1 cup flour, 2 tablespoons lemon juice, 2 egg yolks, slightly beaten; 1 tablespoon chopped parsley.
Have veal cut in 2-inch pieces. Wipe meat with cloth. Simmer in water with onion, carrot, herbs, peppercorns and salt about 1 hour until tender. Drain veal.
Cook mushrooms in double boiler with a little of the veal stock for 15 minutes. Cook onions in covered heavy saucepan with 2 tablespoons butter 20 to 30 minutes, until tender. Melt remaining 3 tablespoons butter, stir in flour and when well blended, add 3 cups of strained stock. Cook over medium heat.

MENU

BREAKFAST: Orange juice, country sausage, griddle cakes, honey, coffee, milk.
DINNER: French veal stew, parsley potatoes, buttered broccoli, watercress and grapefruit salad, strawberry cream pie, coffee, milk.
SUPPER: Hot consomme in cups, chicken and ham salad, hard rolls, orange coconut cake, tea, milk.

You Can Wow Your Guests But Leave Your Spouse Alone

By RUTH MILLETT
HUSBANDS and wives — as a rule — aren't bowled over by each other's ideas.
They hear too many of them — good, bad and indifferent. And they know each other too well.
Instead of getting hurt and riled up over this state of affairs, they could both stick to one simple rule that would save their feelings.
Save That Super Story For Friends
When a husband — or a wife — gets a swell idea, or has a marriage partner a start to hear something brought forth in company that is entirely new. Husbands and wives are so used to trying out their jokes and stories and opinions on each other and then parading them for company, that an unshared thought is quite startling.
When the idea isn't one to be offered to a crowd, the husband or wife could at least pick the time for offering it for the other's inspection.
If a man is reading or a woman planning the dinner menu when an idea is set forth by the partner — it really deserves to fall flat.



1 Lb. 15c 3 Lb. 43c

Karo Syrup Blue Label 5 Lb. 35c
Pineapple Hillsdale, matched slices, No. 2 1/2 tins 29c
Cherries R. S. P. No. 2 tins 10c
P & G Soap White Naptha, Reg. size 3 bars 10c

Cherub Milk Baby Pure Can 5 1/2c 8 Cans 33c
Kitchen Craft Flour The home type flour that gives you better bread, pies and cakes 49-lb. bag \$1.49
Deviled Meat size 1/4 tins 3 for 10c
Candy Bars and Gum 5-Cent size 5 bars 15c
Sugar Belle Peas garden peas, No. 2 tins 2 for 25c
Grapefruit Juice No. 2 tins 3 for 25c

MEAT VALUES
Prices Effective Saturday Only, April 20
Fresh Halibut Warm weather calls for more fish dishes...Lb. 19c
Fresh Crabs Serve dainty white morsels of flaky crab meat in salads...Each 25c
Pork Steak Tender steaks cut from grain fed young porkers...Lb. 15c
Steaks Rib or sirloin, cut from choice steer beef...Lb. 25c
Pure Lard Kettle rendered, sweet and pure...4 lbs. 25c
Breakfast Bacon Swift's sliced...Lb. 22c
Spare Ribs Country style, Very meaty...Lb. 15 1/2c
Premium Hams Swift's, delicious baked or fried...Lb. 22c

Fresh Fruits & Vegetables.
Celery Utah variety, crisp and appetizing...2 bunches 25c
Bananas Nutritious golden fruit, ripened to perfection...3 lbs. 17c
Turnips Tender and sweet...3 Bu. 10c
Cabbage Solid compact heads...Lb. 3c
Cucumbers They will add new zest to your spring salads...2 for 15c
New Potatoes Shafter whites, medium size...5 lbs. 13c
Radishes and GREEN ONIONS...2 Bu. 5c
Spinach Large, clean tender leaves...3 lbs. 13c
Oranges Medium sized fruit...2 doz. 49c
Grapefruit Cochinella, Marsh seedless, extra large sizes...6 for 15c
Strawberries Luscious, ripe red fruit, Sun ripened. Serve with rich cream, with waffles, or on short cake.
SATURDAY ONLY, APRIL 20

Merrill, Tulelake, Dorris, Chiloquin and Klamath Falls. Prices effective Friday, Saturday, Sunday and Monday, April 19, 20, 21, 22

Snowflake Sodas 23c
Extra crisp and delicious...2-Lb. Caddy
Tomato Juice 3 for 25c
Sunny Dawn, No. 1 tins...48-oz. Tins 15c

Pork & Beans Van Camp's No. 300 3 cans 25c

Comfort Tissue Soft and Absorbent 4 rolls 23c

Zee Tissue Tinted or White 4 rolls 19c

Mission Bell Scotch Granulated Soap, large pkg. 25c

Cigarettes Old Golds, Chesterfields, Strikes, Raleighs, Lucky 2 pkgs. 25c

Tomatoes Stokely's Solid pack No. 2 1/2's 2 tins 25c

Soup Rancho-Tomato, Vegetable, Asparagus and pea-Tall tins 4 tins 23c

Brown Derby Beer 11-oz. stubbles or 12-oz. tins 3 for 29c

Vanilla Westag Imitation 4-oz. bottle 15c

Black Pepper Schilling's 4-oz. tin 5c

Sanka Coffee without caffeine 1-lb. tin 30c

Tea Canterbury Orange Pekoe 1/4-lb. 15c

Airway Coffe A mild mellow blend 1-lb. 12c

Silverleaf Lard Swift's 4-lb. Pall 39c

Honey Amber clear, so delicious with hot biscuits or muffins 5-lb. pall 39c

Fels Naptha Soap Bar 5c

Grapefruit Glenn Aire fancy whole sections Can 11c

Jell Well Seven delicious flavors. Lemon, Orange, Lime and Loganberry 4 pkgs. 17c

Hershey Candy Bars 1-Cent Size 5 for 15c



LUX FLAKES For all fine silks and linens Large Pkg. 20c

KLEENEX Large size packages 2 for 55c Regular size packages 2 for 25c



White Magic Bleach Cleans, Deodorizes, Bleaches Like Magic 1/4 Gallon 18c



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Sandwich Spread, Lunch Box Qt. Jar 35c
Piedmont Mayonnaise, Quart Jar 35c
SALAD OIL, May Day, pure vegetable, qt. tin 33c

Sunnybank Oleo 2-lb. ctn. 19c

Fluffiest 1 lb. cello bag **Fluffiest 1 lb. cello bag** Ea. 8c

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Per Can 8c

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