

Ice Cream Plays Bigger Part, Now, in Balanced Meal



Fresh peach ice cream with sugared fresh peach slices.

By MRS. GAYNOR MADDOX
Ice cream is everybody's favorite. And it has an honored place on the economy program because it contains abundant nutrients.

However, when you serve ice cream for dinner, remember that it is a form of food as well as a treat. Therefore, remember the great national consensus: use these days of economy, cut down on the rest of the menu. You don't need as much other food when you have a rich dessert as you do when you serve just a plain fruit.

Fresh Raspberry Sherbet

One and one-half cups granulated sugar, 1 tablespoon corn syrup, 2 1/2 cup boiling water, 2 egg whites, beaten stiff, 1 tablespoon lemon juice, 1 quart fresh raspberries, 1 cup heavy cream whipped, 1 teaspoon salt.

Cook sugar, corn syrup and boiling water until it spins a fine thread (238 F). Immediately pour in a fine stream over egg whites and salt, beating continuously. Continue to beat while pouring on syrup. Force raspberries through fine sieve and mix with lemon juice. Add to egg whites alternately with heavy cream, beating stiff. Freeze either in hand freezer or refrigerator tray.

Use the two yolks from the eggs tomorrow for soft custard. Chill and serve over blackberry

ries resting on slices of stale sponge cake.

That nourishing recipe comes from L. P. DeGouy's ideal summer companion, "Ice Cream Desserts for Every Occasion."

Fresh Peach Ice Cream

(Refrigerator method)
Three-fourths cup fresh peach pulp, sweetened, 1 teaspoon lemon juice, 1 can vanilla liquid freezing mix, 1 cup (1 can) milk, 1 cup cream, whipped.

Combine peach pulp and lemon juice. Empty can of freezing mix into bowl. Fill can with milk and add gradually to mix, stirring until blended. Fold in cream. Then fold in peach pulp. Turn into freezing tray of an automatic refrigerator, setting control for coldest freezing temperature. Stir thoroughly once after first 1 hour of freezing. Freezing time 2 1/2 to three hours. Makes about 1 1/2 pints ice cream. When serving garnish with fresh peach slices and juice.

Menu

Breakfast: Honeydew melon, wheat flakes, blackberry muffins, coffee, milk.
Luncheon: Spinach souffle, toasted rolls, fresh fruit cup, cookies, tea, milk.
Dinner: Apple and orange cup, spiced boiled picnic ham, boiled potatoes, creamed cabbage, fresh peach ice cream with peach slices, coffee, milk.

after first hour of freezing. To serve: fill tall glasses half full of frozen mixture; add chilled regular strength coffee, and stir.

Menu

BREAKFAST: Orange and canned grapefruit juice, fried corn meal mush, syrup, coffee, milk.

LUNCHEON: Poached eggs on toast, sliced tomatoes, soft rolls, gingerbread, tea, milk.

DINNER: Lamb stew with fresh potatoes and fresh vegetables, dumplings, hard rolls, cabbage and apple salad, Cinabar coffee, milk, coffee.

Fort Klamath

Of interest to friends will be the news received recently by Mr. and Mrs. Ray Loosley from their daughter, Miss Ethelva Loosley, telling them that she has accepted a position as nurse at the Fernland Tuberculosis sanitarium near Seattle, Wash. Miss Loosley is a graduate nurse, having completed her studies this spring at the Multnomah County hospital in Portland and having received her degree this year also.

Mrs. Nell Montgomery of Portland is visiting here with her son-in-law, daughter and family, Mr. and Mrs. William Johnson and children.

Mrs. Robert E. Gordon returned last week from a delightful two-week motor trip which took her as far north as Victoria, B. C. Mrs. Gordon went from Fort Klamath to Tillamook, Ore., where she was joined by her son, Robert G. Gordon, his wife and her mother, and the group enjoyed the trip north together. Mr. Gordon drove to Tillamook last week and brought his wife home to Fort Klamath at the conclusion of the trip and visit.

Last week visitors in Klamath Falls were Mrs. William Page, Mrs. Joe Taylor, Mrs. Harry Baum, Mrs. William Zumburn, and Mrs. Guss Page.

Mrs. Hazel Martin of Sprague River is visiting here with her sister and family, Mr. and Mrs. James Leggett and sons, and her brother, Gene Parker.

Ralph Darling and F. C. Bishop started haying operations at the L. M. Streeter ranch on Monday morning, and Earl Jackson and crew expected to finish putting up the hay crop at the F. J. Baker ranch on Thursday. Charles Nash and crew completed the work of haying at the Wood River ranch this week, and the annual cutting and sorting of hay will soon be finished throughout the valley. On several ranches, including that of E. D. Briscoe, work of clover hulling and threshing is now under way, being about two weeks earlier this season than usual. D. F. Lawton and crew are hulling and threshing the Briscoe clover crop.

FRANKLIN WAS LUCKY

Scientists say Benjamin Franklin, theoretically ought to have been electrocuted while making his kite experiment. He proved that lightning and laboratory electric sparks are the same in nature. In Europe, an imitator was killed making a similar test.

AMPLE WARNING

Inhabitants of our earth would have a 40 year notice of the dangerous approach of a star, according to astronomers. The warning would be given by a change in the orbits of our outermost planets, Pluto and Neptune.

Conscription will be voted successful in this country if it does no more than tuck in the shirt-tails of raw and splendid youth.

Here Is Recipe for Two Nutritious Summer Beverages

By MRS. GAYNOR MADDOX
A Service Staff Writer

HERE are delightful sweets for hot weather which follow the economy rule of "no sweets without nutrients." The first is by Jane Campbell of Meridian, Miss., and it won her the first urban high school food project title of national winner, conducted by a leading manufacturer of gas refrigerators.

HIGH SCHOOL SYLLABUB

One pint light cream, 3 egg whites, 1 cup dried or strained fruit juice, 3 grated lemon peel, 4 tablespoons powdered sugar. Mix all ingredients except egg whites. Beat whites stiff, fold in first mixture, and chill in pitcher in refrigerator, covered. Whip until frothy before serving and pass in tall parfait glasses garnished with mint leaves and cherries.

This recipe makes a dessert

and beverage in one, full of nutrients and pleasing flavor. When you include it in the menu, remember, it's a dessert, as well as a wonderful hot weather cooler.

CINNABAR COFFEE

One-fourth cup ground coffee, 1 tea-spoon salt, 4 inches stick cinnamon, 2 eggs, 1 1/2 cups milk, 1 cup heavy cream, whipped, 2 1/2 cup sugar, 43 cups fresh coffee, chilled.

Add ground coffee and cinnamon to milk and heat over simmer burner for 5 minutes. Strain through cheese cloth into bowl holding 3 cup sugar and the salt. Add to well beaten egg yolks. Chill. Add remaining sugar to stiffly beaten whites; fold in chilled coffee-milk, and whipped cream.

Pour into dessert tray of gas or electric refrigerator and freeze until firm, stirring once

Oregon's Own and Only Sugar

Salutes GRANTS PASS

Northern Gateway to the Redwood Empire

"It's the climate" . . . this sign over the Main Street of Grants Pass tells only part of the story. It's the hills, too! And The Rogue River—the greatest fly fishing stream in the world . . . and the gold and copper worth millions each year . . . and the timber . . . and the fertile soil . . . and the scenery . . . and the wild flowers blooming at most times of the year . . . and the new bulb growing industry. Hail to Grants Pass and Josephine County, with their 50% gain in population in the last 10 years.

Guaranteed for Canning



FACTS ABOUT GRANTS PASS

"No ups and downs" in the business graph . . . due to diversification of agriculture—the most important industry. Mining brings one million dollars a year. Rich in lumber and recreational resources in nearby Oregon caves, and Redwood Empire. Dairying, bulbs, hops, poultry, small seeds, fruits . . . everything that can be raised in temperate climate. "White Satin" Sugar salutes you . . . and asks for your support.



WHITE SATIN SUGAR



I KNOW THEY'RE FRESH— THEY'RE RIGHT OFF MY FARM

Crisp, tender vegetables . . . fruits that make your family ask for more . . . Safeway brings them to you farm fresh . . . you will be pleased with every purchase or your money back.

"Produce Prices Effective Friday and Saturday Only, Aug. 23 and 24"

Radishes	Crisp, sweet radishes	3 Bun. 5c
Sweet Potatoes	Calif. No. 1, new crop	Lb. 5c
Watermelons	Delicious, sweet, juicy melons	Lb. 3c
Lettuce	Extra large firm heads	Ea. 5c
Cabbage	Local, crisp heads	Lb. 2 1/2c
Corn	Tender, sweet Golden Bantam	Dox. 23c
Cantaloupes	Dillard, The best grown	Ea. 5c
Green Peppers	Sweet Bell, for stuffing	3 lbs. 10c
	or for that pickle relish	

Grapes	
Malagas, Tokays, Muscats, Lady Fingers, Seedless Grapes	3 lbs. 14c 3 Lbs. 10c

Concord Grapes	
For jelly and juice 5-lb. basket	29c

Potatoes	
Local No. 1, Red or white	10 lbs. 19c

Tomatoes	
Yakima, 18-lb. lug, For canning	Lug 39c

Julia Lee Wrights

BREAD

Guaranteed First Day Fresh

Salt	Fine Table, 8-lb. bag	Bag 19c
Corn	Country Home whole kernel No. 2 cans	2 for 23c
Grapefruit	Glenn Aire No. 2 cans	2 for 25c
Peaches	Castle Crest No. 2 1/2 cans	Ea. 14c
Shrimp	Small Dry Pellaco, 5-oz. can	10c
Peanut Butter	Real Roast 2-lb. jar	23c
Vinegar	Heinz white and cider qt. bottle	15c
Bleach	White Magic 1/2-Gal. Jug	17c



Nob Hill Coffee	1 Lb. 18c
2 Lb. Bag	35c
AIRWAY COFFEE	1 lb. bag 12c
3 Lb. Bag	35c
EDWARDS COFFEE	1 lb. tin 21c
2 Lb. Tin	39c

Royal Satin Shortening	
1 Lb.	15c
3-Lb. Can	39c

Sugar	
Fine, in cloth bag	
10 Lbs.	49c
25 Lbs.	\$1.22
100 Lbs.	\$4.89

Su-Purb Granulated Soap	
24-oz. Pkg.	16c
50-oz. pkg.	31c

Mayonnaise	Piedmont pt. jar	19c
Salad Dressing	Duchess pt. jar	17c
Quart Jar		25c
Corned Beef	Libby's, 12-oz. cans	2 for 35c
Breakfast Sausage	Puritan 10 1/2-oz. can	19c
Wax Paper	Diamond 125-ft. roll	Ea. 13c
Penjel Pectin		Pkg. 10c
Jels Rite	Liquid Pectin, 8-oz. bottles	3 for 29c
Jell Well	Assorted flavors	3 pkgs. 11c
Baking Chocolate	Hershey 1/2-Lb. Cake	12c
Canterbury Tea	Orange Pekoe 1/2-Lb. Pkg.	25c
Matches	Searchlight, package of 6	Ctn. 19c

Corn	
Standard pack No. 303 cans	
4 for 30c	

Laundry Soaps	
Crystal White, 10 Bars	29c
P&G 10 Bars	29c
Fels Naptha, 10 Bars	45c
Ivory, large bars 3 for	25c

Tomatoes	
Josephine choice pack, No. 2 1/2 cans	
3 for 29c	

Soap	
Oxydol, giant package	55c
Rinso, giant	55c
White King, giant package	44c
Crystal White Chips, giant pkg.	29c
Fels Naptha Chips	Pkg. 21c

Soap	
Camay, Lux, White King, Creme Oil, Mission Belle, Sierra Pine	Bar 5c

Mason Jars Regular	
Pints	Dox. 65c
Quarts	Dox. 79c
ECONOMY JARS	Pts., Dox. 83c
Quarts	Dox. 95c

Van Camp's Pork & Beans	
No. 300 tins	2 for 15c

Snowdrift Shortening	
3-Lb. Can	43c

Lipton's OP Tea	
1/4-Lb. Pkg.	38c

Palmolive Soap	
3 bars . . .	14c

Lux Flakes	
12 1/2-oz. Pkg.	19c

Meat Prices Effective Saturday Only	
Beef	Every Steak, Roast and Cut Guaranteed Fancy Quality Beef
Sirloin Steak, tender and juicy	Lb. 25c
Ground Beef, fresh and lean	2 Lbs. 29c
Short Ribs, for boiling or baking	Lb. 9 1/2c
Beef Roasts, blade cuts	Lb. 15c

Fish	Fresh ocean-caught, rushed to you by refrigerated truck. All cleaned ready for cooking.
Salmon, by the piece	Lb. 15 1/2c
Fillet Sole	Lb. 17 1/2c
Sliced Salmon	Lb. 19c
Sliced Halibut	Lb. 22 1/2c

Pork Roasts	
Lb. 12 1/2c	
Picnic Style	

Pork Steak	
Lb. 15c	

Bacon	
By the Piece	Lb. 16 1/2c

Pure Lard	
4 Lbs. 29c	

Spare Ribs	
Meaty	Lb. 15c

Swift's Prem. Hams	
Short shank, skinned, 10-12 lb. average, whole or half.	
Lb. 25c	

Chickens	For Fricassee or Stewing
Lb. 18 1/2c	

SAFeway