

# Calendar Sounds Call to Commence Plans for Picnics

By LOIS STEWART

Ever since that balmy summer Sunday when father told the little one to keep out of the potato salad with her new shoes on, the month of June has always been the official ready-to-go for picnics in our family.

Now picnics to most people, at least the kind that anticipate ants, mosquitoes and snakes as they pack the paper plates in the bottom of the basket, are genuine headaches. These folks should settle back and figure out a way to have a picnic that is FUN.

In the first place no picnic is fun where you drive so far you are worn out when you get there, too worn out to eat the food and practically at the carrying in stage when you get home. But luckily there are places close by where you can walk after Sunday morning church, save gas and tires, disposition and nerves.

Overhead the other day was this one-sided conversation between a rather rotund lady and her husband: "Honey, I gotta loaf of bread, some potato chips and beer. You think I oughta get some mustard for dinner?" It sounded more like a picnic to me and that's where we got our idea. So here are some of our favorite picnic recipes, all prepared the day before to want to save that last minute energy calling papa to hurry up with his shaving, the kids are tearing the upholstery out of the car.

### Delizia

Cook one-half pound hard-wheat spaghetti in boiling water, salted. Chop fine one small onion, a clove of garlic, one green pepper and fry in one-half cup of oil until onions are a golden color. Thin one-half pound of hamburger with a little cold water. (This is a smart trick and prevents the meat from cooking in lumps.) Add to the mixture and cook well.

Place the spaghetti in a baking dish, layer of meat, a layer of grated cheese, some canned tomato soup, layer of mushrooms, can of cream style corn, salt and pepper. Repeat until you finally have a layer of canned soup and cheese on the top. This is especially good re-heated. For picnics wrap the casserole or dutch oven in lots of newspaper and then tie a dish towel around the dish. Keeps it hot for several hours.

Now salad goes with Delizia just like ham goes with eggs. A good way to get out of a lot of work is to take fresh vegetables from the refrigerator, wrap in an ice cold towel, wrap again in newspapers and keep away from the car radiator. A big wooden bowl and some of this Russian dressing and you are all set.

### Russian Dressing

1/2 cup of sugar. (You might try light corn syrup.)  
1/2 cup of water. Boil to a syrup and cool.  
Add juice of two lemons and blend.  
1/2 cup catsup.  
1/2 cup mild vinegar.  
1 teaspoon grated onion.  
1 tablespoon Worcestershire sauce.  
1 button of garlic in the jar. Salt and pepper. If you don't like this, you don't like anything and "never have no fun."

There is the second school of thought which holds that picnics are less than nothing unless there is a potato salad in the basket. One of the best potato salads we know goes like this:

### Potato Salad

Dice new potatoes, not too fine.  
Add kosher dill pickles, cut fine. Minced onion, small amount of minced pimiento, salt and pepper. Over the top get generous with hard cooked eggs and sprinkle all with a light dash of celery seed. Of course you'd

Betty Higham and thank you very much!

### Honey Scotch Pie

3 tablespoons sugar. (Can omit.)  
1 cup hot water  
2 cups milk  
1 cup honey  
1 tablespoon butter  
1 cup, plus 1 tablespoon flour  
3 egg yolks  
1 teaspoon salt  
1 teaspoon vanilla or maple-nut flavoring.

Melt butter in heavy pan. When golden brown add hot water and sugar, boil until sugar dissolves. Add milk and heat to scalding. Blend honey, flour and slightly beaten egg yolks. Add salt. Add this to the liquid

mixture. Cook until thick, stirring frequently. Add flavoring. Cool. Put in baked pie shell. Top with meringue made with egg whites and one-half cup honey and a few grains of salt.

Mrs. Higham also suggests to Angel Food cake bakers that they can bake a marvelous Angel Food cake, leaving out the sugar and using a cup of honey plus two tablespoons light corn syrup.

This also is a war of microphones, drafting rooms and test tubes.—Dr. C. S. Marsh, vice president of American Council on Education, urging draft deferment for science students.

### Four-H Delegates Elect Officers

CORVALLIS, June 5 (AP)—Self-government units were set up here yesterday by delegates to the Oregon 4-H club summer session with election of Lorraine Fillinger, Astoria, as girls' council president and Donald Hagg, Reedville, as boys' president.

Council members, who are presidents of the delegates living houses, include: Jeanne Littleton, Pendleton; Betty Lou Best, Eugene; Waunda Reid, Grants Pass; Verle Saucy, Marion; Luella Nichols, Salem; Patricia Joyce, Sherwood; Don Michael, Lane county; Reed Vol-

sted, Benton county; Jack von Borstel, Sherman county; Roger Mann, Klamath county; Dick Krieg, Hood River county.

### TIME STOOD STILL

WILMINGTON, Del., (AP)—Alvin Hubbard's watch was stolen 13 years ago. He has just recovered it via Detective Robert Wallace, who said a man who pawned it had bought it from a paroled convict who had acquired it from another prisoner who died in a Columbus, Ohio, prison fire.

Complete victory will not be won until there is full and increasing use of the world's resources to lift living standards

from one end of this planet to the other.—Milo Perkins, executive secretary of board of economic warfare.

### BRAINEY COP

ALBUQUERQUE, (AP)—Two suspected army deserters escaped from the Albuquerque air base guard house, taking an automatic shotgun and an army truck.

A Santa Fe railway guard spotted them on the railroad right-of-way. Sicking his dog on the fugitives, the guard waited until the soldiers wasted their three shells on the animal, then took them prisoner.

### Bend's Baby Swans Survive Spillway

BEND, June 5 (AP)—Five little cygnets are swimming happily in calm waters today—and it's something of a minor miracle.

Annually a couple of swans hatch their brood above Tumalo Irrigation dam in the Deschutes river. And annually (almost), the cygnets swim too far into the current and are swept over the falls to destruction.

But this year's cygnets were a hardy brood. They were carried over the dam but survived.

Read Classified Ads for Results

# SAFEWAY Homemakers' Guide

NUMBER 46 ★ How you can win \$1000 ★ About vegetables and how to cook them ★ Some things you may not know about Dairy Products ★ How one wife made one husband happy



### Eight Secrets you may not know — and should .. about vegetables

There's nothing elaborate or fanciful about the modern methods of preparing and cooking vegetables. On the contrary, the new way is much simpler—(as you'll discover when you read these hints that come from the Safeway Homemakers' Bureau).

These eight suggestions will help keep all the color and flavor and garden freshness in your vegetables—and, at the same time, will help them retain all their health-building vitamins and minerals.

1. To start, always buy the freshest, finest vegetables available. The older they are, the less attractive they become, and they lose some of their vitamins, too. Buy and use greens the same day, if possible.

2. When you get your vegetables home, wash them quickly—but don't let them soak in water, or you'll wash away minerals and vitamins. Put greens in a covered container, wrap other vegetables closely in waxed paper, and store in the refrigerator until ready to use.

3. Don't pare, cut or shell fresh vegetables until just time to cook or serve, because vitamins escape once cut surfaces are exposed to air.

4. Colors—red, green, yellow and white; and flavors—mild, strong—determine just how vegetables are to be cooked. But, to retain nutritive qualities and appetite appeal in all vegetables, here's a good general rule: Cook quickly, as short a time as possible, using as little water as possible, and using cooking water when it is palatable. Quick cooking means less vitamin loss, less color change. To speed the cooking, add vegetables to rapidly boiling water; and whenever possible, cook covered.

5. Green vegetables (to keep their color), and strong flavored vegetables (to modify their flavor) should be cooked uncovered, in slightly more water than other vegetables.

6. Add a little vinegar, lemon juice, or tart apple to keep the color in red vegetables (like beets and red cabbage) during or after cooking. But don't add these acids to green vegetables until just serving time, or the green will turn dingy brown. Don't add soda to preserve color in green vegetables, either, for soda kills vitamins.

7. Once vegetables are tender, serve them as soon as possible, to get full benefit in goodness as well as nutrition. Overcooking lessens attractiveness, sacrifices vitamins and minerals, and may cause unpleasant color changes.

8. When you cook vegetables in a small amount of water, it's easy to serve the condensed cooking water with the vegetable itself. Save any leftover liquid to flavor soups and gravies—unless, of course, it is unpalatable.

More about cooking vegetables In this week's issue of Family Circle Magazine is an interesting article on the modern methods of vegetable cookery, and on nutrition in vegetables. Issued every Thursday, free at Safeway.

Safeway Homemakers' Bureau JULIA LEE WRIGHT, Director

## WIN \$1000

OR ONE OF 345 OTHER CASH PRIZES BY FINISHING THIS SENTENCE

"Nu Made Mayonnaise tastes Home-Made because...."

### Nu Made MAYONNAISE \$5000 CONTEST

- Think What You Can Do With \$1000!
- Think of the thousand things it can help buy—the new home you've had your eye on—the trip you've planned for years—so many other grand things. Or it will buy a \$1000 War Bond (8750) and leave you enough for a wonderful vacation this summer. And don't forget there are 345 other cash prizes to win too.
- Look How Easy It Is! All you have to do is get an entry blank at your neighborhood Safeway—finish the line "Nu Made Mayonnaise tastes home-made because...." in 25 words or less—attach it to a Nu Made Mayonnaise label (or a reasonable facsimile) and mail it to the address on the blank before midnight July 5, 1942.
- GET YOUR ENTRY BLANK TODAY AT YOUR NEIGHBORHOOD SAFEWAY
- |                          |                |     |              |     |
|--------------------------|----------------|-----|--------------|-----|
| Nu Made Mayonnaise       | Pint           | 27c | Qt. Jar      | 48c |
| Kraft Mayonnaise         |                |     | Quart Jar    | 53c |
| Kraft Miracle Whip       | Pint           | 27c | Quart Jar    | 41c |
| Duchess Salad Dressing   | Pint           | 24c | Quart        | 38c |
| Nalley's Tang            |                |     | Quart Jar    | 39c |
| Keen Shortening          | 1-Lb. Pkg.     | 18c | 4-Lb. Pkg.   | 69c |
| Pure Lard                | 2-Lb. Pkg.     | 37c | 4-Lb. Carton | 73c |
| Julia Lee Wright's Bread | 1 1/2-Lb. Loaf | 13c |              |     |
| Nob Hill Coffee          | 1-Lb. Bag      | 25c | 2-Lb. Bag    | 49c |
| Airway Coffee            | 1-Lb. Bag      | 21c | 3-Lb. Bag    | 60c |

### GUARANTEED-FRESH PRODUCE

Safeway produce is selected by experts. It's shipped direct to Safeway. If it fails to satisfy you completely, we'll refund all your money.

Prices Sat. Only

New Potatoes	U. S. No. 1 Shalters	Lb.	3 1/2c
Bananas	Golden Ripe, Luscious Fruit	Lb.	9c
Cabbage	New Spring Crop	Lb.	3 1/2c
Grapefruit	Arizona Marsh Seedless	Lb.	4 1/2c
Oranges	Southern California Navels	Lb.	6 1/2c

Strawberries, Oregon Grown

### SAFEWAY GUARANTEED MEATS

Unless you're completely satisfied with any cut of meat you buy at Safeway—we'll refund all your money without quibble or fuss.

Prices Sat. Only

SKINNED HAMS	Lb.	37c
PICNICS	Tenderized Short Shank Lb.	27 1/2c
BACON JOWLS	Lb.	21c
SLICED BACON	No Rind Lb.	35c
COLORED FRYERS	Lb.	35c
LUNCHEON MEATS	Lb.	33c
FRANKFURTERS	Lb.	27c
BEEF ROASTS	Bone Outs. Lb.	28c
SIRLOIN STEAK	Lb.	35c
GROUND BEEF	Lb.	17 1/2c

(This price effective Klamath Falls City Markets Only)

### Buy War Stamps with what you save on these PENNY SAVERS

MILK	Charub	Tall can 3 for	24c
TEA BAGS	Canterbury 2's		18c
CANADA DRY	Beverage	25-c. Bottles	15c
BEER	Brown Derby	Quart Bottle	25c
TOMATO JUICE	Sunny Dawn	16-oz. Can	21c
GRAPEFRUIT JUICE			11c
GRAPEFRUIT	Blue Tag	No. 1 Can	11c
PEACHES	Freshness 2 1/2	Can	22c
PEACHES	Del Monte Glass	No. 2 1/2	25c
PEACHES	Castle Crest	No. 2 1/2	22c
RAISINS	Seedless	4-lb. pkg.	33c
JELLO	or Royal Desserts	Pkg.	6c
MARSHMALLOWS	Fluffiest	Lb. Stk.	14c
CHOCOLATE DROPS			14c
SYRUP	Sleepy Hollow 33-oz.	Tin	63c
PEANUT BUTTER	Beverly	Lb. Jar	22c
TOMATO SOUP	Gambell	3 cans	25c
SLICED BEETS	No. 2	Can	10c
CORN	Del Monte	No. 200 cans	23c
CORN	Butter Kernel	No. 3 cans	27c
SPINACH	Emerald Bag	No. 2 1/2	15c
CORNED BEEF	1-lb. can		24c
TANG	Cudahy's Pork	12-oz. can	35c

### JUNE IS DAIRY PRODUCTS MONTH

#### Speaking of dairy products you ought to read this

Whole milk is one of our most complete natural foods. It contains, in varying amounts, all the food elements we need. It's an excellent source of protein; the minerals, calcium and phosphorus; riboflavin and niacin (B vitamins). And it's a fair source of Vitamin (Vitamin B) and has some Vitamin A and D.

Cheese, made from whole milk, such as American or Cheddar, is essentially the same as whole milk, nutritionally.

Butter and Cream are most important, nutritionally, for the Vitamin A they contribute. As well as Vitamin D and protein or fat.

Drink your milk, eat it as cheese, or get it in cooked foods—just be sure to get it. Adults need one pint daily and children one quart.

Disguise milk in cream soups, if you don't like to drink it. Or in scalloped dishes, cream pies, custards, milk shakes and ice cream.

Cheese adds flavor and nutrients to many things besides sandwiches. Use it in scalloped dishes, in sauce for vegetables, entrees; sprinkle it grated over soup; serve slabs with pie or crackers for dessert.

Dairy products at Safeway are all top quality. And not only are they brimming with nutrition, they are always low priced—every day. Guaranteed to please you completely or all your money back.

### Introduce your friends to Uncle Dudley

It's Real Quality Straight Bourbon From OLD KENTUCKY You and Your Friends will sure like popular

# UNCLE DUDLEY

5 years old!

Down in the "Blue Grass" state, where they know Bourbon best, this choice Whiskey is distilled—and AGED FOR FIVE YEARS for that extra smoothness. And it's so easy to buy, too, at these pleasing prices:

\$1.15 PINT  
\$2.20 FULL QUART

SEATTLE WORLD IMPORTERS, INC. SAN FRANCISCO

### WIFE GETS SMART, MAKES HUSBAND HAPPY

I DON'T LIKE TO KICK, JOAN, BUT THIS STEAK IS LIKE SHOE LEATHER. WHAT'S THE MATTER—BUDGET TROUBLES?

I'LL SAY! TOMORROW I'M GOING TO START LOOKING FOR A NEW BUTCHER. I CAN'T DO WORSE THAN THIS.

THIS SHOPPING Wears ME OUT PLEASEING A HUSBAND AND KEEPING A BUDGET BALANCED IS A TUGH JOB! AND GETTING GOOD MEAT, WELL...

WHY, DARLING, THAT'S NOT SUCH A PROBLEM. LET ME SHOW YOU!

JOE, I'VE GOT A NEW CUSTOMER FOR YOU. TELL MRS. KENNEDY WHAT YOU TOLD ME ABOUT SAFEWAY MEAT.

WELL, MA'AM, SAFEWAY BUYS ONLY THE QUALITY MEAT. WE GUARANTEE IT WILL BE TENDER AND JUICY EVERY TIME, OR ALL YOUR MONEY BACK. AND BECAUSE SAFEWAY CUTS OUT NEEDLESS IN-BETWEEN COSTS, WE SELL MEAT AT MONEY-SAVING PRICES.

BOY, THIS STEAK IS WONDERFUL! NO MATTER HOW MUCH YOU PAID FOR IT, IT WAS WORTH IT!

BUT IT WASN'T EXPENSIVE. THAT'S THE MARVELOUS THING ABOUT BUYING MEAT AT SAFEWAY. BESIDES SAVING THE MONEY, SAFEWAY GUARANTEES EVERY CUT GOOD-EATING AND TENDER—OR MY MONEY BACK.

You can please your husband, too

Buy Safeway guaranteed meat regularly. You will have good eating meat every time and savings in your purse, too. The Safeway market man means what he says, "All your money back if you are not entirely satisfied."

# SAFEWAY

(Prices effective Klamath Falls City Markets Only)