



Do you ever know quite what to do with bits of leftover chicken? Perhaps there isn't enough to even make sandwiches for the basketball crowd, yet your Scotch ancestry won't let you feed good light or dark meat to Fido. Then do try extending it with tuna.

Here's a recipe that blends the flavors of both meats perfectly. Try it on toasted English muffins or use hamburger buns, toasted brown if you prefer. Wonderful for a late evening snack and they can be whipped up in the twinkling of an eye.

**TUNA-CHICKEN SCRAMBLE**  
 1/2 to 1 can Bite Size Tuna  
 1/2 cup diced, leftover chicken  
 4 eggs  
 1/4 cup light cream or evaporated milk

1/2 teaspoon salt  
 1/4 teaspoon Worcestershire sauce  
 1 teaspoon pepper  
 4 English muffins or hamburger buns  
 8 slices tomato  
 8 strips of cheese

Combine tuna and chicken. Beat eggs slightly, with cream or evaporated milk; add seasonings. Stir in combined tuna and chicken. Cook in a frying pan in a small amount of melted butter or margarine until very soft. Meanwhile split and toast English muffins slightly. Heap tuna-chicken mixture on toasted muffins. Top each one with a slice of tomato and then a strip of cheese. Broil in broiler until cheese is melted. Serve at once. Makes 4 servings of two muffin halves each.

### Four-H News

**SHASTA SEWING BELLES**  
 Shasta Sewing Belles had their Jan. 7 meeting at Mrs. Roland King's home, 5415 Shasta Way. The girls learned about the animals that they are going to make. Some of the girls learned how to finish the pin cushion and needle case.

Barbara Alter gave a demonstration on how to sew the pin-cushion. One of the girls mothers came. She learned what her girl was to do. The girls were dismissed with the pledge.

Carolee Singleton  
 News Reporter

**JOLLY PAIS**  
 The clothing and woodworking clubs at Sprague River have merged. Both clubs were organized last fall, but so many members moved away that it was decided to put the two clubs together. The business meetings will be held together and then each group will go to separate rooms to work.

The name of the club has been changed to Jolly Pais instead of Sewing Pais as first chosen. The girls decided to go to Mrs. Lahoda's house to sew on their gresses some Saturday.

Lou Ellen Cook  
 News Reporter

**SIX LITTLE CHEFS**  
 The Six Little Chefs had a meeting, Jan. 18 in the High School Home Ec. room. Sharon Lyons and Valasta Rajnus gave a demonstration on cinnamon toast. We have decided to have the next meeting at Valasta Rajnus' house, January 28. She will give a demonstration on cookies.

The following members were present at the meeting: Sharon Walker, Darla Rebera, Karen Wolfe, Joyce Taylor, Valasta Rajnus, Sharon Lyons, and Kathleen Wilson.

Joyce Taylor  
 News Reporter

**COOKING I CLUB**  
 A new Cooking I unit has been formed by Mrs. C. Crawford. At the first meeting we started off with a lot of enthusiasm. Bondell Crawford and Sharon Thompson gave a demonstration on how to make Vanilla Drop Cookies. The cookies were very successful.

Election of officers was held. Nola Higdon, vice president; Jill Ann Brittain, secretary; Jeanie Flanton, song and yell leader; and Sharon Thompson, news reporter.

Other members present were Virginia Davis, Sylvia Miller, Barbara Colvard, and Margie Mitchell. We plan to be successful this year and above all do our best at our work.

Sharon Thompson  
 News Reporter

**LENTEN DISH**  
 Keep this recipe handy for the Lenten menu you'll soon be planning. Melt 1/4 cup butter or margarine and heat until browned. Stir in 1/4 cup each chopped roasted almonds and lemon juice, a dash cayenne pepper and 1 tablespoon chopped parsley. Serve at once over browned fish filets.

### Local Sorority Cheers Patients

"Books For Tired Eyes" is the project of the year for Kappa Chapter, Beta Sigma Phi. A number of volumes have already been taken out to patients at the County Rest Home and more will be taken during the year. Assisting with the initial project were Mrs. Al Cuddingham, Mrs. Gene Williams and Mrs. Tom O'Harra, president.

The January meeting was held at the home of Mrs. Con Borstings, Co-hostess was Lois Netzer. Mrs. O'Harra was in charge of the program, presenting the topic, "Origin of the Opera."

### Coal Mine In Cellar No Good

POTTSVILLE, Pa. (AP)—The man who accidentally uncovered a coal mine in his cellar can't use the coal because he has a stoker-fed furnace.

Elmer Evans says that the coal in the mine requires too much time and effort to reduce to stoker size. He discovered a 150-foot tunnel with a 70-foot spur while enlarging his basement.

The coal mine will be used, though. It's a good place to dump the dirt from the cellar-enlarging project, Evans found.

### Truce Talkers Finally Agree

PANMUNJOM, Korea (AP)—Alied and Communist truce negotiators agreed on one point in record time Thursday.

It took only one minute for staff officers to agree to delete from a U.N. draft of armistice terms this paragraph:

"Any member of the Military Armistice Commission is authorized to communicate directly with the commander who appointed him."

"How that paragraph got in there, I don't know," said the Allied spokesman, Brig. Gen. William P. Nuckols.

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Franco Spaghetti 15 oz. Tin 15c  
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HONOR BRAND Strawberries or Raspberries 35c PKG.

Best Foods MAYONNAISE... qt. 79c  
 Shedd's New! Old-Style Sauce... bot. 30c

Norwegian PEELLED SHRIMP tin 43c  
 Sliced—Smoked TUNA... tin 45c  
 Happy Vale SALMON... 1 lb. tin 49c  
 Bits-O-Sea TUNA, Flat... tin 24c  
 LOBSTER Fancy... 5 1/2 oz. tin 47c

Royal Club Small Cove OYSTERS... tin 39c

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 CARNATION Tall Tins — 2 for 29c Case of 48 6.69

**PEACHES**  
 LIBBY'S FREESTONE Halves or Sliced No. 2 1/2 Cans 39c

**Chili Con Carne**  
 VAN CAMP'S 300 Size Cans 34c

**TOMATOES**  
 Hunt's Solid Pack No. 2 1/2 2 for 49c  
 Green Giant No. 303 tin 19c

**CORN**  
 Del Monte Cream Style No. 303 tin 17c  
 Libby's PEAS 303 tin 20c

**BEANS**  
 Garden Brand No. 2 tins 2 for 29c  
 Standby BEANS Fancy Cut No. 2 can 22c

**PEAS**  
 Meco Size 303 tins 2 for 29c

**CORN**  
 Three Sisters Whole Kernel 2 for 31c  
 Del Monte PRUNES Dried 1 lb. tin 33c

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 Royal Club Crushed flat 15c  
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 CHEDDAR CHEESE Well aged. Made in Klamath Creamery lb. 59c  
 WIENERS Skinless. Made in Klamath Pack's sausage kitchen lb. 49c

Tasty Richardson's MINTS Large Pkg. 19c  
 JOLLY TIME POPCORN 19c  
 CIGARETTES All Popular Brands Carton \$1.59  
 COCOA Nestle's Instant Pound 49c  
 NAPKINS Lace Package 13c

Medo-Land Fresh COTTAGE CHEESE 19c  
 Pt. VELVEETA CHEESE 1 lb. 49c

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 TOMATOES Cello carton 19c

Standby Catsup Large 14-oz. bottle 19c

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