

Freshen Up Meals With Cottage Cheese Dishes

Are your winter menus beginning to seem dull and repetitious? What you need is a touch of spring to freshen up winter-dull appetites. Creamy cottage cheese salads combined with either vegetables or fruits will give your winter meals the lift they need. Cottage cheese is always in season—and it is a particularly good buy right now.

Cottage cheese is a nutritious food—good for young folks, adults and old people alike. It supplies plenty of hearty satisfying protein with each serving, in fact as much as a serving of meat. This makes a cottage cheese salad an ideal luncheon dish for the busy home maker. No preparation needed as it is ready to serve right from its container. To a mound of cottage cheese add a half cup of canned or fresh sliced fruit, a crisp lettuce leaf and your favorite salad dressing. Serve with a roll or butter or bread and butter and a glass of milk. An excellent light but satisfying lunch that will see you through the day without that late afternoon tired, hungry feeling.

Cottage cheese need not be limited to use in salads. It is the basic ingredient in many luscious pies, cookie, custards, and of course, cheesecake, too. Main dishes can be hearty and satisfying when made with cottage cheese. Cottage cheese desserts come light, medium and creamy rich, depending on your tastes. These cottage cheese recipes will give your winter meals a delightful lift in flavor, yet go easy on the food budget.

Tuna and Cottage Cheese Casserole
 1 7 oz. can tuna
 2 eggs, beaten
 2 cups cottage cheese
 Salt and pepper
 1/2 cup celery, finely sliced
 1 tablespoon grated onion
 1 tsp. Worcestershire sauce
 1/2 cup dry bread crumbs
 2 Tbsp. melted butter
 Mix tuna, cottage cheese, seasonings and 1/4 cup bread crumbs into eggs. Turn into greased casserole and top with remaining buttered bread crumbs. Bake 35 min. 375 degrees.

Coventry Tarts
 1/2 lb. cottage cheese
 1/2 cup honey
 1/4 cup butter, melted
 2 egg yolks, slightly beaten
 1/2 tsp. salt
 1/4 tsp. cinnamon
 1/4 tsp. nutmeg
 1 Tbsp. grated orange rind
 1 Tbsp. orange juice
 Pastry
 Line 8 large or 12 small individual tart pans with pastry. Combine all of the ingredients, stirring until thoroughly blended. Pour into

tart shells. Bake in a hot oven, 450 degrees F., for 10 minutes; reduce heat to 325 degrees F., and bake until golden brown and a clean knife inserted in the center comes out clean, about 20 minutes. Remove from oven; Cool. Serve plain or topped with whipped cream and a little red currant jelly.

Fabric Sheds Spots-Stains Read Labels

A fabric that sheds spots and stains! Sounds fantastic, doesn't it? Many fabulous claims have been made about fabrics that are treated with a finish to make them stain and spot resistant. One claim states that such finishes will result in a saving of "one billion dollars a year in drycleaning bills" for Mr. and Mrs. Q. Public.

To show the absurdity of such claims, the NATIONAL INSTITUTE OF CLEANING AND DYEING points out that the total volume of all 28,000 cleaning establishments in the country is one billion dollars. Fabrics treated with stain resistant finishes become soiled with wear and use as do other clothing and household items. They will require cleaning to keep them in a wearable condition.

The stain resistant finishes are not new. They are the same water repellent finishes we have been buying for years. The change has been one of emphasis . . . from water repellency to stain resistance.

We suggest that when you purchase a fabric that is treated with a stain-resistant finish, check the claims. Keep in mind that fabric treated with these finishes make the fabric resistant to water and non-oily type stains only. They do not resist stains that are carried in an oil base, such as salad oils, hair oils, cosmetics; stains that are carried in an alcohol base such as cocktails or perfume; nor the emulsion type stains such as cream or salad dressings. The type of stains to which these finishes are resistant include those that have a water base such as soft drinks, tea, coffee.

Labels that read, "Dryclean only in solutions not containing soaps, detergents or re-claimed solvents" are not realistic. The use of a dry-cleaning soap or a detergent is necessary to remove dirt and soil from fabrics.



LENTEN FOODS

for a FEAST on FAST DAYS

TUNA FISH
 Booth Crescent
 Chunk and Flakes
 6 1/2-oz. Tin
2 FOR 49¢

TUNA FISH
 Fancy Royal Club
 Solid Pack
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29¢

LIBBY'S SALMON
 Red Alaska Sockeye
 16-oz. Tin
79¢

Keep your Lenten meals alive with appetite appeal! Fill the plates with thrilling and filling foods! It's easy when you shop at EMIL'S because we have a vast variety of delicious, nutritious foods for a feast on fast days. And you'll eat better for less money because we make every price a low price every day. For proof—check these big values . . . then fill your pantry with all the family's favorites for grand-tasting Lenten meals.

FLOUR 89¢
 Drifted Snow—10-lb. bag

PINK SALMON 49¢
 Happy Vale
 16-oz. Tin

Self-Service Meats

- PORK ROASTS**
Lean, center shoulder cuts lb. 39c
- OYSTERS**
Frying size pt. 55c
- SLICED BACON**
Del Monte or Morrill's lb. 39c
- TURKEYS**
Fresh frosted, small hens. Oven ready lb. 79c
- SAUSAGE**
Pure pork, country style lb. 35c
- HAMS**
Whole or half, tenderized. Skin and surplus fat removed lb. 55c
- CHEDDAR CHEESE**
Crater Lake, aged lb. 59c
- PORK CHOPS**
Lean, light loin cuts lb. 55c

Fruits & Vegetables

- Oranges**
Sno-Boy, Sun kist 4-lb. bag 43c
- Celery**
Fresh, crisp lb. 9c
- Cauliflower**
Snow White lb. 15c
- Broccoli**
Fresh and tender bun. 15c
- Apples**
Newtown, for sauces, pies lb. 10c
- LARGE ASPARAGUS**
lb. 35c

Frozen Foods

HONOR BRAND

- RASPBERRIES 12-oz. pkg. 39c
- PEACHES 12-oz. pkg. 39c
- CUT CORN 12-oz. pkg. 21c
- SPINACH 14-oz. pkg. 21c
- GREEN PEAS 12-oz. pkg. 21c
- FRENCH FRIED POTATOES 12-oz. pkg. 21c

SAVE 10¢
 with COUPON FROM PAGE 19 OF THIS NEWSPAPER **15¢** lb.

SUNSHINE

- Krispy Crackers** 2-lb. Box 39c
- Hi Ho Crackers** 1-lb. Box 33c
- JUMBO JELLIES** 1-lb. Bag 29c
- COCO GEMS** 1-lb. Bag 29c
- FIG BARS**
WHOLE WHEAT and VANILLA, 2 lbs. 49c
- Ginger Snaps** 28-oz. Barrel 45c
- Peanut Butter** Planters, 15-oz. jar 39c

SWIFTNING SHORTENING

3 LB TIN 74¢

Blue Plate Cove OYSTERS 39¢
 5-oz. Tin

- Spaghetti** Franco-American 1 1/2-oz. Tin **15¢**
- HUNT'S Catsup** 14-oz. Bot. 2 For **35¢**
- S&W COFFEE** 1-lb. **83c** 2 lbs. **1.65**
- Hershey Chocolate SYRUP** 16-oz. Tin **15¢**
- WESSON OIL** Qt. Bot. **55¢**
- FISHER'S Biskit Mix** Lge. Pkg. **39¢**
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