NEW OFFICERS of the Merrill Business and Professional Women's Club, installed recently are (l to r) Lillian Thomas, treasurer; Louise Tracy, recording secretary; Audrey Lewis, 2nd vice; Bessie West, president; Helen Brumley, 1st vice and Lorena Honeycutt, corresponding secretary.

## Bessie West BPW Prexy At Merrill

MERRILL — The Merrill BPW Club held installation at the Merrill Presbyterian Church parlor, June 16, at 7:30 p.m. Carol Sabo, Klamath Falls, installed the following officers: Bessie West, President, Helen Brumley, first vice president, Audrey Lewis second vice president, Louise Tracy, recording secretary, Lorena Honeycutt, corresponding secretary, and L Pian Tuttle treasurer.

An interesting program was given; an organ solo by Lillian Thomas; reading by Mrs. Browning, Malin, and a vocal solo by Carol Wynant accompanied by Lillian Thomas.

Present for the evening were Mrs. Carol Sabo, Beth Griggs, Lorraine Quillin, and Edna Albrecht, Klamath Falls; Lucille Gray, Mrs. Browning, Caroline Loveness, and Sybil Holl, Malin; Lillian Thomas, Susan Williams, Carol Wynant, Mildred Poe, Lena Harrison, Helen Brumley, Bessie West, Lorena Honeycutt, Myrtle Davis, Leona Beasley, Audrey Lewis, Kay Brickner, Harriett Fotheringham, Delia Hodges, and Louise Tracy, Merrill.

Dinner was served by the Merrill American Legion Auxiliary Post 60.

### PRETTY

If you want a really festive dessert, try this on your guests. Coffee ice cream in the bottom of the dish, then spoonful of creme de cocoa; a job of whipped cream and the final crowning glory of some slivered or chopped roasted almond.

## Make Menus Simple-Save Food-Energy

Summer menus present a challenge to all homemakers. They have to provide their families with nourishing meals, which are just as necessary in July as in January. But in doing so they don't want to make themselves into burnt offerings.

There are many ways of keeping the cook from melting away in the kitchen. The thing to do is to let the refrigerator do most of the work for you.

Using left-overs with the help of the refrigerator saves money as well as energy. Make tasty salads with yesterday's cooked vegetables, serving them in gelatin or with dressing. Save the nutritious liquid from canned vegetables for soups, sauces and gravies, and the delicious liquid from canned fruits for gelatin or pudding sauces. A small amount of left-over meat can be extended with rice, spaghetti or noodles to make a quickly prepared and appetizing main course.

Reheating stale bread, cookies or cake restores the flavor.

Use the top of the double boiler instead of the oven in summer. As far as possible, do all your cooking on top of the stove.

A menu that is just right for summer economy, nourishment and ease of preparation features Spanish Rice as the main dish. You might start with chilled fruit juice, serve green beans and gelatin salad, and have floating island for dessert.

### RELAX

On a blistering hot day, fix yourself a luncheon tray and take it to a shady porch or lawn to eat. For the main plate make an arrangement of unstemmed cherries, fresh halved apricots, plump cooked prunes and 1-inch chunks of watermelon. Place the fruits on salad greens and center with a large scoop of creamy cottage cheese. Iced tea and a roll complete the meal.

### SPANISH RICE

8 slices canned or cooked meat loaf cut about ½" thick
1 cup raw rice
4 tablespoons shortening
1 small onion, chopped
1 cup chopped celery
1 teaspoon salt
¼ teaspoon pepper
2½ cups cooked tomatoes
1 cup soup stock or water.

Wash rice and drain. Brown rice lightly in shortening. Add onion and celery and brown a few minutes longer. Add tomatoes, liquid, and seasonings. Cover and cook over low heat, stirring occasionally, until rice is tender (about 25 minutes).

While rice is cooking, dip meat slices in lightly beaten egg and crumbs and pan fry in hot shortening. Serve with the rice on a hot platter.


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Assorted LUNCH MEATS All kinds lb. 59c
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"200" Size ORANGES 5-lb. bag 49c
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FRESH GROUND BEEF lb. 59c
BEEF POT ROAST ..Gov't Grade "Good" lb. 69c
LEAN SHORT RIBS lb 47c
Half or Whole FRESH SALMON lb. 47c Salmon Steaks lb. 55c
Colored HENS lb. 37c
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SPECIAL VALUES
COFFEE Schilling Pound 85c
BISQUICK large pkg. 35c
WAX PAPER 125 foot roll 25c
M.D.T. TISSUE 2 for 25c
HOT SAUCE Hunt's 19 for $1.00
CIGARETTES 6 Pkgs. $1.00
CATSUP Del Monte 5 for $1.00
MILK All Popular Brands 7 for $1.00
TOMATO JUICE Del Rogue 46-oz. tin 5 for $1.00
CORN Kountry Kist 303's 7 for $1.00
PEAS Del Monte 303's 5 for $1.00
SOAP Maxine. A fine hand Soap 20 for $1
ROYAL CLUB Grapefruit Juice 46-oz. tin 4 for $1.00
GRAPEFRUIT No. 2 Tins 15c
PINEAPPLE JUICE 46-oz. tin 29c

Carnation Shepherd's Pie
A Little Meat . . . A Hearty Meal!
4 tablespoons chopped onion
2 tablespoons chopped green pepper
½ cup diced celery
1 cup diced, cooked meat
4 tablespoons fat
4 tablespoons flour
1 tall can Carnation Milk
1 beef bouillon cube, dissolved in ½ cup boiling water
½ cup diced cooked carrots
½ teaspoon salt
½ teaspoon pepper
2 cups mashed potatoes
Slowly brown onion, pepper, celery and meat in fat. Blend in flour, stirring constantly until brown. Add Carnation Milk, dissolved bouillon cube, and carrots. Cook slowly until gravy thickens slightly. Add seasonings. Pour into well-greased casserole or baking dish. Drop mashed potatoes by spoonfuls over top, or press through pastry tube. Bake in moderate oven (350°-375° F.) to brown top. Serves 4 to 6.
For a Velvet Blend Use Carnation

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