



DESIGNED FOR SUMMER—Peach Melba made with 1 1/2 cups milk, 1 package vanilla freezing mix, six peach halves and lots of fresh raspberries. Beat freezing mix into milk with rotary egg beater, pour in freezing tray. When frozen firm, remove to bowl, break up and beat until fluffy with electric or hand beater. Continue freezing. When ready to serve, place peach half in each dish, top with big portion vanilla frozen dessert, top with whole fresh raspberries or crushed ones slightly sweetened.

**Ambrosia
Food of Gods
Dessert Treat**

Ambrosia... that delightful combination of fresh oranges and shredded coconut... is appropriately named. According to the dictionary, the word ambrosia means "food for the gods," and home makers who serve this dish agree that the meaning is true. At one time ambrosia was a traditional dessert served at only the most important holiday dinners throughout the South. Now its popularity has spread throughout the country and it is served year-round in all parts of America as an ambrosia salad, as well as ambrosia dessert.

This easy-to-make dessert earns even more popularity now that we know that fresh oranges provide helpful protoporphyrins. Most of the protoporphyrins are deposited in the meaty solids of the orange, the walls of the segments, and the juice sacs, and in the white materials which cling naturally when the fruit is peeled.

The basic recipe for ambrosia requires six oranges, one-fourth cup powdered sugar, and one-half cup shredded coconut. Peel and slice the oranges into cartwheel shapes. Arrange orange slices on individual plates and sprinkle with sugar and coconut... or arrange slices in two layers in a serving dish, sprinkle half the sugar and coconut over each layer. If you prefer smaller pieces of orange,

cut each slice into about four chunks, making bite-size pieces. This basic recipe serves six.

CHANGE TEMPO

As a variation of the ever-popular basic ambrosia alternate slice of bananas with orange slices on each plate. Then top with sugar and coconut. Another popular combination is orange ambrosia with chunks of pineapple tossed in. For a summer treat that helps to beat the heat, serve ambrosia Sundaes. Turn your kitchen into a soda fountain and whip up this refreshing delicacy in a jiffy. Just peel and slice several oranges, cutting each slice into four to six chunks for easy eating. Mix in sugar and coconut as you did for ambrosia. Then spoon this flavorful combination over dishes of ice cream and you'll have the summer's most popular sundae!

You can dress up custard or vanilla pudding with this ambrosia sundae mixture. A topping of this and plain custard will take on a "company look" as well as becoming more flavorful and nutritious.

Delicious



Crisp, fresh, flavorful—Nalley's Potato Chips are a family favorite. Everyday food that everyone likes!

Recipe

One can of soup, two of macaroni and cheese, two of tuna and a little wine blend into a delicious fish, Quick Macaroni-Tuna Casserole.

When served with the rest of the Sauterne used in its preparation (this well-chilled), a crisp vegetable salad and a fresh fruit dessert, the casserole makes a satisfying summer supper for five or six.

QUICK MACARONI-TUNA CASSEROLE

- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1 can condensed cream of mushroom soup
- 1-3 cup Sauterne or other white table wine
- Salt and pepper to taste
- 2 (1 1/2 oz.) cans macaroni with cheese sauce
- 2 (7 oz.) cans tuna, drained and flaked
- 1/2 cup grated American cheese
- Paprika

Melt butter and stir in flour; add soup and wine, cook, stirring constantly, until mixture boils and thickens. Season to taste with salt and pepper. Add macaroni with cheese sauce and tuna. Turn into a greased baking dish; sprinkle with grated cheese and paprika. Bake in a moderately hot oven (35 F.) about 25 minutes, or until bubbly and browned.

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- WIENERS** "Sweetheart" Brand Skinless 55^c lb.
- LUNCH MEAT** Assorted 59^c lb.
- BEEF ROASTS** Grade "A" 69^c lb.
- HAMS** Tenderized, Big Y brand 65^c lb.
- Pork Sausage** Country style, well seasoned 25^c lb.
- Breast of Veal** Economical and good! 39^c lb.

- Snowdrift** 3-lb. tin (With 25c Coupon in Can) 53^c
- Wesson Oil** Qt. 49^c
- Tuna** White Star Bite Size, No. 1/2 Tin 29^c
- Coffee** Golden West Drip or Regular Grind, lb. 81^c
- Flour** Occident All Purpose Unexcelled 10 lbs. 89^c
- Sea Shells** Mission. For cool summer salads. 24-oz. 29^c
- Margarine** "Holiday" Colored, lb. 21^c
- Dressing** FRENCH Nalley's. It's new. Lge. 12-oz. jar 29^c
- Spaghetti** DINNER Nalley's Economical and Good! 2 for 35^c
- Pickles** Nalley's Old Fashioned Dills. 24-oz. 39^c
- Meat Balls** Haley's in Gravy. 15-oz. 53^c
- Muffin Mix** Roman Meal Make 'em in a hurry! 15^c
- Purex** Bleach 1/2 Gal. 27^c
- Nu-Bora** Soap Giant Size 49^c
- Tomato Juice** Del Roque 46-oz. 23^c
- Hot Sauce** Del Monte Buffet Tins 5^c
- Kool-Aid** For Cool Drinks! Meco, cut No. 2 tins 6 for 23^c
- Green Beans** No. 2 tins 2 for 27^c
- Peas** Del Monte 303 Tins 2 for 35^c
- Silk Tissue** Roll 5^c
- Brown Sugar** C&H lb. 10^c
- CATSUP** Del Monte 14-oz. bottle 15^c

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- Cucumbers** Long Green Slicers—3 for 14c ea. 5^c
- Sweet Corn** (Approx. 5c each) lb. 10^c
- PEACHES** California Elbertas box \$2.29
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