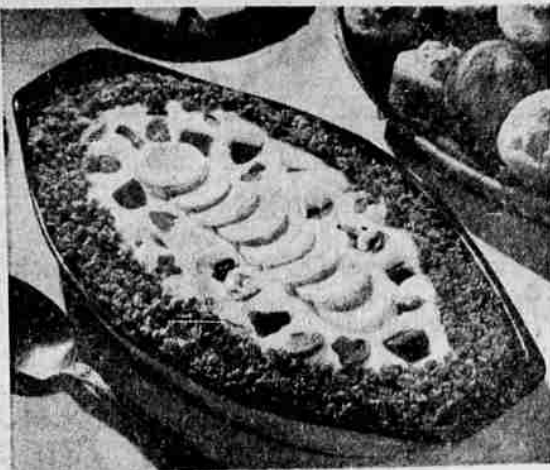




OVEN BAKED HAM AND EGGS make an attractive casserole that provides good eating for after-church informal entertaining on Sunday. Arrange the ingredients in a buttered casserole or baking dish in the morning and pop it into the oven for quick heating and browning while the rest of the meal is being prepared.

Entertain at Brunch

Entertaining friends for brunch after church on a Sunday can be made easier with a menu that allows for previous preparation.

Oven Baked Ham and Eggs may follow a fruit cup. Add corn muffins for their crunchy texture, or hot biscuits, milk and a hot beverage and you have an attractive, tasty meal. The ingredients for the ham and egg dish can be arranged in a buttered casserole or baking dish before going to church. When you return, put the main dish into the oven and while you are fixing the rest of the meal, the casserole will be taking on a nice brown and will be ready to put on the table in a very short time. If you are serving corn muffins, they can be made in advance and warmed to be ready to serve at the same time.

HAM AND EGGS

- 4 tablespoons butter
- 4 tablespoons flour
- 1/2 teaspoon salt
- 2 cups milk
- 1 cup dry bread crumbs
- 1/4 cup melted butter
- 6 hard cooked eggs, sliced
- 1 cup cooked ham, cut into pieces
- 1 small can mushrooms (stems and pieces) drained
- Paprika

Melt butter, blend in flour and salt; add milk gradually, stirring constantly. Continue to cook until sauce is smooth and thickened. Blend crumbs with the 1/4 cup melted butter. In a buttered casserole alternate layers of crumbs, eggs, ham, mushrooms and sauce, topping with crumbs. Bake in a moderate oven (350 degrees) for 25 minutes. Serve from the casserole at the table. Serves 6. If made in advance and casserole is cold, allow 45 minutes to brown and heat through.

CLEAN SHOWER CURTAINS

If your shower curtain is stained or filmed over, try soaking it in the tub to loosen the dirt. Ordinarily, a shower curtain comes clean when it's sashed up and down in soapsuds, but the soaking method is best for troublesome spots. Afterwards, use a soapy sponge or cloth to wash away the dirt, then rinse, wipe the curtain dry and hang it up again.

KING OF MEATS

Last year Americans for the first time since 1936 consumed more beef than pork and are expected to maintain beef's rule this year as cattle continue in more plentiful supply than hogs, according to the American Meat Institute.

The per capita consumption of beef in 1953 amounted to 76 pounds, 15 pounds per person more than a year before, and completely erased the previous all-time record of 73 pounds per person set in 1952. Pork consumption fell from around 71 1/2 pounds in 1952 to 63 1/2 pounds per person for 1953 — the lowest per capita consumption recorded in 11 years. Beef consumption in 1954 is expected to reach 74 1/2 pounds per capita.

Americans eat an average of 65 million pounds of meat every day. There is enough to fill about 2,500 railroad refrigerator cars or 2,800 refrigerator trucks which, placed end to end, would extend more than 18 miles.

Americans from year to year spend relatively the same percentage of this disposable income for meat — around 5 to 6 per cent of this figure about 24 per cent of the food budget.

Two-thirds of the country's livestock is produced west of the Mississippi River and two-thirds of the meat supply is eaten east of the river.

BY ANY OTHER NAME

Someone is always thinking up new names for women who stay at home and take care of the house — that simple phrase which encompasses so many activities. Latest suggested names are "household engineer" and "automatic operator." Manufacturers have made things so easy that many household duties can be taken care of with the push of a button.

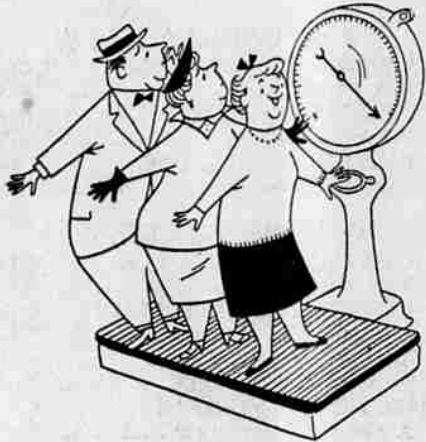
Diet If You Must But Consult Doctor

"I want to lose five pounds," is one of the most common remarks heard in any group of women. Sometimes it is said wistfully, sometimes with determination, but the average woman, for some strange reason, thinks she is from five to 10 pounds overweight most of the time.

As one who likes to eat and whose weight has always hovered around five pounds more than doctor's charts allow for height, your food editor is against dieting per se. Give me three square meals each delicious and easy to prepare. Or make tempting jellied dishes — desserts, salads, even party punch and sherbets for the youngsters."

CHICKEN SALAD

- 1 envelope (7 grams) low-calorie lemon gelatin
 - 1/2 teaspoon salt
 - 1 cup hot chicken broth
 - 1 cup finely diced chicken
 - 2 tablespoons finely diced cooked mushrooms
 - 1 teaspoon minced onions
- Dissolve gelatin and salt in hot broth. Chill until slightly thickened.



Rhubarb Fluff

- 1 lb. rhubarb
 - 1 cup sugar
 - 1 tablespoon gelatin
 - 1 tablespoon cold water
 - 1 cup heavy cream, whipped
- Cut rhubarb in very small pieces. Cover with sugar and simmer until rhubarb falls apart. Remove from heat; add gelatin which has been softened in the water and stir until completely dissolved. Chill until mixture begins to congeal; then fold in the whipped cream. Turn into mold and place in refrigerator or set. Unmold on serving plate and garnish with fresh strawberries in season or whipped cream.

FRUIT FRENCH DRESSING

- For 50 servings, combine 1 tablespoon salt, 1 teaspoon paprika and 2 tablespoons powdered sugar. Add 1/2 cup lemon juice, 1/2 cup orange juice and 3 cups salad oil and shake vigorously. Serve over canned pear salads. Yield — 50 servings.



BLUEBERRY MUFFINS can now be made with prepared mix. Following the newest trend of offering a mix than can be used in a variety of ways, this mix also makes excellent blueberry coffee cake, blueberry pancakes and blueberry dessert stacks. A generous can of blueberries is included in the package—and even the juice drained from the berries can be used for a dessert sauce. Available in Klamath Falls stores.

—Photo Courtesy Duncan-Hines Mixes

TRAVEL CONVENIENCE
Use hard-to-detach patched tags with your name and address on all pieces of luggage when you travel.

Used Records
SOUTHERN OREGON
MUSIC COMPANY
1330 Klamath Ave.

"GET-ACQUAINTED" OFFER!

1 PRICE 2 SALE

HOT, HEARTY and DIFFERENT!

LOOK FOR THIS
SPECIAL PACKAGE
AT YOUR GROCER'S!



Quick Shrimp Cocktail



Tastes just right with
BLUE PLATE
Canned Shrimp

With plump, rosy-pink Blue Plate Shrimp on your pantry shelf, you'll never run out of ideas for quick, tempting dishes.

- Enjoy their just-caught flavor in spicy shrimp cocktails.
- Add to soups, salads, casseroles—delicious and delicious.
- Serve on toast with cheese sauce. A meal in minutes!

Blue Plate Shrimp comes from the sunny Gulf of Mexico—home waters for nature's best-tasting shrimp. Enjoy their sea-fresh flavor often. Ready to eat. No peeling. No waste.

A 5-oz. can of Blue Plate Shrimp is equal to 1 lb. whole, raw shrimp.

Duncan Hines
AMERICA'S FOREMOST AUTHORITY ON GOOD EATING
says: "Try these

Easy Ideas

for putting a touch of Summer into these Winter Wonders!"



Quick Treats Cupcakes with Banana Slices

And easy! Make cupcakes with Duncan Hines Yellow Cake Mix (see package). Cool—then cut each 1/4 way down in "Y" shape. Fill wedges with whipped topping and slice of banana. Put maraschino cherry in center.

SAVE 10¢

on your next purchase of any Duncan Hines Mix with the

SPECIAL FREE COUPON

you'll find on every package of Duncan Hines Yellow Cake Mix, as an introductory offer. BUY NOW—OFFER GOOD FOR A LIMITED TIME ONLY!



Try Duncan Hines White Cake Mix, Devil's Food Cake Mix, and Spice Cake Mix... Buttermilk Pancake Mix and Blueberry Muffin Mix, too! Your 10¢ Coupon is good on any of them.



Golden, Summery Peach Shortcake

Bake Duncan Hines Yellow Cake in 2 layers and cool. At serving time, arrange canned sliced peaches over bottom layer. Spread with whipped topping. Put on second layer; arrange peaches and topping as in illustration.

Easy because

Duncan Hines Yellow Cake Mix

does so much of the work for you...brings you home-fresh, home-flavored, home-textured cake to start with!

Better because of

- a. Duncan Hines' knowledge of food and recipes
- b. Duncan Hines' insistence on use of the finest ingredients
- c. The fact that you use your own fresh eggs!

"Planning meals gets to be quite a chore this time of year, doesn't it? It's difficult to vary winter meals. But a dessert can do wonders... and when you combine fruit with cake made from my mixes, it's the easiest way I know of to bring a welcome touch of summer to your table.

"Of course, these are just a few of the many different desserts you can make with my cake mixes. In every case you can be sure of getting desserts with home-made goodness all their own, because of the special home-recipe blend of ingredients in my cake mixes—and because you add your own fresh eggs.

"No good cook would think of using dried eggs in her prized recipes, and yet that's the only kind that can be put 'right into' a cake mix package. That's why I ask you to add your own fresh eggs to my cake mixes."

Duncan Hines

TABLE TREATS

FROM THE FAMOUS
M.C.P. KITCHEN LABORATORY
COPR. 1953 MUTUAL CITRUS PRODUCTS CO. ANAHEIM, CALIF.

FORGET THE CALENDAR... YOU CAN MAKE THE FINEST BERRY JAMS Right Now!



WITHOUT COOKING... AND FOR LESS THAN 15¢ A GLASS — How? With frozen berries and the exclusive M.C.P. Jam and Jelly PECTIN uncooked jam recipe that eliminates the usual cooking and boiling and thus retain ALL natural berry flavor and color. And economical! The M.C.P. recipe (below) makes 13 (1 1/2 lb.) glasses for less than 15¢ a glass. Compare this with the cost (and quality) of "store" jam!

Uncooked Berry Jam Recipe*

(Using Frozen Strawberries or Red Raspberries) 3 — 16 oz., or 4 — 12 oz., or 5 — 10 oz. packages

1. Partially thaw the frozen berries and put them in a 2 or 4 quart kettle. Using a potato masher, crush berries thoroughly to obtain enough liquid to dissolve the pectin. Place kettle over slow fire and warm to 100°F. (or temperature you'd use for baby's milk). No hotter, please! Remove from fire.
2. Stir 1 package (3 1/2-oz.) M.C.P. Jam and Jelly Pectin into thawed berries, stirring vigorously. Set aside for at least 20 minutes, stirring occasionally to assure that pectin is fully dissolved.
3. Stir in 1 cup light corn syrup, and stir well.
4. Now, stir in 6 level cups beet or cane sugar (previously and accurately measured). Mix well.
5. With Red Raspberries, add 1/4 cup lemon juice after sugar is dissolved; mix well. Makes 5 full pints or 13 (1 1/2 lb.) glasses.

NOTE: If jam is to be kept for a time, put in pint jars or paper cartons, well covered (no paraffin needed), and chill for 24 hours in deep freeze, or freezing or ice cube compartment of refrigerator. Then, store as you would milk, and use as desired. Never store these jams on pantry shelf. They will not keep without refrigeration.

CUT OUT AND KEEP THIS RECIPE!

(It's not in the folder in the M.C.P. Pectin package. Or, write Mutual Citrus Products Co., Anaheim, California, for complete uncooked jam recipe folder.)

THIS CREAMY FRENCH DRESSING WILL NOT SEPARATE!

PECTIN DOES IT! That is, M.C.P. PECTIN. No other will do the trick! Seems strange to use pectin this way... but it's a plus value you get with M.C.P. JAM AND JELLY PECTIN. These sands have made M.C.P. French Dressing and called it "wonderful." The non-separating feature particularly appeals, also, the great economy. If you'd like this fine recipe, write to the M.C.P. Kitchen Laboratory, Anaheim, California.