



A COOL GREEN DESSERT that looks like summer. It's smooth, sweet and lime-flavored and you'll have trouble guessing that it is made of avocados. This is a favorite dessert in Brazil where the fruit is plentiful. If you want to follow South-of-the-Border custom all the way, serve Creme de Avocado with tiny demi-tasse cups of fragrant black coffee and arrowroot cookies.

FRUIT BREAD

Prunes, raisins and dried apricots are excellent to use in quick breads or yeast breads because they give it wonderful flavor and add moistness which helps the bread retain its freshness. The fruit bread makes fine toast and is a change that your family will welcome.

FREEZING SANDWICHES

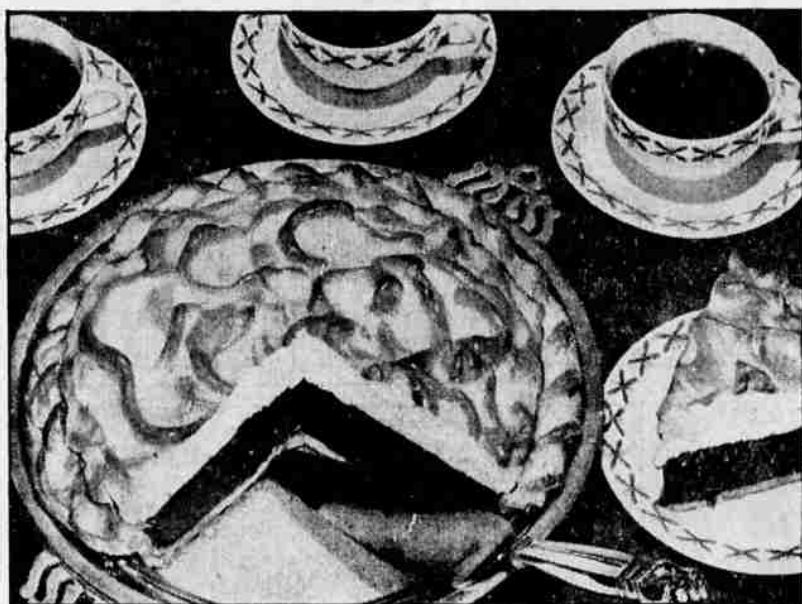
Some sandwich fillings freeze better than others and here is one that stores well in the freezer. Combine a 6½-ounce can of tuna with ¼ cup chopped unblanched almonds, ½ cup salad dressing, 1 tablespoon lemon juice and salt and pepper to taste.

EVERY MEAL A PICNIC!



BLUE BELL
Potato Chips
IN THE ECONOMY TWIN-PACK

What every
good cook knows:



Just a little difference in ingredients
makes a big difference in cooking results



Snowdrift is pre-whipped just a little longer than ordinary shortenings. That can make the big difference in easier, quicker cutting-in for flaky, tender pastry.



Snowdrift is just a little lighter than any other shortening—and that can make the big difference in giving your family lighter and more digestible foods.



Snowdrift's ingredients are just a little costlier than any other solid shortening (yet you pay no more). That can make the big difference in better tasting foods.

No other shortening at any price
is so creamy, so digestible
and so light!



Try Today's **Snowdrift**

100% PURE • ALL-VEGETABLE SHORTENING • MADE BY THE WESSON OIL PEOPLE

Creme de Avocado

4 ripe avocados
1 tablespoon lime juice
¼ cup sugar

Mash avocados with fork; put

through food mill or sieve. Add lime juice and sugar. Mix thoroughly. Spoon into freezing tray of automatic refrigerator; chill until

icy cold but not frozen.

For variations, add any one of the following ingredients before chilling: ½ cup vanilla ice cream; 1 teaspoon creme de cacao, or 1 jigger curaçad. Makes 5 to 6 servings.

AFTERNOON SNACK

Here's one that's different. Pour maple-blended syrup over a bowl full of grapefruit sections. Chill and serve in pretty sherbet glasses. It's a pickup that perks up that dinner appetite.

BE SURE AND WRITE

Mothers packing their youngsters off to camp will be wise to supply them with note paper or stamped postcards to make the task of writing home as painless as possible.

WHY MEDO-LAND COTTAGE CHEESE OUTSELLS THEM ALL!



Only GRADE A MILK and CREAM is used!

At Medo-Land we use only "farm-fresh" Grade A Milk and Cream to make Cottage Cheese.

We have found that a tiny difference in freshness makes a big difference in flavor. That's why you'll find Medo-Land Cottage Cheese has a "fresh-tasting difference".

It's made with "fresh" products. We're proud of the extra effort it takes because we know it will satisfy and make new friends for us with every bite. This is a big reason why Medo-Land outsells them all!



Made Fresh DAILY!

We know only one way to have our cottage cheese served on your table with its famous "fresh" flavor... and that is for us to make it for you *fresh every day!* That's exactly what we do! Every day the Medo-Land Cheese Makers make this wonderful, white, fluffy cheese that makes salads, desserts and main dishes taste better. One taste tells you this made-daily freshness is another reason *Medo-Land outsells them all!*



Sanitary Carton

Never before have we had a carton that keeps and protects Cottage Cheese like the "sealed" lid on the red, white and blue Medo-Land round carton you'll find in your grocer's dairy cabinet. It fits snugly and you know at a glance the cottage cheese is perfectly protected. Compare it with others and it will be your first choice too!

**ALL COTTAGE CHEESE...
Creamed or Uncreamed* is
HIGH in PROTEIN, LOW in CALORIES**

COTTAGE CHEESE	ICE CREAM	MILK
½ cup	⅔ cup	1 cup
PROTEIN	PROTEIN	PROTEIN
CALORIES	CALORIES	CALORIES
OF DAILY NEED	OF DAILY NEED	OF DAILY NEED

*Calories in One pound (pint) of Creamed Cottage Cheese 506
Calories in One pound (pint) Uncreamed Cottage Cheese 498

Calculation based on: Taylor, C. M., Food Values in Shares and Weights, New York; The Macmillan Co. 1942; Tables of Food Composition in Terms of Eleven Nutrients, U. S. Dept. Agric. Misc. Pub. No. 572, 1945; and Rose, M. S., Laboratory Handbook for Dietetics, 4th Ed., New York; The Macmillan Co. 1937; Recipe for creaming adopted from Doane, D. F., and Lawson, H. W., Varieties of Cheese, U. S. Dept. Agric. Bul. No. 608, 1934.



MEDO-LAND LARGE CURD. A large creamed curd with a bland flavor. High digestibility (90 to 99%) makes it a favorite with children and grownups. Excellent for diets.



MEDO-LAND SMALL CURD. Small, fluffy creamed curds for those preferring this variety with the same digestibility and high nutrition found in large curd. Ounce for ounce equal to the protein in meat.



MEDO-LAND CHIVE. Creamed for flavor, the addition of chopped chives makes this Cottage Cheese an excellent salad-type for an interesting menu change.



MEDO-LAND LOW FAT is full pint and retails for 29c. Fluffy, soft curds uncreamed. Flavor is very bland. The words Low-Fat indicate the cream is left out of this product for those who are on a strict diet.

CALORIES NEEDED DAILY

CHILDREN

1- 6 years 1200-1600
7-12 years 2000-2500
13-15 years 2800-3200
16-20 years 2400-3800
ADULT MAN (Mod. active) ... 3000
ADULT WOMAN (Mod. active) 2500

