

NORWAY KIPPER-SHIRRED EGGS make a good, nourishing breakfast, luncheon or supper, with moist, lightly smoked Norway kippers and shirred eggs. The dish is sure to be a family treat and it is economical, too. Flatwear pictured is Holmes & Edwards Danish Princess.

SHIRRED EGGS WITH KIPPERS

- 1 (3 1/2 oz.) can Norway kippers
- 2 eggs
- 1/2 oz. butter
- 1 tablespoon bread crumbs
- Sprig of parsley
- Salt and pepper

Butter a ramekin lightly and sprinkle with bread crumbs. Empty the contents of a can of kippers and place in ramekin. Over the kippers, break two eggs, being careful not to break the yolks. Bake in 350-degree oven for 30 minutes. Garnish with fresh parsley. Serve hot.

DON'T OVERCOOK

When you cook macaroni, spaghetti or noodles, be careful not to overcook them. Test them for doneness by pressing a piece gently against the side of the cooking pan with a spoon or fork.

Any popcorn worth its salt - is worth



When it rains it pours

STARRING CHEESE

Did you know that it takes five quarts of fresh, whole milk to produce one pound of cheese? The Oregon Dairy Council and American Dairy Council reminds us that this is October: Cheese Festival Month.

Cheese is one of our most "power-packed" foods, packed with food energy and food value. It contains in concentrated form many of the nutrients found in milk.

Cheese is an excellent complete protein food and ranks side by side with meat in appetite-satisfying qualities. The term complete is used to mean that cheese contains the 10 essential amino acids necessary to maintain healthful life and growth. Because it is a concentrated food, relatively small amounts are needed to satisfy the

protein requirements of a meal. The high quality of cheese as a protective food for adults cannot be over-emphasized. For weight watchers, cottage cheese provides a low-calorie, appetite-satisfying food containing valuable nutrients.

The importance and popularity of cheese in the American diet is indicated by the amount of cheese we consume each year. Annual per capita consumption in 1953 was

Used Records
SOUTHERN OREGON
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seven pounds per person.

Oregon Dairy Council is distributing a new booklet, "Starring Cheese." It relates that ancient Greeks revered cheese as "food for the gods." The Vikings bartered with it. It's important in army rations.

For cheese uses, the booklet divides cheese into three classifications: soft cheeses, semi-hard cheeses and hard cheeses. In the

soft cheese category are Camembert, cream, cottage cheese, Limburger and Neufchatel; semi-hard include Blue, brick, Gouda, Monterey jack and Muenster; hard cheeses, American cheddar, Edam, parmesan, Provolone, Swiss. These

are just examples of the bewildering array of available cheeses.

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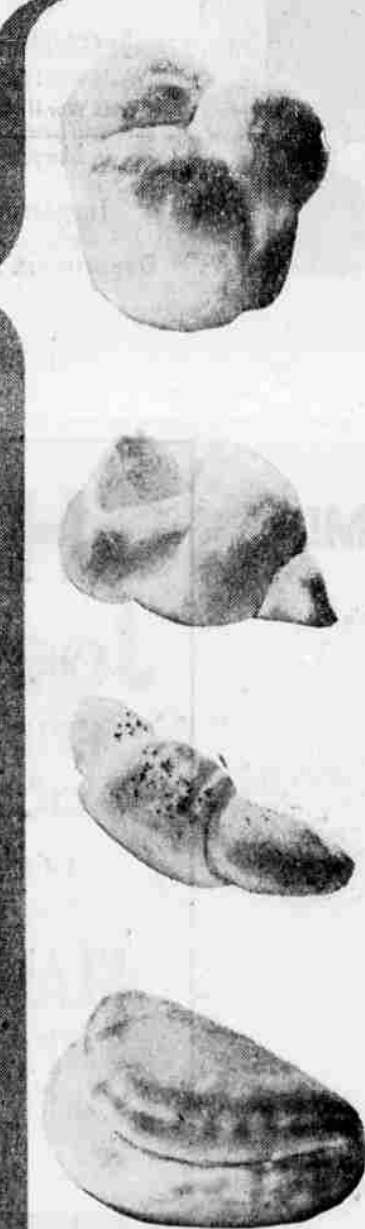
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Martha Meade's
EASY BUTTERMILK ROLLS

In medium saucepan heat 1 cup buttermilk until lukewarm. Remove from stove. Add 2 tablespoons sugar, 4 tablespoons soft shortening, 1 1/2 teaspoons salt, 1/4 teaspoon baking soda, 1 cake or package yeast (compressed or dry). Stir briskly until blended. Add 2 1/4 cups sifted SPERRY DRIFTED SNOW FLOUR. Mix to moderately stiff dough. Turn out on lightly floured board. Knead dough gently for few strokes. Replace in pan. Cover. Let rise 40-45 minutes. For Cloverleaf effect (shown at top), shape dough into 1 inch balls. Place 3 in each greased medium-sized

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