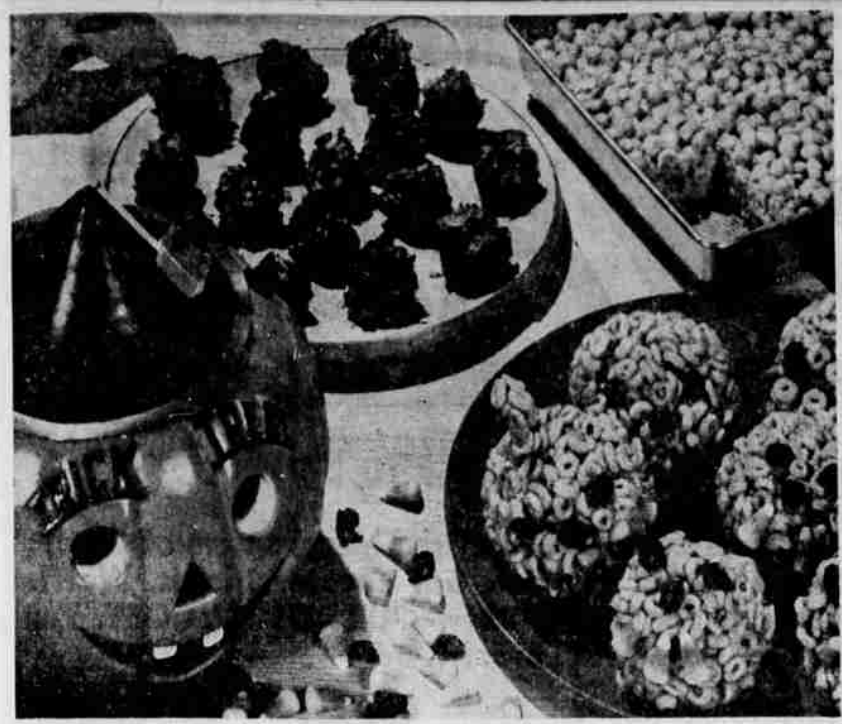




TRICK OR TREATS can be fun when you have prepared for your visitors in advance of Halloween. Crunchy cereal cookies which match the costumes of your callers can be your Halloween answer when the voices at the doorstep say "Trick or Treat."

Halloween Specialties

Halloween can be fun for you as well as sheet-clad ghosts who walk that night if you give a little thought to being prepared for the visitors.

Fix crunchy cereal cookies with a festive air. Betty Crocker of General Mills suggests Chocolate Goblins, Jack-O-Lanterns, and chewy Peanut Mallows as delicious treats for this night.

Jack-O-Lanterns

1 cup sugar
1-3 cup water
1-3 cup corn syrup
1 teaspoon salt
1/2 cup butter
1 teaspoon vanilla
7-oz. package Cheerios
Mix sugar, water, corn syrup, salt, butter in saucepan. Cook to 250 degrees or until a few drops form a hard ball when dropped into cold water. Take from heat. Stir in vanilla. Pour hot syrup in thin stream over Cheerios in large bowl, stirring constantly to mix well. Grease hands and form cereal mixture into shape of pumpkins. If balls pull apart, reshape occasionally until they harden. Use gumdrops for eyes and nose and corn candy for teeth. Makes 13 pumpkins.

Chocolate Goblins

6-oz. package pieces of 8 oz. milk chocolate
1/2 cup confectioners' sugar
1-3 cup toasted almonds chopped
2 tablespoons butter
2 cups Whiskies
Melt chocolate over hot water. Stir in rest of ingredients. Form into balls and place on baking

Cheese in Your Meals

Do you like cheese?
It likes you. It contains appetite-satisfying protein of the highest quality, calcium and phosphorus for building strong bones and teeth, riboflavin from the B-vitamin family and a generous supply of Vitamin A.

Cheese is a food that you can build a meal around. In fact, there is hardly a course, from soup to dessert, that cannot be made with cheese. Tasty main dishes like macaroni and cheese, cheese rabbit, cheese soufflé and cheese pie are flavorful additions to the fall menu. A dessert cheese tray is the perfect answer to informal evening entertaining, or as a pleasant ending for a company dinner.

Cheese dishes are luncheon favorites, too. Toasted cheese sandwiches and a bowl of good hearty soup is an old school lunch stand-by that youngsters never tire of. For mother, especially if she is watching her weight, there is cottage cheese salad, equally good combined with chopped fresh vegetable or fruit.

HAM AND CHEESE RAREBIT

(serves 6)

From the Oregon Dairy Council comes these recipes for this proven favorite. Instead of ham, canned luncheon meat may be used as an alternate.

1/2 pound ham
4 tablespoons chopped green pepper
2 tablespoons chopped onion
3 tablespoons butter
4 tablespoons flour

5 minutes. Add flour and blend. Stir in milk gradually, and cook over low heat until thickened, stirring constantly. Add salt, pepper, cayenne, mustard and grated cheese. Stir until cheese is melted. Add ham and heat. Serve on toast or hot biscuits.

CHEESE-APPLE SALAD

(serves 6)

3 cups diced, unpeeled red apple
1 cup chopped celery
1 cup cubed Cheddar cheese

1/2 teaspoon salt
1 tablespoon lemon juice
1/2 cup mayonnaise
Combine apples, celery, cheese, salt and lemon juice, and toss lightly together. Add mayonnaise and toss, binding ingredients. Pile in crisp lettuce cups and serve. A topping of chopped nuts goes well with this salad.

Recommended by Elsie the Chow

...."Since trying DOG-E-STU, I've become a real chow hound! Its meat, vegetable and gravy combination is a tail-waggin' triumph!"

Looks and tastes like "home-made" stew!

NEW DOG-E-STU a BONNIE product

BE MY GUEST DOG-E-STU a BONNIE product For Pets

PORTER-PARFELI MACARONI CO., PORTLAND, OREGON

COOKING TIME 6 1/2 MINUTES

ALSO TRY - Spaghetti, Saladettes, Macaroni, Sea Shells, Kurl-Q-Noodles and Losagns.

MADE WITH SWEET GOLDEN CORN

fresh-picked ON NEARBY FARMS

IT'S THE TOPS • and so economical!

BY THE MAKERS OF SNOW'S CLAM CHOWDER

SNOW'S CORN CHOWDER

MADE WITH SWEET GOLDEN CORN

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SNOW'S CORN CHOWDER

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FOR QUICK MEALS!

Porter FRIL-LETS

FRESH-EGG NOODLES

COOKING TIME 6 1/2 MINUTES

ALSO TRY - Spaghetti, Saladettes, Macaroni, Sea Shells, Kurl-Q-Noodles and Losagns.

PORTER-PARFELI MACARONI CO., PORTLAND, OREGON

Cheese spreads are handy to use...dandy to taste

NOT A GHOST OF A CHANCE TO BEAT THESE PRICES!

POTEET'S MARKET

Owned and Operated by Bob and "Peanuts" Poteet

BEEF ROAST

Good, Lean lb. 29c

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Loin End lb. 49c

PURE LARD

4-lb. Ctn. 99c

Sliced BACON

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with cheese spread — here's a perfect pair!

HAVING A PARTY—a snack—a quick meal?

Cheer it up with cheese spread snacks. Starting with aged blue, hickory, smoked or golden cheddar—dream up pretty platefuls of delicious cheese eating.

AND FOR EXTRA CHEESE GOODNESS

—spread it on Holsum Bread. Here's a perfect flavor combination. And what nice healthy things they do for you! Holsum provides Vitamins B₁, B₂, Niacin, Iron, Riboflavin and Calcium... All yours in Holsum Bread that makes spreads taste extra good.

ALWAYS PREPARED to make those lunches? You will be—with a variety of cheese spreads on the shelf.

Delicious!—for healthy, man-size sandwiches everyone loves.

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