



A SENSE OF LUXURY — that is what lace conjures. There's added magic here for the lace is washable, and Stephanie Koret, California designer, makes the price more than manageable, too. The sleeveless square neckline blouse sets off a lace three-tiered skirt at left. At right, the blouse is Peter Pan inspired, forever young and forever right. It teams with a Victoria Velveteen quilted skirt. Stephanie Koret numbers are available in Klamath Falls.

Ask for Ready-to-Roast Turkey for Thanksgiving

The quality of our Thanksgiving bird has been improving from year to year as growers have improved their breeds for eating. Here in Oregon, we like the Broad Breasted Bronze turkeys, which are plump, tender birds, with an increased amount of white meat.

Now the turkey has been given the New Look. Swift & Company Premium Turkey is available locally for this holiday season—all ready to put in the oven and roast for the festive dinner.

The turkeys they process are raised especially for eating by Oregon growers and are processed in Oregon at the big McMinville Swift & Company plant which has been completely remodeled to meet USDA requirements to put out government-inspected turkeys.

When you buy a Swift Premium quick-frozen ready-to-roast turkey all of the turkey you purchase can be eaten. When you buy a "New York dressed" turkey, you pay for head, feet, and "innards" which are removed when your butcher dresses the turkey. NYD turkeys sell for a little less per pound, but your butcher will tell you that completely dressing the bird adds about 10 cents a pound to the price, and sometimes more.

Also, the NYD turkey still has pinfeathers, as a rule, whereas your ready-to-roast turkey is completely clean.

Swift & Company calls their turkey the "butterball turkey." These turkeys are fresh as fresh, having been kept under refrigeration from the time they are killed, through the processing period, shipping and delivering to your grocer's meat counters. Every precaution is taken to see that the finished product is the best possible.

The turkeys are completely clean inside and out, ready for your favorite stuffing.

The majority of leg tendons have been removed for easier carving and better eating.

They have been quick frozen to retain the delicate freshness. They are carefully sealed in a "see-through" wrapper.

The giblets are parchment wrapped and placed inside the bird.

Every bird has been rigidly inspected to meet the quality standard of Swift's Premium.

The drumsticks are tucked in the tail for more convenient handling and more succulent roasting—no trussing necessary.

The weight is marked on each bird with recommended roasting time.

Some of the local markets are featuring Swift's Premium Turkey

A Smart Woman

Reads ...

Martha Shops

—for the Smart ... the New ... the glamorous ... in Saturday's Society Section.

NOTE

To have your business reported in "Martha Shops" just phone 8111 and ask for MARTHA!

upstairs and downstairs In Milady's Kitchen

FLORENCE JENKINS,

Editor

Herald and News

Tired Walking?

Going shopping for Christmas? If you are a woman, you are. And if you do the average amount of pre-purchase seeking you can figure on trudging about eight and one-half miles on a normal shopping day. No wonder you get tired!

With the Christmas season approaching, your shopping trips will be even more arduous because, in addition to battling the crowds, your daily journey in search of gifts will total close to 11 miles.

These figures are the result of a survey recently completed by The Scholl Mfg. Company, in seeking to learn more about feet.

In addition to women shoppers' mileage, Dr. William M. Scholl's researchers discovered that a salesgirl averages about eight miles a day behind a counter. A chorus girl struts and kicks only about an average of seven miles a shift, and the policeman on his beat (the ones who are not mounted on motorcycles) trudges about 14 miles every day he is on duty.

The survey also throws some revealing light on women's shoe sizes as well as dispelling the age-old joke that all women, no matter how large their feet, try to squeeze into a 4½ or 5. Best-selling size, the survey shows, is 7½, bought by about 14.5 per cent of the women in America. Next highest sizes, in point of popularity, are 7, 13.5 per cent, and 8½ at 11.5 per cent. B is the best-selling width, bought by 21.6 per cent of women; A is next, bought by 20.7 per cent and AA is bought by 18.3 per cent of all women.

"Even after a person reaches maturity," according to Dr. Scholl, "his feet may continue to grow. Also, if you put on weight, you probably will require a larger shoe size."

Tuna Buns

Tuna buns are easily made, using hamburger buns, buttered after they have been cut in halves.

Mix together ¼ cup chopped pickles, 3 diced hard-cooked eggs, 1 can of your favorite tuna, 1 tablespoon chopped onion, ¼ cup grated cheese and mix in mayonnaise to make the combination moist and easy to spread.

Spread buns with tuna mixture. Bake in the oven at 350 degrees for eight to 10 minutes. Serve hot.



ALEX COLMAN designs an eye-catching black print dress in cotton that you'll love. It comes in yellow, red and royal blue. Photo Courtesy California Fashion Creators from the Spring Collection.

SLEEP HABITS

Make sure your bed is comfortable for a good night's rest. Habit is a good sleep producer, so accustom yourself to turning in at approximately the same time each night. Relax mentally as well as physically. Leave your problems at your bedroom door as if you are physically dropping them.



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Cold Cash Can Be A Very Warm Gift

Although we may often find that cash or a check is the best solution for problems on the gift list, finding a way to give money as such is not so easy. However, when it is known that money will be really more appreciated than anything else, the gift may be made more personal by placing it in a carefully chosen billfold or wallet which will keep the spirit of the Christmas season.

There are any number of styles in pocket and purse accessories which make ideal "gift wrappings" for money. With a small expenditure, anyone can put thoughtfulness and imagination into every problem gift.

The postman, for instance, would appreciate receiving his gift in a coat wallet which will also hold forms, memo pad, etc. A teenager, on the other hand, will find a multiple picture passcase on a colorful billfold most useful. For an older woman who is accustomed to using a coin purse, the new French wallets offer a perfect choice.

Regardless of whether the recipient is a child, relative, friend or employee, it is a nice way to say: "Merry Christmas — please select something you would especially like."

BROILED GRAPEFRUIT

Serve grapefruit cold with a spoonful of honey added to its center, or get extra fancy and put the grapefruit under the broiler for a minute or two before you serve it.



MRS. JAMES HAMMOND of Merrill is a registered nurse as well as a rancher's wife. Mary Fran and Jim have three little boys and keeping an active family calls for good, wholesome food, she declares. Her Swiss Steak recipe is submitted as part of the Klamath Cow Belles beef promotion program.

Beef on the Menu

This is the sixth in a series of beef recipes from members of the Klamath County Cow Belles, auxiliary to the Klamath County Cattlemen's Association.

SWISS STEAK
2 pounds round or chuck steak
½ cup flour
2 teaspoons salt
½ teaspoon pepper

3 tablespoons fat
1 onion, chopped
1½ cups (1 can) tomatoes
Have steak cut 1½ to 2 inches in thickness. Thoroughly pound with flour and salt and pepper. Brown meat and onion in hot fat and add tomatoes. Cover, and cook over low heat or bake in a moderate oven for an hour to an hour and a half.

Yam Souffle With Ham

Ham is the homemaker's solution to many dinner problems. It is especially good for days when you don't want to spend too much time preparing a meal for the family.

Swift Premium hams are frequently "specialized" at your grocer's. Many butchers cut them in half and package them, already weighed, because a half ham is enough for the small family. They are evenly cooked in a 300 to 325 degrees, one-half hour per pound (or to 170 degrees on your meat thermometer).

The ham can cook while you are busy with other tasks — ham is one meat that is as good (some say it is better) cold as it is hot.

Instead of the usual potato salad, serve hot yam souffle with the cold slices of ham. If you want to be fancy, fill orange shells with the souffle, add a sprinkle of orange-flavored cordial and then of brown sugar over all, and bake in a hot (400 degree) oven for 15 minutes.

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