



MOST YOUNGSTERS love to play house and the opportunity to cook like mother does delights them no end. Here Sharon Giordano, one of the four little girls competing for the title of Blue Bonnet Sue's Little Sister, is preparing lunchtime sandwiches. At the tender age of five, Sharon already knows the right way to measure. At right, the sandwich filling is all mixed



and the bread spread with margarine. Next comes the filling—a hearty cheese, one with mustard as one of the ingredients—and the lunch call is here. A copy of "Little Sister Cooks" is available without charge by writing for the booklet to Room 52 N, 27 East 22nd Street, New York 10, New York.

HONEY

Honey is an energy food for children as well as adults. Honey helps in the retention of calcium by young infants and contains minerals which are necessary for the growth and health of the body.

Honey has, in limited quantities, all of the important constituents of the vitamin B complex, vitamin C, some hormones and amino acid.

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Honey places no tax on the digestive system.

Honey is a safe food since bacteria which cause diseases in human beings cannot grow in it. Honey is an appetizing and economical food for all ages and all income groups.

The American Honey Institute, 114 North Carroll Street, Madison 3, Wisconsin, is offering a New Favorite Honey Recipes book of 86 pages or the Old Favorite Honey Recipes, 2 1/2-page book, at 25 cents each.

CRANBERRIES

Freezing cranberries for all those festive winter dinners is easy. Just wash, sort and package the tasty red berries and pop them into the freezer. Or freeze them in the cellophane bags they are sold in.

LITTLE SISTER COOKS

Get out the pots and pans, mother, and let the little sister around your house prepare a treat for the entire family. She'll love being charged with the responsibility of preparing a recipe all by herself.

One of the joys of being a mother is to see a child putter around the kitchen and actually accomplish something. It's only natural that a child would want to cook. After all, three times a day, sometimes more—sometimes less, a youngster watches mother prepare the food for the family. And since one of the most natural desires of a pre-school child is to imitate her elders, she is going to enjoy receiving some of the credit.

Of course, mother's help will be needed. It may take more than just a first or second time before the youngster can successfully accomplish her goal. The motto is however, "never give up." For instance, Sharon Giordano, one of the four little girls who is competing for the title of Blue Bonnet Sue's Little Sister for 1956, had to learn how to measure small amounts of ingredients in measuring spoons and how to grate cheese on a grater before she was able to master one of her favorite luncheon dishes. She learned to do it very well and now the recipe for "Lunch-Time Sandwiches" is her very own specialty.

GRAHAM CRACKERS

Any time of year is the time for graham crackers. For a quick sweet treat when the youngsters come home from school, give them graham triangles—just sandwich graham crackers with peanut butter or cream cheese and jelly and cut in half diagonally.

This recipe and others suited to the level of youngster's skills can be found in a new booklet called "Little Sister Cooks." It's yours just for the asking. The gay and bright illustrations will delight the younger set and mother can help in reading the simple directions.

In addition to Sharon Giordano's special recipe, other recipes that can be found in the booklet are for popping corn, making a simple cookie and putting together a tasty egg dish.

You can receive your copy of "Little Sister Cooks" by writing to Little Sister Cooks, Room 52 N, 27 East 22nd Street, New York 10, New York.

Because the little girls in the booklet are not yet school age, the booklet is written to mothers, but its illustrations will interest children and the directions are simple enough for a child to understand. The booklet is free.

BEWARE OF IMITATIONS
LOOK FOR THE HAPPY LITTLE DOG



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PREMIUM MV—Grade A pasteurized and homogenized "Farm-Fresh" milk that contains 100% daily requirements for these vitamins and minerals: Vitamin A, B-1, B-2, Niacin, D, Calcium, Phosphorus, Iron and Iodine. Only 2c more per quart than regular milk.

HOMOGENIZED MILK—Fresh whole milk that has been pasteurized and has "Cream in every drop" with a noticeable creamy flavor due to homogenizing process. Easy to digest because of small butterfat particles. Enriched with 400 U. S. P. Units of Vitamin D—the Sunshine Vitamin.

PASTEURIZED MILK—Fresh whole milk with full food value. Medo-Land uses the most modern pasteurizing process that heats milk then cools it to about 38°. This process makes Medo-Land milk safe to drink.

NON-FAT MILK—A fine-flavored pasteurized milk with all of the butterfat removed except a fraction that is homogenized throughout to add a smooth flavor. Medo-Land Non-Fat retains all of the healthful milk solids containing valuable vitamins and minerals. Often recommended by doctors for dietary purposes. An excellent hot weather drink. Enriched with 400 U. S. P. Units of Vitamin D and 2,000 Units of Vitamin A.

CREAMORE—A rich pasteurized-homogenized Grade A milk with 10% butterfat. "Tastes and pours like heavy cream" and is ideal for coffee, cereals or with fruits.

CHOCOLATE DRINK—A mixture of milk with part of BF removed and rich chocolate added to give a creamy, smooth flavor. Served either hot or cold it makes a delicious, refreshing drink. Especially liked by children.

BUTTERMILK—A fine, mild, refreshing, tangy drink that tastes like Old-Fashioned churned buttermilk. You can see the flakes of butter in Medo-Land Buttermilk. Wonderful in hot weather and for folks on diets. Becoming more popular every day. Easy to digest. About the same food value as Medo-Land Non-Fat milk.

WHIPPING CREAM—Made from "Farm-Fresh" sweet cream. A topping unequalled for rich flavor. High in butterfat. Medo-Land guarantees their whipping cream to whip. A special occasion and holiday item for cakes, pies, cobblers and fruits. Makes any dessert taste better.

BUTTER—Made from fresh, sweet cream. Slightly salted for flavor. It takes the equivalent of 14 quarts of milk to make each pound of Medo-Land Butter. As a spread or cooking flavor no product equals fresh Medo-Land Sweet Cream butter.

MELLORINE—A vegetable fat product made the same as ice cream using all the same high quality ingredients as Medo-Land Ice Cream. A high quality vegetable fat is substituted for butterfat. Taste, appearance and use exactly like ice cream. Feature is lower cost due to difference in pricing of butterfat over vegetable fat. Mellorine is now being sold in almost every state in the Union.

LEMONADE—Fresh Sunkist lemon juice, uncarbonated in a Pitcher-pour Medo-Land carton. Tastes like old-fashioned, homemade lemonade.

ORANGE JUICE DRINK—Fresh Sunkist Concentrated Orange Juice, uncarbonated. Easy and quick to serve with the Medo-Land Pitcher-Pour carton.

COTTAGE CHEESE—A leading Medo-Land product made from fresh milk and cream. A milk cheese slightly creamed for flavor with fluffy, easy-to-digest curds that once for once equals meat in protein. A Lenten favorite. Excellent with fruits, vegetables or served alone. Four varieties. Large curd, Small curd, Chive and Low-Fat Cottage Cheese (uncreamed). "Made fresh every day."

ICE CREAM—Medo-Land has built a national reputation on its ice cream. High quality ingredients and flavors with "Farm-Fresh" milk and cream plus exacting, consistent manufacturing requirements has made Medo-Land the largest independent seller of Ice Cream in Oregon. More Gold Awards have been won by Medo-Land for the excellence of their ice cream than any other independent manufacturer in Oregon.

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1. Snowy-white linens... Clorox removes gray and yellow dinginess.
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