



ROYAL GELATIN which now contains enough of vitamin C to be a good source of this vitamin, makes wonderful salads and desserts. You can mix the gelatin in the morning — it practically mixes itself—and then dessert or salad is ready for lunch. It's popular with the whole family from the youngest to the oldest and now it is extra nutritious. Try all seven flavors.

DESSERT

Vitamin C is found in many fruits and vegetables, but because it is easily destroyed by heat, by air, by cooking and processing, the diet may vary considerably in the amount of vitamin C it supplies. When you make this easy gelatin dessert you're not only providing your family with the perfect ending to a heavy meal, but you're also providing them with a good source of vitamin C, the vitamin so necessary to every day good health.

FROSTY PINK GELATIN Dissolve 1 package Cherry Flavored Royal Gelatin in 1 cup hot water, add 1/2 cup cold water. Pour half of the gelatin into a mold and place in refrigerator to chill.

FROSTY PINK GELATIN is pretty and easy to make if you use Royal Gelatin. With vitamin C added, it is a healthy dessert as well as lovely to look at.

ESCALOPED PORK

Arrange in alternate layers in a casserole, 2 cups diced cooked roast pork and 1 1/2 cups diced cooked cabbage. Pour over all a well-seasoned thin white sauce. Sprinkle with buttered bread crumbs and heat in a moderate oven (375 degrees) until hot through.

MILDEW Fresh mildew stains on cottons or lines can usually be removed by washing at once with soap and water, rinsing well and drying in the sun.

Max Factor Predicts

Max Factor Jr., world-famous make-up genius of Hollywood, predicts that the new hats will look like souffles on parade. He says "1956's light-headed hats, puffed high by organdy, chiffon, net and tulle, that look as airy as cotton candy or an Escotier souffle" must be worn on hair that looks as neat as if it were painted on and make-up as flawless as a priceless piece of Chinese porcelain.

"Some hats will be as big as a drum, as tall as a shako, but most will have a forward pose. Some will be so far head-on," says Factor, "your eyebrows will almost be obscured. So," he warns, "your lips will have twice their usual role to play. Let them play their part with dramatic color, not with dramatic artifices," warns the expert. The Number One color of 1956 will be yellow, says Factor.

Let it be as sunny as a marigold, as cool as a lemon. Let it be the color of Iowa corn, of Fort Knox gold, of daffodils, of newly-polished brass. But if it's yellow, it will be the new Color Queen, to which says Factor, these lipstick shades are prepared to pay homage. With true, primary shades of yellow—light to darkest—you'll wear true red lipstick shades; with warm yellows (mixed with a hint of red), golden flame or coral shades; with cool yellows (mixed with a small amount of blue), crushed rose or wild orchid lipstick shades.

Other colors to watch: shades of rose, ranging from pink to raspberry (for which pink-to-crushed rose lipstick shades are ripe and ready); the new Dior blue (delphinium), turquoise, which beg for a blue-red lipstick shade.

The gimmick going to heads will be three-toned hair," predicts Max Factor. Don't think for a minute that you'll stop in your tracks and gasp at the sight of three-toned hair—a fad that's coming up in '56.

That's only one more tone added to last year's two-toned hair, and prettily done, it can reward you for your pains, says Factor, with prettier hair. Brown hair, even gray hair, is often improved by breaking up the monotony of one-color coloring.

Longer hair in 1956? Factor says yes. Thanks to Hollywood's rash of historical or period pictures—where long hair marks the lady and a short crop a maverick—the long-haired trend will march in step with the New Year.

Asks Factor: "Can you imagine hats as big as a kettle drum and no hair, to speak of, to pin 'em to?"

EXPORT SALES TOKYO (AP)—Japan's 1955 export sales totaled \$2,008,463,000, a postwar record, the Ministry of International Trade and Industry announced Wednesday. It was an increase of 24.7 per cent over the previous high of \$1,610,072,000 in 1954. The ministry said sales to the United States totaled 484 million dollars—a 74 per cent increase over the previous year.



IT'S NEW and it's wonderful for winter—new DuBarry Lotion Supurbe for hands and body. It contains Silicones to counteract detergent harshness and Allantoin to help heal nicks and chapping. As good for prevention as it is for healing, Lotion Supurbe insures that rough sore hands can be bygone woes. Non-alkaline, it's good for your skin. It prevents, cures, soothes and smooths.

HAVE YOU TRIED TRIX?

Breakfast is so important to the youngsters in school and also to the little sister or brother who may be a little lonely now that vacation is over and they feel left at home.

These columns told of making little Christmas trees from new colored cereal, Trix, introduced last fall by General Mills, but don't overlook the new product for a breakfast change.

This is the first colored ready-to-eat cereal on the market—the site of color has invaded the cereal bowl.

In addition to colored automobiles, telephones, typewriters, refrigerators, radios and stoves, we have a colored breakfast cereal. The product is a fruit flavored, pre-sweetened corn puff breakfast food. Each package consists of raspberry red, orange and lemon yellow corn puffs—a rainbow of color exploded from puffing guns. The red suggests fresh berries, the orange is the color of most popular fruits and yellow has a definite appetite appeal.

Called Trix, the product represents the first time that color and fruit flavor have been incorporated in a breakfast cereal. The process, developed in the research laboratory of General Mills, brings the nutritive value of corn into a tasty product which does not require sugar for sweetening.

The color is obtained from pure vegetable oils; the fruit flavor is accomplished through a mixture of lemon and orange oils with a citric additive.

With 5,600,000 more children over 5 years old today than there were in 1950, the market for ready-to-eat cereals is increasing—especially with the over-65 age group eating more cereals than ever.

In this era when folks are "convenience minded," cereals are becoming a "bill of fare" for lunch and dinner in addition to breakfast. The pre-sweetened cereals also have become popular snacks.

4-H NEWS

BONANZA SEWETTES

The meeting was called to order by president Eunice Hunt. We measured out two pieces of flannel and learned how to do the basting stitch. The pledge was led by Janice Burk, and the flag salute by Joan Ferland. Refreshments were served by Virginia Harris and Joan Ferland. The meeting was then adjourned.

Janice Burk News Reporter

FOOD FOR A WINTER DAY

Warm and fireplace cosy after happy stimulating hours of ice skating or sledding (and we hope we have some more hours for those sports, weather permitting), hungry youth wants food! And those appetites call for food that is hearty, hot and healthful.

Baked beans and grilled frankfurters are easy and are nearly everybody's choice. The franks may be grilled over an open fire or in the stove. The huge bowl of Coconut Orange-Meringue Pudding is the only dressy looking item on the menu and it is also wonderfully wholesome with eggs and milk and oranges.

COCONUT ORANGE MERINGUE PUDDING

1 package vanilla pudding and pie filling mix  
2 cups milk  
2 egg yolks  
1 1/2 cups shredded coconut, cut  
1 cup vanilla wafer crumbs  
1 1/2 cups orange sections (4 medium oranges)  
2 egg whites  
4 tablespoons sugar

Combine pudding mix and 1/4 cup of the milk in saucepan. Add egg yolks and blend well. Add remaining 1 1/4 cups milk. Cook and stir over medium heat until mixture comes to a full boil. Cool to room temperature; then fold in 1 cup of the coconut.

Place 1/2 cup of the crumbs in a 2-quart casserole. Arrange half of the orange sections on the crumbs and cover with half of the pudding. Repeat layers with remaining crumbs, orange sections, and pudding.

Beat egg whites until foamy throughout. Add sugar, 2 tablespoons at a time, and continue beating until mixture will stand in stiff peaks. Fold in remaining 1/2 cup of the coconut. Pile lightly on pudding. Bake in moderate oven (350 degrees) 15 minutes, or until meringue is browned. Makes 6 to 8 servings.

QUICK DESSERT

"Meringue Cake Squares" are a dessert trick you can whip up for unexpected company when the squares of unfrosted cake you'd planned for the family don't seem quite dressy enough. Cut the cake into the squares you'd planned, frost with meringue and brown lightly in a slow oven. Heap the tops at serving time with canned fruit cocktail with its good fresh fruit flavors, and watch your pretty creation vanish!

MERINGUE CAKE SQUARES

2 egg whites  
Few grains salt  
1/2 cup granulated sugar  
6 (3-inch) squares plain cake  
2 cups drained canned fruit cocktail

Whipped cream for garnish  
Beat egg whites with salt until stiff but not dry. Gradually beat in sugar. Spread top and sides of cake squares with meringue, building up sides slightly. Bake in slow oven (300 degrees) 15 to 20 minutes or until lightly browned. Cool. Heap well-drained fruit cocktail on top of meringue. Garnish with whipped cream if desired.



SO YOU GOT a parakeet for Christmas? Then you have a gift which can bring you and the entire family fun and amusement throughout the year ahead. French's Pet Bird Institute brings suggestions for the bird's first weeks in its new home.

You and Your Bird

So you got a parakeet for Christmas? Then you have a gift which can bring you and the entire family fun and amusement throughout the year ahead.

Don't expect too much of the new pet immediately, however. Parakeets are sensitive to their surroundings and it usually takes them several days to adjust. Until they feel at home, they will probably act timid and drowsy.

At first, move quietly when you are near the cage. Loud noises or excitement may frighten a new bird and make it difficult for you to win his confidence. Sit or stand by the cage whenever you can during the first few days and talk to the parakeet in a soft, calm voice. Cover the cage early in the evenings for a while. Soon, your bird will feel settled and will turn into his usual playful, friendly self.

It sometimes takes a few days for a new bird to become used to eating and drinking from regular cups. If your pet does not find his cups right away, place a few tablespoons of seed and a small jar top filled with water on the floor of the cage after filling the regular feed and water cups.

Be sure to place the bird's cage out of direct sunlight and drafts and where the bird will not be subject to sudden, extreme changes in temperature.

Housekeeping for a parakeet is easy. The bathing dish, and the seed, treat, and water cups should be emptied and cleaned daily. Every day or so, empty the tray and sprinkle it with a fresh layer of gravel. Keep the cage clean by occasionally wiping the bars with a damp cloth and dusting out corners. Wash the tray regularly in hot water and dry. If the cage has removable glass or plastic sides, wash these too. Perches should not be washed. When necessary, scrape them smooth and clean with a knife.

Be sure to feed your pet a natural diet which contains the basic five elements which will keep him healthy and happy. Such a diet consists of parakeet seed, treat, conditioning food, cuttle bone, and gravel, plus water. If your bird is given all these, there will be

no need to supplement his diet with additional items under normal circumstances.



By Bessy, the Basin Bessy

Nearly all of us like a bargain. Matter of fact, I've yet to meet the guy who doesn't... and I'm positive there's not a gal around who wouldn't swim the diversion canal for a real one.

I think everyone knows that milk is an A-1 bargain in any grocery store — you get so much taste, refreshment, nourishment and energy for so little.

But another good local product worthy of every consideration as a daily top bargain on the grocery list is good, red, wonderful beef.

And here, to put even more economy into your daily meat budget, is a recipe for one of the more economical cuts of beef:

Beef Casserole: 1 lb. ground beef, 1 cup sliced onions, 1 tsp. salt, 1 tsp. pepper, 2 cups cooked, sliced potatoes, 1 can whole kernel corn (2 cups), 1 can tomato soup, 1/2 cup milk.

Brown meat in a little hot fat; push to one side and lightly brown onions. Add salt and pepper. In a greased 2-quart casserole, arrange layers of meat and onions, potatoes and corn. Pour over all tomato soup diluted with milk; lift up layers to thoroughly moisten the ingredients. Bake in a moderate oven (375 degrees F.) for 20 minutes, makes 6 servings.

Serve with tall glasses of fresh, Grade "A" milk at each plate. Combined, beef and milk together make a real Klamath meal for any Klamath family. You can take that from me. Bessy.

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