

BEEF

Market reports indicate that there'll be plenty of ground beef for meat loaves, meat balls, spaghetti sauces and hamburgers to usher in the new season during the next couple of months.

And as autumn brings cooler weather and heartier appetites, there'll be enough beef around for succulent Swiss steaks, chuck and rump roasts for hearty pot roasts and stew meat for savory beef stews.

There'll be enough beef steaks and rib roasts for every festive occasion that occurs.

In fact, all kinds of beef steaks and rib roasts for every festive occasion that occurs.

In fact, all kinds of beef will be in excellent supply to provide good nutrition and happy fall and winter eating.

This is the time of year—when beef is in good supply—to enjoy thrifty and health-providing variety meats. Beef hearts, liver, kidneys, sweetbreads, brains and tongue will add flavor interest to meals that have been tailored to summer's easy living and light meals. These meat sundries, as your butcher would call them, are thrifty enough to balance a vacation-depleted budget.

Stuffed beef heart, braised kidneys and baked liver are only a few of the delectable dishes that result from gentle cooking of the variety meats.

STUFFED BEEF HEARTS

2 beef or veal hearts
1 1/2 cups fine dry bread crumbs
Salt and pepper
1/4 teaspoon marjoram
1/2 medium onion, minced
1/4 cup butter or margarine, melted
3/4 cup flour
3 tablespoons lard
1 cup water

Trim white tubes from heart cavities, using scissors or sharp point of knife. Combine bread crumbs, 1/2 teaspoon salt, 1/4 teaspoon pepper, marjoram, onion and butter. Blend thoroughly and stuff into hearts. Skewer openings closed. Roll in flour seasoned with salt and pepper. Brown in hot fat. Add water, cover pan and bake at 325 degrees or over low heat on top of the stove 2 1/2 hours or until tender. Make gravy from liquid remaining. Four servings.

COOKING SPAGHETTI

Add a half teaspoonful of oil to the boiling water in which you cook spaghetti for better results.

NEW Printed Pattern
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Our new printed pattern for the little miss! You'll sew daughter a whole wardrobe from this one easy pattern—just vary neckline and sleeves, add ribbon trim for party versions. Empire-princess lines are s-o-o pretty!

Printed pattern 9323. Children's Sizes 2, 4, 6, 8, 10. Size 6 takes 2 1/2 yards 35-inch nap fabric.

This printed pattern assures perfect fit. Easy directions printed on each tissue pattern part.

Send thirty-five cents in coins for this pattern—add 5 cents for each pattern for 1st-class mailing. Send to Marian Martin, care of Herald and News, Pattern Dept., 232 West 18th St., New York 11, N.Y. Print plainly name, address with zone, size and style number.

there's only one **SKIPPY**

BEWARE OF IMITATIONS

LOOK FOR THE HAPPY LITTLE DOG

TOPS IN QUALITY!
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Fall Fashions Sweet Scented

One of the most exciting seasons of the year for American women is Fall, for in addition to Indian Summer, it also marks the advent of new Fall fashions. And clothes with a different "look" provide women with fashion excitement that is good for feminine morale. For in looking forward to change, we, too, look forward to the lift that change gives our personalities, in making us feel young, gay and rather romantic.

Whether your fashion plans include an investment in new clothes or rather just one of the beautiful new hats to perk up your Fall wardrobe, you should not overlook the importance of wearing

the right accessories—and in that category, fragrance tops the list. For scent adds an extra dimension of beauty not only to your ensemble, but too, and even more important, to you, personally.

In order to know which perfumes will best complement the Look of Fall, 1956, here are the trends on the fashion horizon. Women are going to "dress up" this year—for elegance is the keynote in new clothes. And since perfume has that marvelous faculty of making you feel beautiful and very elegant, it truly is a must as a fashion accessory—this year more than ever.

The fashion trend in coats, for example, is a slim look in front with fullness in back, via the use of panels or blousing. Suits, one of the most essential costumes of the American woman, are being shown in softly feminine lines, from the bloused back to stand-away collars that are so flattering. To complement these clothes, you will want a fragrance that is chic and feminine. Either a modern, spicy or fruity blend of perfume would act as a lovely accent to the smart good looks of the new suits and coats.

Dresses, many of which will feature costume jackets. Directorate seaming, Empire lines, are feminine, glamorous in appearance. For your perfume, choose a dramatic, exciting scent, such as an oriental, semi-oriental or modern blend.

Color will be important in sportswear—skirts and sweaters dyed to match as well as those in contrasting colors, silk shirts,

jumpers with jackets in interesting new tones. Wear a perfume that has a smart, crisp feeling such as a woody-mossy-leafy or single floral with such tailored outfits.

And an important fashion note this year are hats, in fabrics ranging from sheer nylon to luxurious fur. The femininity of their design demands the accent of perfume.

But whether your wardrobe will be completely new or not, the wearing of perfume will make you feel and appear as "fashion-right" as the newest couturiere design.

PEELING PEPPERS

If you wish to use bell peppers in a casserole and want to eliminate the thin, tough skin, place peppers under the broiling unit, turning as the skin cracks. Place peppers in a paper sack, tightly closed, for 15 minutes. Remove from sack and the skins slip off easily.

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SUNDAY BEST BREAKFAST features bran muffins made extra special by the addition of apples, dates and spices. The recipe comes from Kellogg's.

BRAN MUFFINS

Good bran muffins made Sunday best by the addition of apples, dates and spices take no more time to make than most of us have on a slow Sunday morning... when breakfast can (and possibly should) be a trifle late, but worth the wait.

When time is an object, try this for hot muffins in a hurry: stir 1/2 cup whole bran cereal into corn meal or blueberry muffin mix before adding liquid ingredients, then proceed according to package directions.

Muffins, incidentally, bake quietly to light golden perfection in just about the length of time it takes to make ready the rest of a good morning meal—fruit or juice, crisp cereal with milk, hot or cold beverage. The timing couldn't be better, nor could breakfast.

APPLE DATE MUFFINS

1 cup whole bran cereal
1/4 cup milk
1 egg
1/4 cup soft shortening
1 cup sifted flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 cup sugar
1/2 cup finely chopped raw apple
1/4 cup finely cut dates

Combine whole bran cereal and milk; let stand until most of moisture is taken up. Add egg and shortening; beat well. Sift together flour, baking powder, salt, spices and sugar; mix with chopped apple and dates. Add to first mixture, stirring only until combined. Fill greased muffin pans two-thirds full. Bake in moderate-hot oven (400 degrees) about 25 minutes. Serve immediately.

Yield: 12 muffins, 2 1/2 inches in diameter.

OUT OF SYRUP?

If the family calls for pancakes and you find the syrup jar empty, heat a can or jar of applesauce with a stick of cinnamon and several whole cloves, removing the spices before taking to the table.

New Fall Hats Need Eyebrows

Marking eyebrows before you pluck will give you as unerring a guide as the ruler a draftsman uses for drawing a design. According to Max Factor, whose expert trick this is, women's brows—because of this fall's eccentric hats—need to be put in the best possible shape.

By using a pencil to make a preliminary draft of your brows—this, says Factor, is not to be confused with make-up—tweezers aren't apt to run wild. And brows won't come up from the plucking too thin, too short, or heaven forbid, bald in spots.

The best pencil line to follow, says Factor begins on a line with the inner corner of the eye and stops beyond its outer corner.

Before you pluck, swab on antiseptic lotion, such as rubbing alcohol, to the areas to be plucked.

The least painful way to tweeze, according to this expert, is to hold the flesh you pluck taut with forefinger and thumb.

Remember, he reminds you, that the happy hunting ground of your tweezers is underneath the brow—not above it. Plucking underneath is where you enlarge eye space. That's always a mark, says Factor, of more beautiful eyes.

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CHEESE FISHER'S AMERICAN
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CHICKENS Dennis Brand
4 lb. Whole in a tin 119
4-oz. Heat & Serve each

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Fancy lb. 39c

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Crater Lake Cheddar Mild lb. 49c

Steaks Lean - Meaty lb. 10c

Cheese

Boiling Beef

Garden-Fresh VEGETABLES

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Crisp Large All Green Stalks CELERY Bun. 10c

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Please 6 Tall tins 49c

Peaches

Dog Food Fresh Churned BUTTERMILK Quart 21c
Delicia Assorted Flavors ICE CREAM Half Gallon 79c
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MILK Medium Grade 'A' EGGS 2 doz 89c

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1338 Oregon Avenue

CLOROX Full-Gallon 49c

FLUFFO Golden 3 lb. tin 89c

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