



Low In Calories

Calorie counters know no season. For persons whose health depend upon lessening the caloric intake it is important to have a full, rounded diet while staying within the prescribed limits.

There is an increasing tendency on the part of restaurants to cooperate and Borden's Test Kitchen suggests these adaptations from three smart New York restaurants. Here are recipe ideas for delicious main course dishes from three key New York restaurants — Sardi's in the heart of the theater area, the Baccara in the center of the graphic arts industry and Michael's Pub in the busy neighborhood of radio, television and advertising activities of Manhattan.

Flaked Salmon Mousse featured on Sardi's menu delights weight watchers for it is approximately 137 calories per serving. Luncheon Chicken Mold is included in the cold buffet offered this summer as a part of the Baccara's menu, and a serving of this main course is only 154 calories. One of Michael's Pub specials for calorie counters is a Peach Salad Ring. A generous serving of this ring counts only 132 calories so weight watchers can afford to add some cottage cheese to this luncheon platter.

All three recipes are made with nourishing instant nonfat dry milk so we asked the Borden Test Kitchen home economists to adapt the recipes of the restaurant chefs into measurements for the home-maker. Instant nonfat dry milk is whipped and folded into all of these main dish molds. Instant nonfat dry milk is used as you use milk—for drinking, cooking

and baking. Milk is needed in all diets for general good health. Instant nonfat dry milk is a means of obtaining milk's most precious nutrients — protein, calcium and riboflavin. That is why instant milk is known as "the heart of milk" for it is top-quality pasteurized milk with only the fat and water removed.

Instant nonfat dry milk is most expensive. The family-size economy package makes 12 quarts of nonfat milk for as little as eight cents a quart. Also, it is available in two other sizes — a one-pound package which makes five quarts of nonfat milk and pre-measured package which contains three pre-measured envelopes, each making one quart of nonfat milk.

And now for our low-calorie main course dishes inspired by three of New York's leading restaurants.

FLAKED SALMON MOUSSE
(Makes 6 servings)
2 envelopes (2 tablespoons) unflavored gelatin
1 cup cold water
1 cup boiling water
2 tablespoons lemon juice
1/4 teaspoon Tabasco sauce
1/4 teaspoon Worcestershire sauce
1/2 teaspoon dry mustard
Dash pepper
2 teaspoons lemon juice

1/2 cup Starlac Powder
2 cups (1 lb. can) pink salmon, well drained and flaked
1 cup finely chopped celery
Soften gelatin in cup of cold water. Let stand 5 minutes. Add boiling water; stir until thoroughly dissolved. Add 2 tablespoons of the lemon juice and seasonings. Pour remaining water and lemon juice into a 1-quart bowl; sprinkle Starlac Powder over surface. Beat with rotary or electric beater until mixture holds stiff peaks, about 8 to 10 minutes. Chill gelatin mixture over bowl of ice water, stirring constantly, until mixture is the consistency of unbeaten egg whites. Blend in fish and celery. Fold in whipped Starlac. Rinse a 1 1/2 quart mold with cold water. Spoon mixture into mold. Chill several hours in refrigerator, until firm. Unmold.

Calories per serving: approximately 137.
LUNCHEON CHICKEN MOLD
(Makes 6 servings)
2 tablespoons plain unflavored gelatin
1/2 cup cold water
2 cups hot, well-seasoned chicken stock or bouillon
1 teaspoon salt, about
1/4 teaspoon pepper
1 teaspoon paprika
1/2 teaspoon Worcestershire sauce

1 teaspoon grated onion
2 cups finely diced chicken
1/2 cup finely chopped celery
1/2 cup capers
1/2 cup instant Starlac nonfat dry milk powder
1/2 cup water
1 teaspoon lemon juice
Soften gelatin in cold water in mixing bowl 5 minutes. Pour hot stock over gelatin and stir until dissolved. Stir in salt, pepper, paprika, Worcestershire sauce and onion. Chill until mixture begins to thicken. Add chicken, celery and capers, mixing well. Sprinkle instant Starlac nonfat dry milk powder over top of 1/2 cup water; beat with rotary beater or electric mixer until stiff, about 8 to 10 minutes. Gradually beat in lemon juice and beat 5 minutes longer. Fold gently into gelatin mixture. Pour into 1-quart ring mold. Chill until firm. Unmold on chilled platter. Garnish with watercress or broken chichory leaves.

PEACH SALAD RING
(Makes 6 generous servings)
2 cups (No. 2 1/2 can) canned sliced peaches
1 tablespoon (1 envelope) unflavored gelatin
1/2 cup hot water
3 tablespoons mayonnaise
1/4 teaspoon salt
2 tablespoons lemon juice
1-3 cup water
1-3 cup instant Starlac nonfat dry milk
Drain thoroughly and dice peach slices. Reserve 1/2 cup peach juice. Let stand 5 minutes. Add hot water; stir until dissolved. Gradually

Calories per serving: about 154.
stir gelatin mixture into mayonnaise until smooth and well blended. Add salt, 1 tablespoon lemon juice and diced peaches. Chill mixture until slightly thickened. Pour 1-3 cup water and 1 tablespoon lemon juice into 1 quart bowl. Sprinkle instant Starlac nonfat dry milk powder over surface. Beat with rotary beater or electric mixer until stiff, 8 to 10 minutes. Fold whipped Starlac into slightly thickened gelatin-fruit mixture. Pour into chilled 1 quart ring mold. Chill until firm.

Calories per serving: approximately 132.



Chip 'n Dip TONIGHT!

Your family and friends will love the superb ready-to-serve dips made with Rod's 4 Refrigerated Dressings!

Use them just as they are or mix with any combination of ingredients for an endless variety of fun-to-make and fun-to-serve dips.

Get 1/2 more dressing by adding milk or buttermilk

Sour Cream Thousand Island Roquefort Cheese (IMPORTED CHEESE) Blue Cheese (IMPORTED CHEESE)

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BORDEN TEST KITCHEN adaptations of low calorie recipes by chefs of three leading New York restaurants are shown here: From Sardi's Restaurant, Flaked Salmon Mousse, garnished with cucumbers; from the Baccara, Luncheon Chicken Mold garnished with pimiento and parsley and from Michael's Pub, Peach Salad Ring filled with cottage cheese. All three are made with Borden's Instant Starlac.

4-H NEWS

The 4-H Club Achievement Program for the communities of Lindley Heights, Shasta-Homedale and Altamont will be held at 7 p.m. on November 4, at Joan's Kitchen at the fairgrounds. Each 4-H Club will show the awards they have received this past year. Girls in 4-H Clothing Club will wear the garments they have made. Pins and certificates of years completed in 4-H will be given to the 4-H Club members by the county extension agents in 4-H Club work. Four-H members, leaders and parents are invited to attend.

GOOD EATING
Hot, smoky slices of hickory smoked ham and crisp corn fritters make a perfect duet for a family dinner. Leftover baked ham is always good for sandwiches and the bone-end seasons red beans like nothing else possibly can.

CUSTARDS

When baked custards are taken out of the oven they should be removed at once from their hot water bath.

Have you seen the fabulous display of "Mother's" Cookies at Carter's? "Mother's" Cookies of Oakland under the "FAMILY" Label in Oregon. Try them — They're Delicious! "Family" Iced Circus Animals 1-lb. pkg. 49¢

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Cheddar Cheese Croter Lake 45¢ lb.

Pork Chops Lean 65¢ lb.

Stewing Hens Fresh Pan Ready 39¢ lb.

Flour

Local Fresh Grade "AA" Med. 49¢ doz.

South Maid 3 lbs. 59¢

Pancake Mix CENTENNIAL QUALITY By CROWN 4 lb. bag 49¢

BEER 102 Brew 6 Pack Cans 89¢

S.O.S. Four Pad 10¢ box

GUM All Brands 20 Pkgs. 100 Sticks 59¢

Peaches HUNTS Sliced or Halves 2 No. 2 1/2 Tins 49¢

SHORTENING 3 Lbs. DENCO 59¢

PEPPER 100% Pure Crescent 2 oz. Tin 13¢

BREAD Large Wheat or White 29¢

MEDO-BEL MILK Half Gallon 50¢

MISSION DINNERS Macaroni & Cheese 2 Pkgs. Serves Ten 25¢

CRUSHED PINEAPPLE Tropic Isle 3 303 tins 59¢

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Bathroom Scales Regent - Accurately Adjusted 260 lb. Capacity 3.98



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VEGETABLES

Cranberries Fresh Plump lb. 19¢

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