



FLU SEASON calls for some precautionary measures. Get plenty of rest and adequate exercise, the doctors say, and keep a little closer eye on what you eat. Lots of fruit juice assures your getting plenty of Vitamin C. Here is a Del Monte Juice Bar at Buy-Low Food center, 1338 Oregon Avenue. Harold Clark, owner and operator of the store, has placed the aspirin adjacent as the recommended quick first-aid for mild attacks of the flu bug. The market is observing Del Monte Week as a prelude to the holiday season.



FOREMOST, the fresh-tasting evaporated milk, suggests Foremost for your Holiday egg-nogs. This creamy-rich holiday hospitality drink can be made the night before serving and refrigerated.

WHIPPING CREAM
Cutting calories? Then whip instant nonfat dry milk crystals instead of heavy cream. To whip, mix 1/2 cup instant nonfat dry milk crystals with 1/2 cup ice water. Whip until soft peaks form (three to four minutes). Add two tablespoons lemon juice. Continue beating, while gradually adding 1/4 cup sugar, until stiff peaks form (three to four minutes longer). Makes about 2 1/2 cups sweetened whipped "cream."

TIME OUT
Allow your roast meat or poultry to "rest" for about 20 minutes after you remove it from the oven. It not only gives you time to make gravy, finish mashing the potatoes and putting salads on the table, but the meat or fowl is much easier to carve.



CANDLES
If you are making your own Christmas candles—and it's lots of fun if you haven't tried it—you can make your own wicking at home. Soak ordinary twine string (not too heavy weight) in a saturated solution of boric acid and allow it to dry, then cut to fit your use.

STARLAC the heart of milk is the heart of the healthful balanced diet



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ABOUT 8¢ A QUART in the 12 qt. family-size package



Dromedary



DROMEDARY Corn Muffin Mix makes wonderful corn muffins, delicious cornbread or pancakes. Also high on its lists of uses just now is cornbread stuffing for turkey. Pictured is the eight ounce package of Dromedary Corn Muffin Mix. The basic corn bread stuffing recipe for a 4 to 5 pound turkey or chicken calls for a 15-ounce package of Dromedary Corn Bread Mix. Double the recipe for a larger bird. This recipe has been requested by several readers of the Herald and News food pages.

CASSEROLE

Fortunately, enjoyment of rice, like wine, is not limited to the area where it is grown. Here is a recipe for a new rice casserole, universally good. It is flavored with tomatoes, chili powder, olives and cheese—all blended into a savory dish with California Sherry. Serve it, one of these fall days, with glasses of chilled California white table wine, perhaps a Sauterne, Chablis or Rhine wine. Another good choice would be one of the delightful California varietals—wines named for the grape variety from which they are made—such as Traminer, Sauvignon Blanc or Semillon. Add a big green salad and fruit as dessert for a delicious meal.

RICE VERACRUZ

1 pound lean ground beef
2 medium-sized onions, chopped
1 green pepper, chopped

CONVENIENCE FOODS

Packaged foods to keep on the kitchen shelf have been making news for several years. New ways of preserving fruit juices have been developed. Apple and grape juice super-concentrates yield fresh-tasting juice after being kept for long periods at room temperature.

Saute beef, onions and green pepper in oil until meat is no longer red, stirring frequently with a fork so that meat is separated into small bits. Add tomatoes, consommé, wine, chili powder, salt and olives. Bring to a boil, then slowly stir in rice. Pour into a 2-quart casserole. Cover and bake in a moderately hot oven (375 degrees) for 30 minutes. Uncover; stir mixture with a fork; sprinkle cheese over the top. Continue baking, uncovered, for 15 minutes. Remove from oven and let stand 5 to 10 minutes before serving. Serves 5 or 6.

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CORNBREAD STUFFING

Prepare and bake Dromedary Corn Bread Mix as directed. For a four to five pound turkey or chicken, use all of one 15-ounce package. For a larger turkey, double or treble the amount of stuffing.

BASIC STUFFING
4 1/2 cups cornbread, diced
1/2 cup bread, diced
1 cup chopped celery,
1-3 cup (or more) chopped onions
1/4 cup butter or fat
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon sage or poultry dressing
1/4 cup broth

Crumble or dice well-browned cornbread. Some cooks prefer to toast the cornbread first; this is a personal preference. Saute celery and onion in fat until soft but not brown. Blend salt, pepper and seasonings with cornbread and diced bread; for highly-seasoned stuffing, increase amounts of seasonings. Add celery and onion to mixture; blend in broth, stirring lightly. Lightly stuff cavity and neck of the ready-to-cook turkey. Extra stuffing may be baked in loaf pan. Stuffing becomes more moist from juices during cooking.

SUNDAE
Ever try mixing chocolate sauce and peanut butter for ice cream topping for dessert? Small fry, especially, like it.

Actually, YOUR BAKING DEPENDS ON THIS

It's the **BALANCE** of ingredients in baking powder that governs its leavening action. Only when these are scientifically balanced can you be sure of uniform action in the mixing bowl plus that final, balanced rise to light and fluffy texture in the oven.



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