



CHERRY-RICE CASSEROLE is suggested by Pacific Kitchen where the recipe was developed by the Cherry Growers and Industries Foundation. The casserole combines a spicy canned cherry sauce with ham and rice and is intended to be served as a main dish.



MAKE your own malted milk at home with Carnation's new instant chocolate flavor malted milk.

CARNATION MALTED MILK

Malted milk has been something of a nuisance to make at home in the past. Frequently it is prescribed for underweight members of the family and often demanded by the youngsters who enjoy having their own "soda fountain" mixtures.

Carnation's new chocolate flavor instant malted milk dissolves in a jiffy. It may be served as a hot or cold milk drink and is another good way to get more milk into those children who resist milk-drinking.

A few whisks in the blender, with soft ice cream added (chocolate or vanilla as you wish) and you can have the thickest, richest tasting chocolate malt that can be made.

DIETERS

Dieters' breakfast menus seem particularly in need of face-lifting. Several popular breakfast soups contribute valuable nutrients but don't add many calories. There are fewer than 30 calories in a serving of beef broth and about 36 in consommé or chicken rice. Beef noodle, chicken noodle (made with water) all rank in the 30's.

"Leave that stuff alone...here's a whole pot of **SANTIAM BLUE LAKE STRINGLESS GREEN BEANS**"



STRAIGHT-STRINGLESS ALL MEAT TENDER GREEN BEANS

CASSEROLE

Are you stumped as to what to serve for your next bridge club luncheon, casual drop-in buffet supper, or neighborhood potluck party? Here's a suggestion that will have your guests talking about your culinary artistry for weeks thereafter, the new Cherry-Rice Casserole. This dish combines a spicy canned cherry sauce with tender ham and rice. The results are really "out of this world." The sweet, tangy cherry sauce gives this casserole an extra "snap" that will make you as proud to serve it as your guests will be pleased to eat it.

Sweet canned cherries have been well-known as the "sauce" fruit because they lend themselves so well to almost any kind of sauce for any occasion, whether it be a main dish, such as the Cherry-Rice Casserole, salad, or dessert. They have also been called the "royal" fruit because of the jewel-tone color and their deep, rich flavor.

Although sweet canned cherries are grown and canned on the Pacific Coast, they are popular everywhere, and rightly so for they are a very versatile fruit. Three varieties of canned sweet cherries are available on the market throughout the entire year: the dark juicy Bing and Lamberts, and the luscious, golden Royal Annes. Each type has its own flavor, but can be very successfully used interchangeably.

CHERRY-RICE CASSEROLE

- 1 pound (No. 303) can dark sweet cherries
- 2 cups cooked rice
- 1 cup diced ham
- 1 tablespoon salad oil or drippings
- Cherry syrup plus water to make 1 cup
- 1 tablespoon lemon juice
- 1 piece stick cinnamon
- 1 1/2 tablespoons cornstarch
- 1/4 teaspoon salt
- Few grains allspice
- 2 tablespoons cold water

(Continued on Page 23)

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"I'LL BUY THAT," Ron King, right, of the Big Y Market, 4710 South Sixth Street, told Joe Hok, Southern Oregon representative for General Foods last week after Hok set up the big D-Zerta display with a tie-in with Borg scales. The low calorie gelatin desserts are quickly made and satisfy the desire for dessert without adding the hard-to-get-off extra weight.

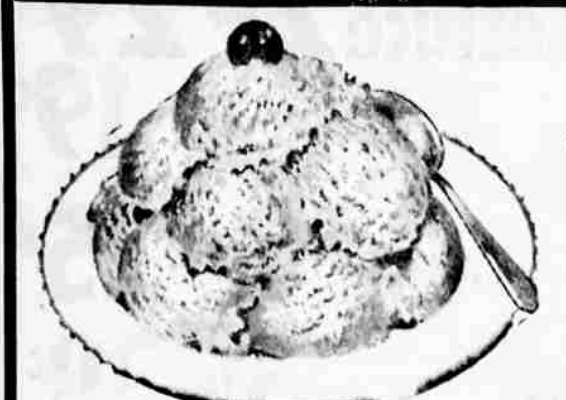
D-ZERTA

There is a special offer by D-Zerta toward the purchase of a new Borg scale. The coupons are available at D-Zerta displays in the local markets.

The Big Y Market put up a set of the scales as a sort of a dare to the over-weights to check up on what the scales really say. A big display of the low-calorie gelatin dessert suggests one way to watch that over-weight problem. D-Zerta suggests Snow on Fire as a luscious Lenten dessert, combining flaming red gelatin, topped with a fluffy cloud of white snow made with applesauce and egg whites. Serve in your prettiest glass dessert or sherbet dishes and dust lightly with nutmeg.

SNOW ON THE FIRE

- 2 envelopes Raspberry D-Zerta
 - 2 cups hot water
 - 1 cup (8 1/2 ounces) cold unsweetened applesauce
 - 1 teaspoon lemon juice
 - 2 egg whites, stiffly beaten
- Dissolve D-Zerta in hot water. Divide into six sherbet glasses, filling each only two-thirds full. Chill until firm.
- Combine applesauce and lemon juice. Fold in egg white. Pile lightly on firm D-Zerta, and serve at once. To garnish, sprinkle with nutmeg or add a sprig of mint. Makes six servings.
- About 30 calories per serving.



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BEANS French Sliced No. 2 Cans

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PEAS-3 sieve, No. 303 tins
PUMPKIN- No. 2 1/2 tins
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HOMINY-White or golden, No.2 1/2
CUT GREEN BEANS-No. 303 tins
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TOMATOES-Solid pack, No. 303 tins

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Corn-Cream or whole kernel, 303 tins
GOLDEN HOMINY-No. 2 1/2 tins
TOMATOES-Stewed, Garden, No. 303

7 for \$1
FRUIT COCKTAIL-8-oz. tins
GRAPEFRUIT-Sections, 8-oz. tins
DICED BEETS-No. 303 tins
SPINACH-No. 303 tins
GRAPEFRUIT JUICE-No. 2 cans
SEEDLESS GRAPES-8-oz. tins
TOMATO JUICE-No. 303 tins
CREAM CORN-No. 303 tins
PEAS-3 sieve, picnic tins

Spinach Picnic Tins **8 for \$1**
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