

ORIENTAL FOODS

You have probably wondered how the Chinese get the blend of flavors they do in their many dishes. And haven't you often thought you'd like to have Chinese food for dinner at home?

The Jan-U-Wine line of Oriental foods permits you to serve a wide assortment of the most popular Chinese dishes in your own home. You will find in the line even fortune cookies and Oolong and Jasmine tea to complete the meal.

Both Oolong and Jasmine tea are in bags, eight bags to the box. Oolong is a tea of extraordinary delicacy. Jasmine is a fragrant blend of Oolong tea with the sweet, delicate scent of Jasmine blossoms to produce an exotic tea.

Jan-U-Wine has produced Chinese foods for almost half a century and has recently completed a new million dollar plant in Los Angeles. All of its products are inspected by the U.S. Department of Agriculture and the methods of preparation are patterned on the Chinese whose cooking dates back at least 5,000 years.

Years before nutritionists were ever known about, Chinese cooks knew that preparing foods correctly and cooking them quickly in small amounts of liquid made them attractive and tasty. Actually, they were also retaining the important nutritional values of vitamins and minerals.

Jan-U-Wine has introduced many "firsts" in the food industry. One of the recent developments is the Jan-U-Wine Double-Pac in two and four - serving sizes of Chicken Chow Mein, Beef Chop Suey and Mushroom Chow Mein. Each Double-Pac consists of two individual cans taped together. One can contains crisp, delicious, garden fresh vegetables; the other contains savory sauce with chicken, meat or mushrooms. The dual packaging permits the heating of the ingredients separately so the vegetables retain their crispness and are not over-cooked.

The company invites you to write for its free cookbook. Here are just a few of the suggestions:

CLAM SOY DIP

- 1 (7½ ounce) can minced clams (save juice)
- 1 (8-ounce) package cream

- cheese
- 2 tablespoons Jan-U-Wine Soy Sauce
- 3 tablespoons clam juice
- 3 tablespoons minced green onions
- 10 Jan-U-Wine Water Chestnuts, minced

Chill clams for 10 to 15 minutes. Mix cream cheese with soy sauce and clam juice until well blended. Fold in clams and onions (reserving 1 teaspoon of the onions for a garnish). Place in serving bowl. Sprinkle top with water chestnuts and remaining onions and chill one to two hours before serving. Makes about 2 cups of dip or 48 appetizers.

SOY BROILED WATER CHESTNUTS
1 can Jan-U-Wine Water Chestnuts
2 tablespoons soy sauce
12 to 14 slices bacon
Drain Water Chestnuts and marinate in soy sauce 20 to 30 minutes. Have bacon at room temperature. For "large bite" appetizers, cut bacon strips in half. For "small bite" appetizers, cut into thirds. Remove water chestnuts from soy sauce and cut in half for small appetizers. Roll water chestnuts in bacon strips, fasten ends with toothpicks and place on broiler pan or on a large cookie sheet. Broil 5 or more minutes until bacon is brown on one side. Turn water chestnuts over and broil on the other side. Drain on paper towels before serving. Makes about 24 large or 48 small appetizers.

SALAD IDEAS
Jan-U-Wine bamboo shoots, bean sprouts and water chestnuts can be added to any vegetable salad. Or prepare a Chinese combination salad, by adding ¼ cup finely sliced onions, ½ green pepper cut into rings to 1 can of Jan-U-Wine fancy chop suey vegetables. Add a tablespoon of soy sauce to the French dressing for the salad. Stuffed tomato salad may be made by combining ½ can bean sprouts with ¼ can chicken fried rice, 4 sweet pickles, minced, a 3-ounce package of cream cheese and 1 tablespoon soy sauce added to ¾ cup commercially prepared cream for the dressing which is mixed with the salad ingredients. This amount will stuff four medium tomatoes.

HAM GLAZE
Mix honey and marmalade to give your Easter ham a fine glaze.

VITAMINS
Apples have been found to contain at least small amounts of most of the known vitamins, although they are especially good sources of vitamins A, B and C.

MENU PLANNING
When you are serving fat pork, such as spare ribs or side pork, have at least one starchy dish to accompany it. Hominy, creamed or heated with butter in a frying pan, is a nice choice to go with pork.

FLAVOR TOUCH
A tablespoon of powdered instant coffee added to an angel food cake mix will please all who enjoy coffee flavor. Just mix the powder with the flour mixture.



THE COMPLETE LINE of Jan-U-Wine Oriental Foods has been introduced in Klamath Falls by Majliard and Schmeidel, food brokers. Bill Riley brought in the entire assortment so that a picture could be taken of the display. Chopsticks are available by sending a quarter and one Jan-U-Wine label to Oriental Foods, Inc., Box 2121, Los Angeles 54, California.

FOOD TIPS

PORK
Speaking of pork, Carl Woods at Carter's had pork neck bones in the showcase last week—good news for all who make their own scrapple.

BEETS
If you are using chilled cooked beets in a salad, put them onto the salad plates or bowls last as they color surrounding vegetables.

SALADS
A good rule for salad decorators is to try to have the garnish look as if it belonged to the salad and wasn't just added as an afterthought.

TO our friends and customers—Highway Grocery & Service Station, North Entrance is now RE-OPEN for business.
The Management

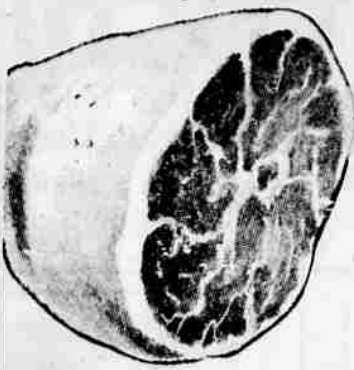
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OREGON FOOD MEATS

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From Grain Fed Porkers!
Pork Roasts
Picnic Style—Tender!
39¢ lb.

Bologna Swift's Premium Large Size any size Piece **39¢ lb.**

Morrell's, Heat Sealed Pkg. **Sliced Bacon** **2 lbs. 89¢**

Spare Ribs Country Style, Lean, Meaty **lb. 59¢**

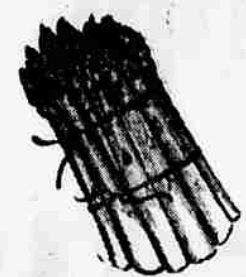
Pork Steak Lean, Blade Cuts **lb. 59¢**

Ground Beef Pure, lean **2½-lb. Pkg. \$1.20**

Sausage Country Style Seasoned Just right **3-lb. Pkg. \$1.29**

Fryers - Rabbits - Fresh Fish - Lunch Meats

GARDEN FRESH Vegetables



Asparagus
Fresh Cut!
Tender, All Green Spears **19¢ lb.**

Oranges Large size, Sweet Juicy Navels **5 lb. bag 49¢**

Apples Crisp Ashland Red Delicious **4 lbs. 29¢**

Carrots Fresh Packed California **2 lb. bag 19¢**

More Oregon Food Dollar Savers!

PUREX BLEACH ½ Gal. **35c**

White Star chunk style **Tuna** No. ½ tins **29c**

Aluminum Foil **Reynold's Wrap** 25' roll **69c**

Kaiser Aluminum Foil 25' Roll **35c**

Liquid Detergent **Trend** 22-oz. size **53c**

MD Tissue 4 roll pack **45c**

Lindsay Large **RIPE OLIVES** Can **35c**

Skippy **Dog Food** tall tins 3 for **25c**

Hormel's Luncheon meat **Spam** 12-oz. **43c**

CLOROX BLEACH ½ Gal. **35c**

Giant Size **Energy Detergent** **59c**

Zee Wax Paper roll **19c**

MODESS Sanitary Napkins Pkg. 28's **1.03**

Giant size **Trend Paper Napkins** Zee 2 Rolls **25c**

Paper Towels Zee Roll **21c**



MOTHER HUBBARD Sandwich is a satisfying one. How can it miss when it is made with bacon, cottage cheese, seasoned salt and mellow avocados? The photo and recipe are courtesy of California Foods Research Institute.

FULL OF INGREDIENTS

This Mother Hubbard Sandwich gets cheers from young and old. All the ingredients are well chosen, but it's the avocado, cottage cheese and seasoned salt trio that really makes the sandwich outstanding. The tasty three excel in good taste, good looks and congeniality. Mother can save herself lots of time by making the ingredients available and introducing the do-it-yourself plan.

MOTHER HUBBARD SANDWICH
12 strips bacon
½ pint small curd cottage cheese
½ teaspoon instant minced onion or 2 teaspoons finely-chopped raw onion
½ teaspoon seasoned salt
12 slices whole wheat bread
Butter or margarine
1 avocado

POT ROAST

For a taste change in cooking pot roast, brown the meat as usual and add a small amount of water when you turn the heat down low. Then pour over the top of the meat the contents of a can of minestrone soup, undiluted. Cover and cook as usual. Remove the soup vegetables from the top of the meat and sieve to add to the pot roast gravy. Save what you don't use as a fine addition to the next day's hash, to meat loaf or meat pie. The good vegetable flavors and extra nourishment add to the dish made from leftovers.

Fry bacon until crisp. Combine cheese, onion and salt. Toast bread and butter lightly. Spread thin layer of cheese mixture on 6 slices of toast. Top each with two pieces of bacon. Cut avocado into halves. Remove seed and skin. Cut fruit into lengthwise slices. Top bacon with two or three slices of avocado. Cover with second slice of toast. Serve at once.
Makes six sandwiches.



"Hook, Line, and Fry Pan"

Need ideas for off-beat seafood dishes? Try some perch kabobs, sweet-sour salmon steaks, cod-fish cakes with paprika. Recipes for these and other tested tempters are in the

March 16
Family Weekly
With The **SUNDAY Herald and News**



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