

NEW PRODUCTS

Betty Crocker's new Protein Plus is a protein-packed hot oat cereal with toasted wheat germ. It cooks in three minutes and has a creamy oat flavor with the nut-like taste of wheat.

General Mills' test kitchens say it has more protein than meat and is a substantial addition to good breakfasts—and so easy to prepare. Protein is necessary to increase vitality, build muscle tone, skin and hair and for complete bodily health.

General Mills' other brand new product is Betty Crocker's all purpose Meringue Mix.

Use it to glamorize desserts for the family and for company meals.

GLACE MERINGUE PIE

Follow the directions on the package for meringue shells and spread the mixture into a 10-inch

POTATO FLUFF

Cook four to six potatoes as for mashed potatoes; add 1 whole egg and beat vigorously until mixture is fluffy. Pile lightly in buttered baking dish and bake in very hot oven about 15 minutes until top is lightly browned.

When Housework Gets You Down—



REFRESH WITH MILK!
It gives you a lift without a letdown.

circle on a paper-covered baking sheet. Bake as directed. Cool, spread 1 cup whipping cream, whipped, over the shell. Chill. Blend 2 tablespoons cornstarch and 1 to 1/2 cup of sugar. Stir in 1 up fruit juice (drain frozen fruit or mash fresh fruit for the juice). Cook and stir until the sauce boils 1 minute. Cool. Arrange 1 quart of fruit over the whipped cream and pour sauce over all. Chill three hours for the prettiest pie you ever saw.

MERINGUE SHELLS

There are 2 packets of mix in each package. One packet makes about 8 individual meringue shells. All you add is water and sugar.

Meringue shells may be loosely wrapped and stored in a cupboard for several days. Do not place in an airtight container, however. About an hour before serving, the shells can be crisped by placing them in a 300 degree oven for about 10 minutes. For perfect meringue shells every time, a constant oven temperature must be kept at 275 degrees for white, crisp meringue shells.

SCRAMBLED EGGS

Simple toppers for scrambled eggs are grated cheese (cheddar or Swiss), chopped parsley or snipped chives. A nice garnish is a slice of raw tomato.

APPETIZERS

Have 4 thin slices of bread, 8 2x4-inch slices of Mozzarella cheese 1 inch thick, 8 anchovy fillets, 1/2 teaspoon pepper, 1/4 cup butter or 4 tablespoons olive oil and 1/2 teaspoon oregano. Toast bread on one side and cut slices in halves. Place 1 slice Mozzarella, 1 anchovy fillet and a little oregano on toasted side of four half slices. Sprinkle with a little pepper and cover with the other half slices, toasted side inside. Melt butter or heat oil and place sandwiches in it. Fry gently about 4 minutes on each side, or until cheese is melted. Serve immediately. Serves 4 with two hearty appetizers each.

STUFFED EGGS

Crumbed crisp bacon is a nice addition to stuffed eggs for your Easter luncheon.

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EVERETT D. TWITTY is the new General Mills representative for Southern Oregon. He had the Roseburg-to-the-Coast territory for more than a year and a half prior to his transfer to Medford. He has replaced Bob Johnson who is with MJB at Walla Walla. Here he is shown with General Mills' two new products, Protein Plus, a high protein hot oat cereal, and Betty Crocker's new all-purpose Meringue Mix.

SANDWICH FILLING

Finely chopped dill pickle makes a good addition to a hard-cooked egg sandwich filling or an egg salad. Or, in summer, use fresh pickled dill from your garden.

THICKENING

A tablespoon of cornstarch has the same thickening property as 2 tablespoons of flour. Use cornstarch or potato starch when you want your sauce to stay clear.

Piggly Wiggly's STORE-WIDE VALUES!

Borden's Mayonnaise Qt. **59c**

Hoody P-Nut Butter 18-oz. Jar **49c**

Party Time Tomato Juice 46-oz. **5/\$1**

...and dozens more money-saving values in nationally advertised foods... shop PIGGLY WIGGLY Get the BEST!

PIGGLY PRODUCE IS ALWAYS FRESH

New Crop **Oranges** Valencia 5-Lb. Plio Bag **59c**

Repeated by Demand **Artichokes** 2 for **15c**

Green, Crisp **Cabbage** lb. **7c**

Medium Size **Lemons** 6 for **19c**

California New Crop **Lettuce** Crisp Green, head **10c**

ALSO **Red Lettuce - Endive - Bean Sprouts - Cole Slaw and Salad Mix**

Early Bird Savings

SURF Giant Package **75c**

Lux Flakes Regular Size **33c** Pkg.

LUX TOILET SOAP

Reg. Bars 3 for **29c**

Bath Bars 2 for **29c**

14-oz. bottle **25c**

Hershey Instant 1-lb. tin for **45c**

Begmore 16-oz. tins 2 for **25c**

Swift's 3 1/2-oz. cans 2 for **39c**

Sunshine 1-lb. **37c**

Sunshine Cup Custard 16-oz. pkg. **49c**

Sunshine Candy 8-oz. pkg. **19c**

Giant Pkg. **87c**

Reg. size **37c**

22-oz. tin **73c**

10-lb. pkg. **2.79**

Giant Size **87c**

Liquid Detergent Quart **79c**

Reg. bars 3 for **35c**

3-lb. tin **89c**

Maxwell House Instant 6-oz. jar **1.19**

TUNA Del Monte Chunk Style No. 1/2 tins **4 F \$1 0 R**

Flour Occident, All Purpose 10 lbs. **79c**

Pork & Beans Hunts No. 2 1/2 tin **5 F \$1 0 R**

Spinach Del Monte No. 303 tin **7 for \$1 00**

Peas Kounty Kist No. 303 tin **10 for \$1 00**

Coffee Folger's Drip or Reg. 1-lb. Tin **85c**

POTEET'S Fine Meats

Swift's Beltsville **Turkeys** 4 to 8-lb. While they last! **43c** lb.

Swift's Premium **HAMS** Ready To Eat - Half or Whole **63c** lb.

Swift's Premium **Minced Ham** By the piece or sliced **39c** lb.

Swift's Brookfield **LINK SAUSAGES** 1-lb. pkg. **55c**

We Serve You Personally! Depend On Us For Quality

GARDEN PRODUCE!

Cauliflower 19c head

Cabbage lb. **8c**

Lettuce 2-hds. **29c**

Arizona **Grapefruit** 8-lb. bag **49c**

Peanuts In Shell **29c** lb.

Eatwell **Sardines** In Tomato Sauce **25c** Can

SUNSHINE 1-lb. Krispy CRACKERS **29c**

12-oz. Milk Chocolate Drops **35c**

Nalley's TANG Salad Dressing Qt. Jar **49c**

SWIFT'S 1 1/2-lb. **Beef Stew** **45c**

1 3/4-lb. **Tamales** **45c**

DURKEES 10-OZ Famous Sauce **35c**

ZEE TOWELS 19c Roll

Early Bird Savings **LUX** 20% OFF

Early Bird Savings **all** 20% OFF

Ketchup Heinz 14-oz. bottle **25c**

Chocolate Hershey Instant 1-lb. tin for **45c**

Pet Food Begmore 16-oz. tins 2 for **25c**

Baby Meats Swift's 3 1/2-oz. cans 2 for **39c**

Grahams Sunshine 1-lb. **37c**

Cookies Sunshine Cup Custard 16-oz. pkg. **49c**

Lemon Drops Sunshine Candy 8-oz. pkg. **19c**

Rinso Blue Giant Pkg. **87c**

Lux Flakes Reg. size **37c**

Lux Liquid 22-oz. tin **73c**

All For Automatic Washers 10-lb. pkg. **2.79**

Surf Giant Size **87c**

Wisk Liquid Detergent Quart **79c**

Lifebuoy Reg. bars 3 for **35c**

Spry Shortening 3-lb. tin **89c**

Coffee Maxwell House Instant 6-oz. jar **1.19**

FROZEN FOOD FEATURES

PEAS "Raven" 10-oz. pkgs. **10c**

Fillet of Sole lb. **59c**

Fillet of Cod lb. **59c**

Fish 'N Chips lb. **59c**

Scallops 7-oz. **59c**

Fish Sticks 10-oz. **49c**

Breaded Shrimp 10-oz. **69c**

Cherry Pies Bradleys 8" ea. **49c**

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