

Avocados

Big velvety chunks of Calavo avocado make Western Coleslaw a family treat. Fine-flavored summer avocados are plentiful at your food store now. Although summer varieties come in many shapes and sizes, you'll recognize the Hass—the most plentiful California summer variety—by its pear shape and dark, pebbly skin. For an easy summer meal, serve Western Coleslaw with barbecued frankfurters, crisp garlic bread, hot coffee and fresh strawberry sundaes.

- WESTERN COLESLAW**
 2 avocados
 French dressing
 Lettuce
 6 tablespoons mayonnaise
 1 teaspoon Worcestershire sauce
 Salt
 3 cups finely shredded cabbage
 1 cup grated carrot

Cut each avocado into quarters lengthwise and remove seed and skin. Dress fruit with French dressing. Arrange avocado quarters and lettuce on four salad plates. Combine mayonnaise, Worcestershire sauce and salt to taste. Blend with cabbage and carrot. Serve over avocado quarters. Makes 4 servings.

GOURMET TOUCH

Give fresh tomato salad a sophisticated touch by serving Mint Dressing. Spoon instant minced onion into a jar along with fresh lemon juice, salad oil, chopped fresh mint leaves and some salt and pepper. Shake and let stand to blend flavors. It's that easy to make a fine salad dressing when you use moisture-free onion.

- MINT DRESSING**
 1 tablespoon instant minced onion or 1/4 cup finely chopped raw onion
 2 tablespoons fresh lemon juice
 1/4 cup salad oil
 1/2 teaspoon salt
 Dash pepper
 1 teaspoon finely chopped fresh mint leaves

Combine all ingredients in small jar and let stand about an hour. Just before serving shake well to mix thoroughly. Makes about 1/2 cup.



Hero Sandwich

One huge sandwich made on a long, long loaf of crusty, crusty French bread, is enough to serve four hungry people!

The tasty filling of lettuce, tomatoes, sliced sweet onions, hard cooked eggs and mousy Norway Sardines is a meal in itself and saves all the fuss and bother of preparing and wrapping lots of individual sandwiches. The one mammoth sandwich, wrapped in aluminum foil, is easily transported in the picnic basket and sliced in four sections right at the site.

While the filling may vary according to taste, the sardines ensure the protein growing youngsters need. They are an interesting flavor accent, too, when combined with the bland eggs and the garden fresh tomatoes. Cheese may be added, if you wish; sliced radishes

or cucumbers give a crunchiness. Minced scallions or chives may be substituted for the sweet onions.

In the picnic basket, be sure to include some fresh fruit and bottles of your favorite beverage. It's a picnic in a minute—and oh, such a good one.

SARDINE HERO SANDWICH
 Split loaf of French or Italian bread in half lengthwise. Spread bottom half thickly with mustard mayonnaise. Cover with lettuce leaves, a layer of tomato slices, a layer of onion rings, one of sliced eggs and one of sardines. Cover with mayonnaise spread top half. Wrap in aluminum foil. When ready to serve, slice crosswise into four portions. Yield: Four large servings.

MUSTARD MAYONNAISE
 Add two tablespoons prepared mustard to 1/2 cup commercial mayonnaise. Stir well. Yield: 1/2 cup mustard mayonnaise.

PEACH LEMONADE

Here's a way to use syrup from canned cling peaches. When you've used most of the peaches in peach-cottage cheese salad or other recipes calling for drained cling peaches, use the syrup to make Peach Lemonade. Garnish each serving with a cling peach slice and a sprig of mint.

- PEACH LEMONADE**
 1-3 cup sugar
 2 1/2 cups cold water
 2 cups syrup from canned cling peaches

1/2 cup fresh lemon juice
 Canned cling peach slices
 Fresh mint
 Garnish with peach slices and sprigs of mint. Makes six servings.

Combine sugar and 1/2 cup water, and heat until sugar is dissolved. Cool. Add to remaining water, peach syrup and lemon juice. Pour over ice in chilled glasses, cookies for a shiny glaze.

GLAZE

Thin an egg yolk with a very little water and use to brush on

PROTEIN-RICH sardine Hero Sandwich can become the star of the picnic basket for four. It is made in one long sandwich, using a whole loaf of crusty French bread. The bottles of chilled Coca-Cola make a fine accompaniment for the sardine-egg-onion tomato filling.

FOOD TIPS

FROZEN STEAKS
 Direct from freezer to hot skillet is the culinary route of the quick-frozen minute steaks now generally available. The frozen steaks, packed several to a box, are quickly separated; require no pre-thawing and only 2 to 3 minutes cooking per side to ready them for the table.

RUSSIAN DRESSING
 Add one part of catsup or chili sauce to three parts of mayonnaise when you are concocting Russian dressing at home. Add minced green pepper, pimiento-stuffed olives, capers and pickle relish. Or, the simplest way to have perfect Russian Dressing is to purchase Nalley's Russian Dressing at your grocer's. Nalley's 40th anniversary of fine food flavors is featuring Nalley's Specialty Dressings this summer.

LEFTOVERS
 That leftover vanilla ice cream not firm enough to serve? Make milk shakes or malted milk drinks with it.

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PIGGLY PRODUCE IS ALWAYS FRESH
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Potatoes No. 1-A California New 10 lbs. **49c**

Squash Yellow Crook Neck Summer Zucchini lb. **10c**

Peppers Green lb. **15c**

Cucumbers Fancy, Long Green Slicers lb. **9c**

WHITE KING CLEANSER Reg. Size **33c**

WHITE KING SOAP Reg. Size **33c**

WHITE KING LIQUID DETERGENT Reg. Size **35c**

WHITE KING WATER SOFTENER 2 Pkgs. **49c**

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Swift's **Beef Stew** 1 1/2 lb. Can **49c**

Sunshine **Pretzels** 6 oz. **23c**

Toasted **Coconut Rolls** (Chicken Bones) 9 1/2 oz. **25c**

Betty Crocker **Meringue Mix** Pkg **25c**

Dennison's **Lima Beans and Ham** 2 15 oz. Cans **55c**

Diamond A **Diced Beets** 2 Cans **25c**

Standby **FIGS** 2 303 Tins **55c**

Drink **Hi-C Orange** 46 oz. **29c**

Palmolive Soap Reg. size 3/32c Bath size 2/31c

Cashmere Bouquet Soap Reg. size 3/32c Bath size 2/31c

MILLER'S MARKET IN PIGGLY WIGGLY

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Pot Roasts U.S.D.A. Choice Beef lb. **59c**

Marinated **Steaks** They're Delicious, cured in a wine and barbecue sauce. lb. **69c**

Jello Assorted Flavors **4 29c**

Fruit Tidbits Calirose Mixed **2 29c**

Salad Dressing Champion qt. **39c**

Tomatoes Party Time No. 2 1/2 cans **5 10c**

Nestle's Milk can **10c**

Pears Bagley No. 2 1/2 tins **29c**

Eggs Gooding's AA Small doz. **35c**

Catsup Standby 14 oz. Btl. **2 29c**

Grape Drink Welchade **3 10c**

Coffee Boyd's lb. **79c**

Garden Fresh Produce

Peaches 2 lbs. **25c**

Tomatoes lb. **15c**

Peppers lb. **19c**

Lettuce Head **10c**

36 Size Jumbo **Cantaloupes** 2 for **35c**

Bagley Pears No. 2 1/2 **29c**

Borden's **Instant Coffee** 5 oz. Jar **1 09**

ETHEL'S SPECIAL
 -- HOM-ADE RELISH --
 -- SALADS --
 -- REAL ITALIAN SPAGHETTI SAUCE --

Snowdrift Shortening 3 lb. Tin **89c**

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Nabisco **RYE THINS, CORN THINS TRIANGLE THINS CHIPPER POTATO CRACKERS** Pkg. **35c**

LIPTON'S SOUPS Chicken Noodle Tomato Vegetable 3 pkgs **43c**

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Beef Stew Haley's Large 22 oz. can 2 for **89c**

Meatballs & Gravy Haley's 13 oz. Cans 2 for **75c**

Soap Colgate Deodorant Bath Size 2 for **37c**

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