



A PICTURE OF "COOLTH" is this platter of chilled fruit with a bowl of Cottage Cheese Spoon Up and tall glasses of chilled summer beverage. Authorities say that cool foods do not actually make you cooler on a hot day, but somehow it makes one feel more comfortable to see and eat frosty things. The glasses may be filled with lemonade, iced tea or coffee, sparkling Seven-Up, Coca-Cola or the mixed drink of your choice.

"COOLTH"

Who wants to be bothered cooking in hot weather? No one! But even on sizzling days light but delicious little meals are a "must." So to save time and tempt appetites, fix the kind of food that comes out of the refrigerator, not from the oven, and plan the simplest kind of buffet service.

For example, try a make-it-yourself fruit salad, choosing fresh fruit in season. For crisp coolness, include melons, halved and chilling in their own juices—and do combine different types, ripe red watermelon, pale green honeydew, rich orange cantaloupe. Add thin long slices of fresh pineapple, whole ripe strawberries, sliced juicy peaches—kept from turning

by a gooily sprinkling of lemon juice—and perhaps tart orange sections. Prepare everything in advance then pop it all together at the last minute. Toss in a handful of berries to perk up the color scheme, and arrange the fruits around a heaping bowl of creamy Cottage Cheese Spoon Up.

Keep the setting simple, a plain wood table, your gayest pottery plates, tall thin glasses well chilled and frosty. A compartmented dish or a series of small bowls holds fruits and dressing attractively—makes your salad a conversation piece.

For other make-your-own salads, serve a combination of meats and vegetables—cubed ham, strips of tongue, sliced chicken, cold cooked vegetables—whole green beans, beets sliced, onion rings, and baby lima beans. This calls for

a big bowl of tangy French dressing generously spiced with crumbled blue cheese. Your favorite tall drink (maybe a Vodka Velvet), completes the picture of coolth at its best. Don't forget to add sprigs of fresh mint for that something refreshing to smell as well as taste. Then sit back, let your guests serve themselves, and enjoy summertime living at its best.

COTTAGE CHEESE SPOON UP

2 cups cottage cheese
1/2 cup sour cream
1/2 cup mayonnaise
1/2 cup grated nuts
2 teaspoons lemon juice
Blend all ingredients, serve with fresh fruit salad. Serves four to six people.

VODKA VELVET
1 1/2 ounces Vodka
1/4 teaspoon mint extract

1/2 cup lemonade
Club soda
Combine Vodka, mint extract
and lemonade in tall ice-filled glass. Fill with Club Soda. Garnish with sprig of fresh mint.

Take it from me . . .

MILK
... HELPS YOU ENJOY LOSING WEIGHT MORE

Yes, dieting is easier and more enjoyable when you include milk with your meals. It gives you added strength, not weight!

Bessy, the Basin Bossy

HOT DOGS

Stahl - Meyer, Inc., packers of these wonderful precooked hams, also has a line of frankfurters and Vienna Sausages.

The little Vienna Sausages come in tins.

The 8-ounce jars of franks are hickory smoked and come in all-meat franks or all-beef franks, so you may have your choice.

New are the jars of hickory smoked Vienna Sausage, packed in brine, in the 6-ounce size.

In the cocktail line are Stahl-Meyer Cocktail Frankfurters, packed 30 to a 6-ounce jar and the new Cocktail Salami in the little bottle size just right for spearing with a cocktail pick.

With July being observed as Hot Dog Month, you'll be wanting to serve more and more of America's favorite—the frankfurter.

For a pantry meal when you can't think of anything else to eat and you want a hot dish, roll out biscuit dough, using a mix if you like, cut into squares and wrap each square around a frankfurter. Bake in 450 degree oven for about 20 minutes. Pass the ketchup and mustard and serve a salad of greens and you have it made.

Note: Franks in a blanket are good nibbling the next day, sliced in one-inch slices—if there are any left over which is unlikely.

SARDINE CANAPES
Open and drain a can of Norway sardines. Mash the sardines and combine with a little horseradish and mayonnaise. Spread on toast strips or cocktail crackers. Refrigerate until ready to serve.

SUMMER FOOD CARE

Fats and oils become rancid when exposed to light, air, moisture and heat. Bottles that have been opened should be kept tightly covered, and preferably under refrigeration. Some oils become cloudy when chilled. A short time at room temperature will restore the original clearness. Olive oil will congeal when held for any length of time in a cold place. This does not change its quality and after a short time at room temperature it will return to its clear, fluid state.

HOW TO DO HINT

Here is a simple way to make a croustade, a shell for chicken à la king, creamed ham and eggs or lobster Newburg: Cut unsliced white bread into thick slices, two inches thick. Remove crusts. Cut the squares into two oblongs and hollow out crumbs, leaving a shell about 1/8 inch thick. Brush the shell with melted butter and bake in oven preheated to 375 degrees for 12 to 15 minutes.

SWEET POTATOES

Honey and lemon juice, plus grated lemon rind, gives good flavor to mashed sweet potatoes.

be sure... and CH cane sugar

GRANULATED

the pure cane sugar from Hawaii!

This Week's Produce Features

LETTUCE LARGE, CRISP, SOLID HEADS **2 FOR 15¢**

CORN New Crop, Medford doz. **59¢**

Green Peppers Stuffing Size **3 FOR 14¢**

Tomatoes Vine Ripened **2 LB 25¢**

Lemons Sunkist, Full of Juice **6 FOR 23¢**

Watermelons Guaranteed Ripe - Priced Right!

Coffee Maxwell House Drip or Regular Grind 2-Lb. Tin **\$1.57**

Tomato Juice Del Roque 4 46-oz. Tins **\$1**

Margarine Plymouth, Colored **6 LB \$1**

Asparagus Meco - All Green Spears 4 No. 300 Tins **\$1**

Shortening Cream Flake 3-lb. Tin **59¢**

Potatoes Hunt's, New No. 300 Cans **3 FOR 29¢**

MILLER'S MARKET IN PIGGLY WIGGLY

REMEMBER — We are the only independent market that cuts USDA "CHOICE" Beef day in and day out! Why settle for less than the Best! Try our New Yorks, Top Sirloins, T-Bones, Filets or Spencer Steaks. They melt in your mouth!

Beef Pot Roast USDA "Choice" Grain fed Beef lb. **59¢**

Pork Loins Half or Whole - We cut them Free! Grain fed lb. **69¢**

Short Ribs USDA "Choice" Grain fed lb. **29¢**

Pork Steaks Grain fed, Nice and Lean lb. **59¢**

MOTHER NATURE PROVES THAT DOGS REQUIRE FATS IN THEIR DIET!

HERE'S THE PROOF:

FAT CONTENT IN MILK	
MOTHER DOG	11.2%
COW	4.0%
HUMAN	3.5%

A complete, balanced diet ready to serve. No additional meat is required.

ENERGIZED! with fresh beef fat

Test after test has proven that dogs do require a high percentage of fat in their diet (3 times that of man). Dr. Ross' vita-meal and vita-bits are fortified with fresh beef fat to give your dog his daily requirements.

Dr. Ross' vita-meal and vita-bits
THE WEST'S LARGEST SELLING QUALITY PET FOODS

The fresh Apricot crop is short this year and the price will be high! Here's a real buy on

Party Time Whole Apricots 4 Big No. 2 1/2 Cans **\$1**

Cake Mix Pillsbury White, Choc., Golden Orange 3 for **89¢**

Grahams Sunshine 1-lb. Pkg. **37¢**

Cookies Sunshine Hydrox 12-oz. Pkg. **39¢**

Candy Sunshine Choc. Gems, Assorted 8-oz. **29¢**

Modess Pkg. of 12's 45¢ 2 for **89¢**

Cheer Tins or Driest Quart Size **87¢**

Duz or Oxydol Giant Size **87¢**

JOY Liquid Detergent 22-oz. can **73¢**

IVORY Snow Ivory Flakes Large Pkg. **37¢**

TUNA Starkist, Chunk Style No. 1/2 Tins **3 FOR 85¢**

CAMAY Toilet Soap 3 Reg. Bars **32¢**
2 Bath Bars **31¢**

IVORY SOAP Pers. Bar 4 for **27¢**
Med. Bars 3 for **32¢**
Lge. Bars 2 for **33¢**

DASH For Automatic Washing Machines 25-oz. Pkg. **45¢**
9-Lb. 12-oz. Pkg. **\$2.59**

Strawberries Pride of Oregon Frozen 6 10-oz. Pkgs. **\$1**

Peas Raven Fresh Frozen 10-oz. Pkgs. 3 for **29¢**

Fish Sticks Just heat and eat! Gorton's Chet's Individual Frozen Chicken, Turkey or Beef Pkg. **45¢**

Pies 3 for **85¢**

Marshmallows Doumack's Pixie - White or Colored 2 Pkgs. **39¢**

Maple Syrup Karo Imitation 1 1/2-lb. Bot. **27¢**

Baby Meats Swift's - 3 1/2-oz. cans 4 for **89¢**

Lava Soap Med. Bars 2 for **25¢**

Cascade For Automatic Dish Washers — 20-oz. Pkg. **49¢**

Spic 'n Span Giant Pkg. **97¢**

Comet Cleanser Reg. Size 2 for **33¢**

PIGGLY WIGGLY

Right To Reserve To Limit Open Sundays and Evenings