



STAHL-MEYER, INC., has made it easy for you to observe Hot Dog Month this July. There are big and little franks, precooked, just ready to heat and serve.



"HAVE A PARTY from your pantry" has been the Coca-Cola slogan this year and pickles tie in very well with the idea. Del Monte's "Ya Olde Pickle Shed" has been put up at Oregon Food Store No. 3 and Jack Legg is shown here with the complete project. He was assisted by Ersel Hallsted, Del Monte representative for Southern Oregon, in presenting the jumble display at the store.

PICKLES

Medical authorities emphasize the importance of consuming more salt during the hot months than other times of year.

An easy way to increase the salt intake is eating pickles. One good sized dill pickle a day will give you almost all the extra salt your system needs to help combat the heat.

In addition to being good for you, the crispness of pickles adds a fine texture contrast to summer meals. The simple lunch of a mug of soup and a salad, or a salad and a big glass of milk can be made more attractive to look at by the addition of the little extras to the plate.

Chopped pickles are a must in macaroni and potato salad. Try a cooked bean salad, adding in chopped dill pickles and onion.

Nalley's fine new canned potato salad can be "dolled up" by the addition of chopped pickles, celery and onions.

Remember the old wheeze about "you must be lousy" if you showed a fondness for pickles?

More and more Americans are succumbing to the love for pickles. The manufacturers are increasing the variety every year so everyone can find just the favoring type he prefers. Pickles come in all sizes and shapes. They don't add much in calories, but they add salt to the summer diet and

Nothing brings a smile like...



SANTIAM BLUE LAKE

STRINGLESS GREEN BEANS



STRAIGHT-STRINGLESS ALL MEAT TENDER GREEN BEANS

HOMINY

How long since you have served hominy? It is an excellent vegetable served in a cream sauce or drained and heated piping hot in plenty of butter.

Take it from me...

A QUART OF MILK SUPPLIES AT LEAST 1/2 OF THE CALCIUM NEEDED DAILY FOR GOOD TEETH!



MILK BUILDS TEETH

KLAMATH BASIN GRADE PRODUCERS ASSOCIATION

Avocado-Shrimp In Salad Ring

Here's a sure cure for menu doldrums. Brighten warm weather menus by serving Calavo avocados, now plentiful at your food store. You'll find summer varieties come in many shapes and sizes, but the most plentiful is the Hass—a pear-shaped avocado with dark, pebbly skin. Use this exceptionally fine-flavored fruit in Santa Barbara Salad Ring—sieved avocado, gelatin and grapefruit juice molded in a ring and served-filled with whole shrimp. Delicious!

SANTA BARBARA SALAD RING

- 2 1/2 cups unsweetened grapefruit juice
- 2 envelopes plain gelatin
- 1 cup cold water
- 1 1/2 teaspoons salt
- 1 teaspoon grated onion
- 2 1/2 cups sieved Calavo avocado
- Salad greens



DIETING can be a pleasure, especially when you serve such sweets as this Raspberry Beauty in which fresh raspberries are combined with low-calorie raspberry gelatin and turned into a ring mold. It has only 48 calories to the serving. The photo and recipe are courtesy of D-Zerta.

Chilled whole shrimp Mayonnaise

Heat grapefruit juice. Soften gelatin in cold water and dissolve in hot grapefruit juice. Blend in salt and onion. Cool. To prepare avocado, cut into halves and remove seed and skin. Force fruit through sieve. Blend sieved avocado into cooled gelatin, pour into 8-inch ring mold and chill until firm. Unmold on salad greens and fill with shrimp. Garnish with mayonnaise. Makes 6 to 8 servings.

You'll Be Amazed What You Can Buy For 2.99 at VAN ORMAN'S 527 Main

BUSY WORK

The next time the children beg for something to do, be prepared with finger paints. Cover an outdoor table or the kitchen table with cloth and give them free reign in their own "studio." Write to Corn Products Refining Company, 17 Battery Place, New York 4, New York, for a free leaflet on finger paints. It includes a formula for homemade finger paints and basic directions for finger painting.

KEEP LID ON

Preserve the delicate flavor of cottage cheese by making sure the lid is on tight when storing it in the refrigerator. Creamed cottage cheese should be used within 3 or 4 days.

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ETHEL'S HOM-ADE SALADS Pt. 39¢

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RASPBERRY BEAUTY

This beautiful molded summer dessert might well be called a dieter's delight. When thoroughly set and turned out, this Raspberry Beauty may be garnished with fresh berries, sprigs of fresh mint and low-calorie whipped topping, if desired.

It makes a delicious ending to a meal of cold sliced roast beef and mixed greens salad with sliced tomatoes and cucumbers.

RASPBERRY BEAUTY

- 3 envelopes Raspberry D-Zerta
- 3 cups hot water
- 1 cup fresh raspberries
- 8 (about 1/2 cup) crushed graham crackers (optional)
- Low-calorie whipped topping

8 whole raspberries
Mint sprigs (optional)
Dissolve low-calorie gelatin in hot water. Chill until slightly thickened. Fold in raspberries and pour into a 1 1/2 quart ring mold. Sprinkle graham cracker crumbs evenly over top. Chill until firm. Unmold on serving plate and garnish with low-calorie whipped topping, whole berries, and mint sprigs. Makes 8 servings.
About 48 calories per serving.

Have You Seen The **FAMILY COOKIE** display at Carter's? This Week's Special: **MARBLE STARS** 1-lb. 49¢ pkg.
Carter's FINE FOODS 1420 Esplanade

QUICK ELASTIC
Use hot or cold water. Works on wash-wear, clothes, 12 oz. package makes 20 quarts. Get QUICK ELASTIC today!

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Peas 10-oz. pkg.	

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