



HUNGRY EATERS will love a salad bowl like the one shown. One of the secrets of its attractiveness is that each ingredient is left in large enough pieces to keep its individuality. Another secret is having all ingredients chilled and serving only the freshest, crispest greens as a base for the salad. The only thing missing—and they go on at the very last—are whole ripe olives for the final touch. And why not serve an assortment of salad dressings so the family or guests may make their own selections?

CRISP SUMMER SALADS

August may be Sandwich Month and the hot dog may be said to be a No. 1 choice for American eating, but, day in and day out, you can't beat salads on the menu. Salad can mean nearly anything to a meal. It can be a starter course or can double as dessert or it can be the whole meal. For luncheon it is likely to be the latter.

For the patio supper, a huge bowl of salad from which the family and guests can serve themselves (onto Fonda paper plates or bowls, perhaps) adds to the simple informality of the meal. Just be sure you have enough and be sure your salad is crisp and cold.

A big salad can be built to look like the one pictured or perhaps you would be interested in some of the salad suggestions from the Wyandotte Olive Growers Association. California today produces 99 per cent of all American grown olives. The ripe olive industry was a pioneer in the field of information labeling. Each label shows specifically the size of the olive as well as indicating how many olives are in each container.

EGGS

Eggs are an excellent source of highest quality complete protein, containing all essential amino acids.

Egg protein comes so near to perfection that scientists use it as a standard to measure the value of protein in other foods.

Eggs are a good source of vitamin A.

Eggs contain the B vitamins, thiamine and riboflavin.

Eggs are second only to fish liver oils as a natural source of vitamin D.

Eggs are one of the first solid foods recommended for infants, especially important because of the infant's need for iron, not found in milk.

Eggs are easily and completely digested.

Eggs are an excellent food for children and teen-agers, providing stamens and helping to take care of the body's food needs during periods of rapid growth.

Eggs are vital in daily meals of adults of any age because of their food value, convenience, digestibility and economy.

Eggs are important in reducing diets. They contain generous amounts of protein and other essential nutrients with a modest number of calories. There are 154 calories in the two-egg serving.

Eggs are equally important for gaining weight. In addition to eggs as the main dish, they can also add a plus value to milk or fruit beverages; or they may be used hard-cooked as snacks and a bonus food with lunch and dinner.

In a nationwide survey conducted by the Poultry and Egg National Board in 1958, eggs were ranked by homemakers as a necessary food by 94 per cent of those surveyed.

SUDS BROW BANDS

Be sure that your collection of brow bands is always suds-and-water clean. After all, they're right out there in plain sight—so keep them pretty and face flattering. The eraser soil that works into crease lines, apply a thick lather of soap or detergent suds. After it stands—suds laden—for a few minutes, pick the band up between your thumb and forefinger. Then, in imitation of a caterpillar, rub your thumb and forefinger back and forth, inching the material along. This rubbing is a gentle, yet a thorough cleaning action.

HAWAIIAN PUNCH FRUIT COCKTAIL

For the starter for a meal or for dessert, serve watermelon balls in your prettiest sherbet glasses. For extra special flavor, put the melon balls in a big bowl and cover with Hawaiian Golden Punch or regular Hawaiian Punch and set in the refrigerator for an hour or two to blend flavors. Serve any remaining juice in little glasses for breakfast fruit juice.

over all. Center with the rings of sliced hard-cooked eggs and top with the sliced olives. Serves five.

EL PATIO POTATO SALAD

3 to 4 medium sized potatoes
1/4 cup Sauterne wine
3 green onions
1-3 cup whole or pitted olives
1/4 cup chopped celery
2 tablespoons chopped parsley
Salt and pepper
1-3 cup mayonnaise
1 teaspoon vinegar

Boil potatoes in salted water until tender. Drain and cool sufficiently to handle. Peel and dice. Pour wine over potatoes and allow to stand until cold. Slice onions thin. Cut olives into large pieces (remove pits from whole olives or cut pitted olives.) Add onions, olives, celery and parsley to potatoes. Season with salt and pepper. Blend mayonnaise and vinegar, pour over salad mixture and mix lightly. Serves 4.

PATIO SUPPER SALAD

Combine 2 cups cooked salad macaroni (and if your grocer asks you what you mean by salad macaroni, tell him the smallest size he has!), 2 chopped hard-cooked eggs, 2-3 cup sliced celery and 1/4 cup each chopped pimiento, sweet pickle and green sweet pepper. Blend together 2-3 cup mayonnaise, 1 tablespoon grated onion, 1/4 teaspoon salt and 1 tablespoon vinegar and toss with salad ingredients. Serves 6.

GARDEN SALAD BOWL

2 pounds fresh asparagus (or 1 package frozen)
2 hard-cooked eggs
1 cucumber
3 green onions
2 tomatoes
1 small head lettuce
1/2 cup sliced ripe olives
Wine vinegar French dressing

Prepare and cook asparagus in small amount of boiling salted water until tender. Drain and cool. Slice eggs. Peel and slice cucumber. Slice onions very thin. Cut tomatoes into wedges. Break lettuce into bite-size pieces in salad bowl. Arrange groups of four or five stalks of asparagus, tips up, at five points of the wheel. Alternate wedges of tomatoes and cucumber slices between the groups of asparagus. Sprinkle olives

BAKED DINNER

If you are roasting a ham, turkey or beef roast in a 350-degree oven, make the most of the heat and space by cooking the rest of the dinner with the same heat. Whole beets, carrots and potatoes can be cooked at that temperature. Bread pudding, Indian pudding, rice pudding and fruits such as apples, peaches and pears also cook nicely in a slow oven. Breads and other foods requiring a higher temperature can be added after the roast is removed.

Chocolate MILK

Mmm! It's delicious for all the family, and a good way to get the kids to drink milk

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MOLDED SALAD

Serve this handsome "San Jose Luncheon Salad," and you'll get requests for the recipe! Mellow-flavored Calavo avocado is sieved and combined with cottage cheese and gelatin to make the ring. Unmold the ring on crisp greens and fill the center with fresh grapefruit and orange sections. Most refreshing! Fine flavored Calavo avocados are abundant now at your food store. You'll find summer variety avocados come in many shapes and sizes. Some are large and round, some are small and pear-shaped, but all give you luscious mellow-flavored fruit.

LUNCHEON SALAD

1 envelope plain gelatin
1/4 cup cold water
1/2 cup hot water
1 teaspoon salt

1 1/2 teaspoons grated onion
3 tablespoons fresh lime or lemon juice
Dash Tabasco sauce
1 avocado
1 cup cottage cheese
Tart fresh fruit
Soften gelatin in cold water and

dissolve in hot water. Stir in salt, onion, lime juice and Tabasco sauce. Cool until partially thickened. To prepare avocado, cut fruit into halves lengthwise, remove seed and skin, and force through a sieve. Mash cottage cheese through sieve. Add avocado and cheese to

thickened gelatin mixture. Mix well and turn into 1 1/2 pint mold. Chill until firm. Serve with tart fresh fruit, such as grapefruit and orange sections. Makes 6 servings.



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COOKIES *Home Quality!*

Easy to pack for picnics, traveling . . . all summer long!

YOU'LL BE GLAD YOU DID, LADIES!

Make the Amazing NEW **M.C.P. UNCOOKED JAMS**

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• USE LESS FRUIT — GET MORE JAM

Made Only with M.C.P. Jam & Jelly PECTIN

THEY'RE FINER JAMS because eliminating the usual cooking and boiling preserves ALL fresh fruit and berry flavor and color. Recipes in every package (13 1/2 oz.) M.C.P. JAM & JELLY PECTIN. Cost Less Than 15c Per 1/2 lb.

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Pride of Oregon Frozen

STRAWBERRIES 10-oz. Pkgs. **6 FOR \$1**

PEAS Del Monte No. 303 **6 FOR \$1**

Spinach Del Monte No. 303 **6 FOR 89c**

Applesauce Garden No. 303 **6 FOR 89c**

Green Beans Party Time No. 303 **6 FOR 79c**

Fruit Mix Calrose For Cocktail or Salad **6 FOR 89c**

Cat Food 9 Lives 6-oz. Tins **6 FOR 69c**

Eggs Grade "AA", Small Gooding Farms, fresh **3 doz. \$1.00**

Kool Shake Asst. Flavors **5 PKGS 10c**

Tomato Juice Del Rogue 46-oz. tins **4 FOR \$1.00**

Tomatoes Party Time Lge. 2 1/2 Tins **5 FOR \$1.00**

Salad Dressing Champion Nalley's Qt. **39c**

Tent Luncheon Meat 12-oz. tins **39c**

Hi Ho Crackers Sunshine lb. **37c**

Hydrox Cookies Sunshine 12-oz. pkgs. **39c**

Caramels Sunshine Butterscotch 9-oz. pkg. **29c**

Tissue Zee—White or colors 4 roll packs **3/\$1**

Towels Zee—Household roll **21c**

Lemonade Real Gold 6 oz. Can **2/29c**

Dill Pickles Del Rogue 24 oz. Jar **29c**

Zee - heavy, 100' roll **2/45c**

Waxed Paper Zee **10c**

Napkins Hills Bros., Instant **1 19c**

Coffee Swift 6-oz. jar **1 79c**

Shortening 3-lb. tins **43c**

Liquid Detergent 12-oz. cans **2/35c**

Vel American Beauty Italian Style 8 oz. pkg. **\$1 39c**

Spaghetti Dinner Simonix Liquid **1 29c**

Floor Wax Save 20c 1/2 Gal. **1**

MILLER'S MARKET
IN PIGGLY WIGGLY
FRESH
Cornish Game Cross between Pheasant & Chicken - They're Better. **49c lb.**

Fresh - Made From U.S.D.A. Choice Beef **GROUND BEEF** There is a difference **2 lbs. 89c**

Pork Sausage Made from boned shoulders. Seasoned just right. **59c lb.**

Beef Liver Young and tender **39c lb.**

Do you want a good Tender Steak? Why not try a New York, T-Bone, Spencer, Top Sirloin or Fillet all cut from USDA Choice Grain Fed Beef. If it's from Miller's you know it will be good!

OCCIDENT FLOUR
10 lbs. 89c

Piggly Produce is always Fresh!

Large, Fancy Slicing **Tomatoes** lb. **10c**

For Canning - Loose Pack Lugs \$1.19

Crisp, Green **Lettuce** Large Heads Each **10c**

Seedless **Grapes** 2 lbs **29c**

Elberta - Can Now lug **Peaches** **\$1.89**

Last Call on California Jumbo Size **CANTALOUPE**
6 for 43c 12 for 85c

No. 1A, Netted Gems **Potatoes**
10 lbs. 39c

Salad Dressing Champion Nalley's Qt. **39c**

Tent Luncheon Meat 12-oz. tins **39c**

Hi Ho Crackers Sunshine lb. **37c**

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3 summertime favorites!

Nulade

POTATO SALAD...CRAB LOUIE...DEVILED EGGS

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