



THIS RECIPE was named "Stuffed Green Beans" by California Foods Research Institute. They aren't truly stuffed, but it is deliciously seasoned casserole of blue lake green beans which offers a little different way to serve vegetables during the winter months.

STUFFED GREEN BEANS

The first time we heard of "Stuffed Green Beans" we had a mental image of someone pushing stuffing into each small bean! That's not the way it's done, though. As the woman who gave us their recipe said, "It's like stuffed zucchini only instead of stuffing the beans, you put the beans into the stuffing!"

This comes from an Italian recipe, and the "stuffing" is a nicely seasoned mixture of herbs, Parmesan cheese, onion, eggs and crumbs. Tender canned blue lake green beans from the Pacific Northwest take kindly to this southern European treatment. It's a delicious way to dress up the dinner vegetable.

STUFFED GREEN BEANS
1 (No. 303) can blue lake green beans

1 tablespoon instant minced onion or 1/4 cup finely chopped raw onion
1/2 teaspoon garlic powder or 1/2 clove raw garlic, finely chopped
1 egg, beaten
1 cup soft stale bread crumbs
1/2 teaspoon salt
1/2 cup grated Parmesan cheese
Drain beans, reserving 1/2 cup liquid. Combine liquid with all remaining ingredients, mixing well. Add beans and mix lightly. Turn into 1 quart baking dish. Bake in moderate oven (350 degrees) about 35 minutes, until set in center. Serve at once, from baking dish. Makes four to five servings.

IN MINUTES you can have a soft, feminine hairstyle, thanks to Adorn by Toni. Waves are in to stay, too, for the spray's self-styling action holds the hair in place all day.

ADORN

As fashions highlight the new styles, so do the new hairstyles give balance to the lines of the silhouette. The Chemise Coiff, for example, features curled long and deep waves that provide width and becoming softness. The Souffle is another hairstyle created especially for the new fashions. The hair is lifted and topped with loosened waves that are gently fanned. The Peony features hair that is cut in layers and curled toward the face with a curled bang arranged to suggest the petals of a full-blown flower.

You can achieve these hairstyles and many others with Adorn. Thanks to this unique self-styling hair spray, you can actually curl a hairstyle into your hair if you spray before you comb, not after. There are a few of the many styling tricks you can do yourself.

The Wide-Winged Look: Spray then wind two huge horizontal curls on rollers, parallel to each other at each side of your face. Wind one row across the back and anchor with clips. When dry, brush into bouffant waves with upturned ends.

Variations With Bangs: Make pin cushion bangs by spraying first, then place a pillow of tissue or cotton under the bangs. When dry, slide out the cotton. Lift up your comb and fluff over the forehead. For nice bangs, brush center section of bangs to fall straight on forehead. Then, twist wings of hair into convenient shaped curls at each side of the forehead.

Experimenting with different hairstyles is fun and easy, too, with the new Adorn booklet which is attached to the spray's container. It has pictures and directions for ten styling tricks you can do yourself.

"In my day we all set string beans, then along came SANTIAM BLUE LAKE STRINGLESS GREEN BEANS"

Which ever you choose, Faberge's new Purse Perfume De Luxe is sure to be an almost welcome gift—a wonderful addition to your "what-to-give" problem.

DISHWASHING

Range-to-table ware is prettier than ever this year and saves greatly on dishwashing. Saucepans and skillets can double as serving dishes with no apologies. Polished metals and beautifully colored ceramics bring the warmth of the kitchen to the table and keep the food piping hot. Table protectors make nice accompanying gifts.

BIG Y SAVER

4710 So. Sixth

Birds Eye or MCP Frozen

Orange Juice 6-oz. 4/\$1

Frozen Chili Pot Pies 4/\$1

M-D Tissue 10 rolls \$1

Blue Bell 3 Pack 59c

Potato Chips 59c

Bar None Dog Food 12/\$1

Imperial—Tastes Like 70c Spread 41c

Dessert Topping 49c

Lucky Whip 4/\$1

Wyandotte Olives 3/\$1

New Family Size White Star TUNA 3/\$1

Van Camp's Spanish Rice 300 Tin 19c

Borden's Instant Dutch Choc. 47c

Beaver Brand Cake (Sugared Crystal) 2 F 29c

Decorations 2 39c

ORANGES 2 39c

Tangerines 19c lb.

Avocados 10c ea.

Lettuce 3 heads 29c

Gr. Onions-Radishes 5c bunch

Cucumbers 10c ea.

Green Peppers 25c lb.

Tomatoes 19c lb.

Sweet Potatoes 9c lb.

Kaiser Quilted ALUMINUM FOIL 83c

Big 75' Economy Roll

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Remember, only 1200 stamps to a book. Local redemption or order from our catalog of over 10,000 items. Limit 1 Coupon Per Family.

Save 7c on Spry

Sugar C&H 10 lb. 88c

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Flour With Coupon on Page 1-C 10-lb. 79c 25-lb. \$1.59

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Margarine Holiday 7 F 1 R \$1

Hormel's SPAM 53c

Snow's Minced CLAMS 31c 1/2 Tins

Snow's Clam Chowder 29c

Sure-Fresh Cottage Cheese 29c Pr.

Reg. 12 Pack KOTEX 2 for 89c

O-Cedar Dry-Glo POLISH 79c

Scott 100 Count TOWELS 23c

Ocean Spray Cranberry Sauce 25c

Borden's Eagle Brand MILK 15-oz. Tin 33c

FREE-1 CAN KAL KAN MPS CHUNK STYLE DOG FOOD WITH THIS COUPON AT BIG Y

HERE

Soran's Local "Fresh"

TURKEYS 43c lb.

For flavor, for tender goodness, there's nothing like a fresh turkey.

USDA Inspected Grade "A" Hen

Fresh Frozen Turkeys 39c lb.

Holiday Hams 89c lb.

Fill Your Locker With Beef And Pay After New Years

Hind Quarters 59c lb.

Beef Loin 59c lb.

Side Of Beef 52c lb.

Ground Beef 39c lb.

Wiener 43c

T-Bones 88c lb.

Hickory Smoked HAM 49c lb.

Maple Flavored Mak-A-Syrup 10c pkg.

32-oz. Liquid TREND 75c

Lucky Leaf Apple Pie Mix 39c

40-oz. IXL Lasagne 49c

Reg. Size MODESS 2 for 89c

BORAX 2 lb. 45c

BORAXO 1 lb. 35c

Borden's Eagle Brand MILK 15-oz. Tin 33c

FREE-1 CAN KAL KAN MPS CHUNK STYLE DOG FOOD WITH THIS COUPON AT BIG Y



SIZES 10 TO 14 LBS.

Completely Boneless and Ready to Eat. Nothing Finer for Christmas Dinner.

Hind Quarters 59c lb.

Beef Loin 59c lb.

Side Of Beef 52c lb.

Ground Beef 39c lb.

Wiener 43c

T-Bones 88c lb.

Hickory Smoked HAM 49c lb.

Maple Flavored Mak-A-Syrup 10c pkg.

32-oz. Liquid TREND 75c

Lucky Leaf Apple Pie Mix 39c

40-oz. IXL Lasagne 49c

Reg. Size MODESS 2 for 89c

BORAX 2 lb. 45c

BORAXO 1 lb. 35c

Borden's Eagle Brand MILK 15-oz. Tin 33c

FREE-1 CAN KAL KAN MPS CHUNK STYLE DOG FOOD WITH THIS COUPON AT BIG Y

Right Reserved to Limit - Closed Sundays 4710 So. 6th

Extra Savings on TD Stamps plus the lowest possible prices — Shop Early as Big - Y is always closed on Sundays!



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CHANGE your hair style for a change of mood. Helena Curtis' Spray Net gives you the control it needs to comb in different styles. Spray Net gives you the choice to suit the styles you choose; Super Soft for casual styling or Regular for more defined coiffures.

Next time you dress for an occasion, don't just change your clothes... take an extra moment and change your hair style, too. Really change your appearance just as you change the look of a costume with different accessories... for the casual hair style you wear during the day doesn't go with pretty party clothes any more than a doctored coiffure looks right with sportswear. Look into the mirror and study yourself... you'll see ways to get new hair effects that will delight you... the possibilities are limitless.

Changing your hair style isn't hard to do, either... doesn't require much time or effort... for with the help of Spray Net, which gives your hair the necessary control, a basic setting can comb many ways... softly styled for daytime... into an upswing, perhaps, for afternoon... high on the top of the head to catch the spirit of a festive evening.

And whichever hair-do you wear, there is a Spray Net to suit your style... "Super Soft" for casual styling... "Regular" for more defined coiffures. Helena Curtis gives you this choice.

"Super Soft" Spray Net is so soft that your hand can't feel it... yet it gives just the proper amount of control to hold the lines of the gently tousled hairstyles that swirl high in loose waves... a fluffed page-boy roll... "Regular" just can't build up for it contains no sticky resins... never dulls or flakes. If you have fine, silky hair, this is your Spray Net... "Regular" gives firmer control... protects the beauty of the hair... gives a sample line-up for formal occasions... coaxes hard-to-manage hair to stay in place and find its own wave... gives body to hair over for permanent. And, like "Super Soft," it never dulls or flakes. "Regular" mustard as filling. Hold together with toothpicks.

For pin curls... nothing takes a permanent curl like you love it, springier, longer-lasting curls than those you'll get when you use Spray Net... in your choice of "Super Soft" for gentle control... "Regular" for firmer control... for the only hair spray that actually trains your hair to stay curled naturally.

Try a "petite smorgasbord" for your next Open House, after-school gathering, casual card party, or tree-trimming (or dismantling) get-together. Here's a sample line-up for your festive board.

SNACK STACKS Thinly slice skinless frankfurters, Form sandwiches, beginning and ending with frankfurters, with sliced unpared cucumber spread with mustard as filling. Hold together with toothpicks.

STICK-IN-THE-MEAT Wrap thin Italian-style bread sticks in Bologna slices. Spread with processed blue cheese. Secure with picks.

TEENY WEENIES Split skinless frankfurters lengthwise. Cut into one-inch slices. Place pineapple chunk or watermelon pickle between halves of slices. Secure with picks. Or, skewer green olives between frankfurter slices with toothpicks.

CHEESE MUFFINS Make your favorite muffin batter and place a spoonful of batter in each muffin cup. Top with a wedge of cheese and cover with another spoonful of batter. Bake as usual.

WINTER DESSERT Use canned pear halves. Poach them in their own syrup to which you have added a few drops of red coloring. Top each half with a small scoop of vanilla ice cream and pour chocolate sauce around crisp raw vegetables to dunk in sherbet dish.

COMIN' THRU THE RYE Make miniature club sandwiches from three slices party rye, two slices salami, mustard and mayonnaise. Cut hole in center of sandwich and insert short dill pickle in hole.

No nibble-test is complete without at least one dip for chips and crackers. Be sure to provide some crisp raw vegetables to dunk in sherbet dish.

Incidentally this foamy frosting made with Parowax can be used for other decoration, such as tipping Pine Center and Christmas Tree Boughs, as it will adhere to any surface.

For a hot dish with an exotic flavor, treat your smorgasbord customers to Far Eastern Franks. The sauce can be prepared early in the day and reheated in a chafing dish before serving. Be sure to use skinless frankfurters in this recipe so the zesty sauce can permeate the meat without your having to peel it.

FAR EASTERN FRANKS Blend 1 cup tomato paste with 1 cup water in skillet. Mix in 1/4 cup soy sauce, 1/2 teaspoon ginger and 2 tablespoons brown sugar. Bring to a boil, then add 1 pound skinless frankfurters, cut in thirds. Cover and simmer 15 minutes. Guests use toothpicks to spear the frankfurters in the chafing dish. Frank-size strips of French bread might accompany the tasty bites.

CHRISTMAS CANDLES Here are the instructions for the making of "do it yourself" Christmas candles for any occasion: candles use Parowax.

1. Remove the four quarter sections of Parowax from the Parowax carton, sealing two of them together by dipping the flat surface in a shallow pan of melted Parowax and pressing one top of the other. Repeat this process with the remaining two blocks.

2. Score one section down the middle lengthwise with an ordinary beverage can opener to provide space for a piece of candle wicking, which should be dipped in the melted Parowax and laid in the groove, leaving approximately 1/4 inch at top of candle.

3. Dip the flat surface of one of the sections in the melted Parowax and press together; then quickly turn entire candle in the melted wax, including the protruding end of wick.

Now the candle is ready for frosting.

Most one half pound of Parowax are long burning, and because of the transparency of the product, the entire candle glows when lighted. You will be proud of your candles made with Parowax, and they can be made for all seasons of the year.

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A HAPPY PLAN for holiday entertaining is to serve good things in small packages. This means delicious canapés, hot or cold, served smorgasbord style so the hostess is relieved of the duty of passing trays. Pictured are Far Eastern Franks, bites of skinless frankfurters, simmered in a hot sauce, crackers to go with a subtle avocado-frank dip, plus a tray of tasty morsels featuring sausages, vegetables, cheese and pickles.

CANAPÉS If loading your festive board for gala entertaining suggests unloading your pocketbook at the same time, take heart! It's not necessarily so! Take a hint from clever hostesses who are serving tasty tidbits with beverages in place of complete meals and lavish buffets. You'll find several advantages other than economy in serving hors d'oeuvres and canapés. You fix them in advance and refrigerate them until party time. Serving is simplified—so that you are a member of the party too. Your guest list can be flexible. Just be sure to prepare enough nibble morsels to tuck away at. One inspired refreshment plan is a smorgasbord in miniature. Set up on a table to avoid constant passing of trays. An assortment of cold canapés should parade up the table to a hot dish or two and the punch bowl, brimful of the hot or cold beverage of your choice.

Clean-up for the smorgasbord is a simple matter, since all the delicacies are in the chafing dish. Frank-size strips of French bread might accompany the tasty bites.

AVOCADO-FRANK DIP Peel and mash smooth 1 medium avocado. Add 1 1/2 ounces package cream cheese, 1 tablespoon lemon juice, few drops onion juice, 1/4 teaspoon salt, 2 or 3 drops Tabasco and 1/2 cup ground or minced skinless frankfurters. Blend well, adding up to 1/4 cup rich milk or cream for proper dipping consistency.

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