



MUFFINS, but with what a difference, are these pictured. Made with Clabber Girl Baking Powder, they have special goodness through the addition of caraway seeds and cubed cheese. During Lent, especially, hearty, good-tasting hot breads add materially to every meal.

OATMEAL CHEESE MUFFINS

Call this recipe for Oatmeal Cheese Muffins "something special" because it is the "special" recipe that appeals in these days, to the home-baker. The added touches that make this muffin unique are the caraway seeds and cubed cheese. The recipe becomes, therefore, one that truly reflects the creative ability of the home-baker, and appeals to the taste and appetite of those who will enjoy these muffins. It goes without saying that real pride and pleasure are the rewards that come to the thoughtful baker of this unusual recipe.

YIELD: 12 MUFFINS

1 cup sifted all purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
3 tablespoons sugar

3 tablespoons shortening
1/2 cup uncooked rolled oats
1/2 teaspoon caraway seed
1 egg
2-3 cup milk
1 1/2-inch cubes cheddar cheese
Sift together flour, baking powder, salt and sugar into a mixing bowl. Cut in shortening until mixture is fine. Blend in oats and caraway seed. Beat egg and milk together. Add to dry ingredients all at once; stir until flour mixture is just dampened. Do not over mix. Place a heaping tablespoon of batter in each of 12 greased 2 1/2 inch muffin cups. Place one cube of cheese in each muffin cup. Fill muffin cups 3/4 full of batter. Bake in a 425 degree (hot) oven about 20 minutes. Serve hot.

EGGS FOR LENT

The fact that substantially more eggs are expected to be available during the peak egg production month of March, which has been proclaimed "National Egg Month," benefits the homemaker during Lent, when eggs take on new meal-planning importance.

This abundance of eggs assures homemakers of exceptional egg quality and flavor, and substantially increased food economy at a time when many families plan their basic daily menus around egg dishes. But regardless of whether the family practices Lenten "meatless" meals, today's wise homemaker knows that her family's nutrition is always best-protected by eggs with their extreme concentration of high-quality proteins that are so vital to a feeling of physical well-being and buoyant health in every member of the family.

PEOPLE "LIKE EGGS"

In many consumer egg studies, it was found that people frequently purchased and used eggs "because we like them." This points up the wide acceptance of an egg's flavor, its versatility and ease of cooking. The egg, a breakfast "mainstay," is also widely used as a hearty luncheon dish, for sandwich fillings, and in combination with other foods for satisfying dinners.

EGGS ARE TOPS IN NUTRITION

Two eggs supply as much as 30 per cent of the high-quality protein needed daily by adult men or women. In fact, egg protein comes so near to perfection that scientists use it as a standard to measure the value of protein in other foods. Eggs also contain substantial amounts of essential minerals and vitamins, including the anti-anemia vitamin, B12. One of nature's most nearly perfect foods, eggs combine their heavy concentration of high-quality protein with relatively few calories, and complete digestibility, and are accepted as an important dietary requirement from infancy through the "golden age" group!

EGGS ARE EASY TO COOK

Basic egg cookery is something a youngster can master, it is so easy and uncomplicated. For the experienced cook, this means that eggs can be appetizingly prepared in minutes, in a variety of ways from soft-cooked to shirred. Eggs are ideally combined with sauces and other seafood and meat foods that satisfy eager appetites without stretching the food budget... because eggs are economical, too.

SPARERIBS

When barbecuing spareribs in the oven, add some wine as part of the liquid to the sauce you pour over the ribs.

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upstairs and downstairs In Milady's Kitchen

By Florence Jenkins, Food Editor



WHITE SATIN'S Oregon Birthday Frosting was being sampled at the Herald and News last week when Bill Riley, left, Mailliard and Schmiedell's Southern Oregon representative, brought in an Oregon birthday cake which J. A. McDonald, advertising manager of the newspaper, immediately attacked with a letter opener. The entire staff will bear testimony as to its excellence.

BIRTHDAY CAKE

A never-fail snow-white, satin-smooth frosting that is delicious to eat is White Satin's Oregon Birthday Frosting. Here's White Satin Sugar's own recipe—again:

OREGON BIRTHDAY FROSTING

1 cup White Satin granulated sugar
1 egg white
1 teaspoon cream of tartar
1 teaspoon vanilla
1/4 teaspoon other flavoring
1/2 cup boiling water
1 cup miniature marshmallows

Place marshmallows over hot water to soften. Place sugar, egg white, cream of tartar and flavorings in deep mixing bowl. Bring water to boil and pour immediately over bowl ingredients. Turn mixer to high, beat 8 minutes.

"I WILL DO MY BEST..."

DENVER (P)—Despite an 80 per cent loss of hearing since birth because of an impaired nerve, Tom Griffiths, 15, won his Eagle Scout badge. It takes 30 merit badges in Boy Scout work to get the Eagle award and Tom has 32.

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SHRIMP WIGGLE

Shrimp Wiggle, creamed shrimp and peas served on toast or crisp crackers, has been a reliable Sunday night supper dish for years. To dress it up and make it different, the Shrimp Association of the Americas suggests serving it in toast cups.

SHRIMP WIGGLE IN TOAST CUPS

1 cup cooked shrimp
4 tablespoons butter
4 tablespoons flour
2 cups milk
1 teaspoon salt
Pepper
1 cup cooked peas

ELEGANCE

The American home is dressing up. The casual, informal look of the past few years is giving way to more ornamental, period furnishings. But, as in the case of most fashion revivals, the look of elegance returns to us tempered for living today. There is a practical side to the rebirth of fabric covered walls, for example. They require a minimum of maintenance. The problem of wall cracks is eliminated and the patterns of cotton covered walls tend to keep soiling a secret. Only your imagination will limit you in the variety of effects you can achieve with cotton wall coverings.

In our country we would use canned, deveined shrimp. Melt butter in a saucepan. Remove pan from heat; stir in flour until blended. Gradually add milk, then stir until smooth and return pan to heat and cook, stirring constantly until thickened. Add salt and pepper, shrimp and peas. Continue cooking until shrimp and peas are heated through. Serve in toast cups. Makes enough for 8 toast cups, enough for four servings.

TOAST CUPS

Trim crusts from slices of enriched white bread. If you are using bought bread, sandwich-sliced bread works best. Butter both sides of bread slices. Press each slice into muffin cup so that corners turn up. Toast at 375 degrees (moderate oven) until golden brown. Toast cups can be made ahead and heated just before serving.

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