



ADD GEOGRAPHY to your meals. Get the youngsters in the family started reading up on Swiss customs and facts. Then serve Swiss Vegetable Custard and a Swiss theme. It is a painless and tasty way to make meatless menus exciting and fun. Photo and recipe are courtesy of American Dairy Association.

SWISS VEGETABLE CUSTARD

Meatless day menus getting you down?

At a loss for something to serve that's "just a little different?"

How about a Swiss Vegetable Custard?

Take advantage of the fresh vegetables coming in, such as broccoli and summer squash. Combine them with two delicately flavored cheeses—Swiss and Parmesan—in custard form and you will have a delightful dish for lunch or dinner.

If it's your turn to entertain the ladies, Swiss Vegetable Custard will perfectly fill the bill. To make the occasion unique and fun, use a Swiss theme for the table decorations.

Buy a little chalet at the five and ten cent store. Or maybe you or Grandmother are lucky owners of a genuine Swiss music box. Garnish with gay bouquets of artificial flowers resembling edelweiss—the national flower of Switzerland. If you can't find artificial or natural flowers resembling this noble white flower, make your own of crepe paper and pipe cleaners.

Make tiny Swiss flags of paper and wooden picks. Sketch a cross on each flag. Then using Junior's water colors, paint a red background for the white cross. Use these for place cards.

After a little research at the library, to dig up the necessary facts: Children's Books - Foreign section is best; you could even make petite straw figurines to represent a colorful Swiss man and maid.

Sound like fun? It is at that. In fact, Dad and the children would enjoy it too.

SWISS VEGETABLE CUSTARD
1½ cups sliced yellow summer squash

1½ cups sliced, fresh broccoli
½ cup (1 stick) butter, melted
1 teaspoon salt
¼ teaspoon dry mustard
Dash cayenne pepper
½ cup nonfat dry milk
1-3 cup water
1 egg, well beaten
½ cup shredded Swiss cheese
¼ cup grated Parmesan cheese

Saute sliced vegetables in melted butter until just tender. Meanwhile add salt, mustard, cayenne pepper, nonfat dry milk and water to beaten egg and mix thoroughly. Blend in shredded Swiss cheese. Arrange vegetables in buttered baking dish and pour over the Swiss custard mixture. Sprinkle with the Parmesan cheese. Bake 15-20 minutes at 375 degrees.

WINTER WEARY ROOMS

Very soon it will be spring. Everyone, in one way or another, will feel its impact, but no one will be more aware that it's spring than the homemaker. The bleakness of another winter will have passed and the homemaker, infected with the newness of her outdoor surroundings, will take another look at her indoor surroundings. Chances are she will decide it's time to spruce up the home. And in this endeavor cotton will be her ally. Cotton decorative fabrics, with their wide range of colors, patterns and textures can make a winter-weary room fairly spring to life again. Add to the smartness of decorator cottons the quality of complete washability and easy care and it's easy to see why two-thirds of all textiles are cotton and why decorators and redecorators spruce up for spring with cotton.

Fully Automatic Cleaner

ELECTROLUX

Factory-Authorized Sales and Service

TARKEL TWEET

Ph. 4-7167 2550 White St.

Tooth Stains

TOBACCO - COFFEE

Kep is recommended by dentists to remove stains from teeth. Stain-free teeth look bright, feel wonderful.

Kep At Drug Counter 49¢ & 79¢



SWEET EATIN' Roundup has been featured at the Market Baskets for the last week. Shown finishing setting up the display are Dick Hicks, left, and Wayne Davis, Southern Oregon sales representative for Kellogg's.

CENTENNIAL THEME

The big Kellogg's display at the Market Baskets has an Oregon Centennial tie in.

With a package boxtop and 50 cents the company will send a covered wagon drawn by a team of oxen, and a ranch wagon with a team of horses. The plastic toys are spring driven and Kellogg's current promotion.

The box top may be from Kellogg's Sugar Pops, Sugar Snacks or Frosted Flakes—any of your favorite cereals from Kellogg's.

At the same time the company is introducing its new 15-ounce size of Kellogg's Sugar Frosted Flakes to be a companion to the regular 10-ounce size package. The new large size package carries a picture of Tony, the animated double-faced cartoon figure which highlights the Kellogg's displays.

JIFFY BROWNIES

Use Kellogg's Sugar Frosted

Flakes in cookies and watch them disappear.

2 squares (2 ounces) unsweetened chocolate
½ cup butter or margarine
1 cup sugar
2 eggs
1 teaspoon vanilla flavoring
½ cup flour, sifted
1 cup Kellogg's Sugar Frosted Flakes
½ cup chopped nuts

Melt chocolate and butter together in heavy 2-quart saucepan over low heat. Remove from heat. Add sugar and stir until blended. Add eggs and vanilla; beat well. Stir in flour. Crush Sugar Frosted Flakes into medium sized crumbs. Add to chocolate mixture together with chopped nuts. Mix well. Spread in greased 11x7 inch pan. Bake in slow oven (325 degrees) about 30 minutes. Cool and cut into squares. Yield: 35 inch and a half squares.

Peach Salad Bombay

If you like a tang to your salads, serve "Peach Salad Bombay." Curry powder, Tabasco sauce and grated onion are mixed into the cottage cheese used to fill juicy canned cling peach halves. Plain, or dressed up as in this salad, you'll find the combination of canned cling peaches and cottage cheese a very popular one.

PEACH SALAD BOMBAY

4 canned cling peach halves
1 cup cottage cheese
½ teaspoon curry powder
Few drops Tabasco sauce
Salt
Pepper
2 teaspoons grated onion
Salad greens

Drain peaches. Combine cottage cheese, curry powder, Tabasco sauce, salt, pepper and onion, mixing lightly. Arrange peach halves, cup side up, on salad greens. Fill with seasoned cottage cheese. Makes four servings.

try this **NEW**
OREGON
BIRTHDAY
FROSTING

created by White Satin Sugar to salute the Oregon Centennial.

NEW! Easy! Different!

get your recipe at your grocer's now!



OUR PRICES ARE LOWER!

Quality MEAT

BEEF HEARTS and TONGUES
33¢ lb

CUBE STEAKS
4 For 98¢

COLORED FRYERS
39¢ lb

Lenten Suggestions

Blue Sky Bonito
TUNA
6 Cans \$1.00

Finer Foods
Tiny Oysters
3 Cans \$1.00

Salmon Feast
Alaska Red, Sockeye
SALMON
No. 1/2 Tin 45¢

S&W
CLAM JUICE
12-oz. Can 27¢

Garden Fresh PRODUCE

LETTUCE
2 heads 25¢

CARROTS
2 Cello Bags 19¢

BANANAS
2 Lbs. 29¢

Snoboy
Tomatoes
25¢ Tube

VINEGAR Champagne Stock Regimo, Wine 12 1/2-oz. Bottle 25¢

Deviled Ham Plumrose can 10¢

Barbecue Sauce Nalley's 12-oz. 39¢

Apple Butter Dutch Girl 22-oz. jar 29¢

Potato Chips Blue Bell Triple Pac 10 1/2-oz. pkg. 53¢

Peas Standby 3 seive 303 tins 2 39¢

Rolled Oats Triangle 4 1/2-Lb. bag 49¢

Dreft New Pink Detergent Bag. Size 33¢

Tamales Stidd's, In the Husk 13-oz. cans 2 49¢

Jolly Time Popcorn 2-lb. bag 29¢

JURGENSEN'S

MARKETS - PRODUCE - FROZEN FOODS

1718 Oregon Ave. Phone TU 4-3860

WE FEATURE POPULAR BRANDS



Shop Oregon Food

Where you get low, low prices plus S&H Green Stamps! Save S&H and be sure!

Extra Special This Week!

POTATOES

U.S. No. 1 Klamath - the finest!
Whitlatch Farms, Sand
Land Grown - Solid!

10 19¢
lbs.

Avocados

Flavorful, Medium Size! each 5¢

Artichokes

Nice, Large Size 2 29¢

Grapefruit

Now at their juicy best! Florida Pink
SNOBOY, Sweet and Good! 4 39¢

Save With These Dollar Stretchers

ITEM	Per Can	Multiple	You Save
Olives Ripe, Libby Cadet No. 1	29¢	4/5 1	16¢
Boysenberries Cock O' the Walk No. 303	29¢	4/1 00	16¢
Apple-Cranberry Sauce, Lucky Leaf No. 303	17¢	7/5 1	19¢
Fruit Cocktail Royal Red No. 303	23¢	5/5 1	15¢
Fruit Salad Market No. 303	31¢	4/5 1	24¢
Peaches Meco Cling No. 303	23¢	5/5 1	15¢
Pears Cock 'O The Walk No. 303	27¢	4/5 1	8¢
Pears Cock 'O The Walk No. 2 1/2	39¢	3/5 1	17¢
Crushed Pineapple Market No. 2	27¢	4/5 1	8¢
Corn Meco, Whole Kernel No. 303	18¢	7/5 1	26¢
Peas Vernal No. 303	14¢	8/1 00	12¢
Sweet Potatoes Blue Plate, Cut No. 303	23¢	6/5 1	38¢
Spinach Cock O' The Walk No. 2 1/2	23¢	5/5 1	15¢
Tomatoes Cock 'O Walk No. 2 1/2	23¢	5/5 1	15¢
Tomatoes Cock O' The Walk No. 303	18¢	7/1 00	26¢
Tomatoes Hunts, Solid Pack No. 2 1/2	29¢	4/5 1	16¢
Stewed Tomatoes Hunts No. 300	19¢	6/5 1	14¢
Oysters Market Boiled 8-oz.	35¢	3/1 00	5¢
Dog Food Top Dog No. 1	10¢	13/5 1	30¢
Tuna Bonito Type Flakes, Market No. 1/2's	19¢	6/5 1	14¢
Tuna Light Meat, Solid Pack, Market 1/2's	29¢	4/5 1	16¢
Tomatoes Italian Type Paste No. 308	19¢	7/5 1	33¢
Green Beans Royal Club, Fancy Cut No. 303	23¢	5/5 1	15¢