



REAL GOLD ORANGE for breakfast insures a better breakfast. Real Gold Orange Base in the convenient six-ounce can eliminates squeezing oranges and the unopened cans need no refrigeration. Each six-ounce can makes a full family quart. All you do is add cold water, stir and serve and there is plenty for all. The Herald and News has been chosen to carry special Real Gold Orange Base advertising in the near future.



TWO VARIETIES of fish — in well-seasoned cream sauce sparked with Wyandotte ripe olives make "Seafood Supreme," which is recommended by California Foods Research Institute. Serve this luscious mixture over rice, noodles, toast or waffles or spoon it into fluted pastry shells.

SEAFOOD SUPREME

Creamed tuna needs only a little "face-lifting" to become "Seafood Supreme." To an expertly seasoned cream sauce add tuna and a second variety of seafood — shrimp, in this case. Next, add plenty of meaty ripe olive wedges to give elegant flavor and color accent. Serve the mixture bubbling hot from a handsome chafing dish, spooning it into little fluted pastry shells if this is for a guest occasion. It's delicious, too, over buttered toast or crisp waffles.

SEAFOOD SUPREME
 1/2 cup ripe olives
 1 (6 1/2 or 7-ounce) can tuna
 3 tablespoons butter or margarine
 1-3 cup sifted flour
 2 cups milk
 1 teaspoon prepared mustard
 1/2 teaspoon Worcestershire sauce
 Dash Tabasco sauce
 1 (5-ounce) can devalined shrimp
 Pastry shells or rice
 Cut olives into large pieces. Drain oil from tuna into saucepan; add butter. Heat until butter melts, blend in flour. Add milk

and cook and stir until thickened. Stir in seasonings, olives, un-

there's only one
SKIPPY

BEWARE
OF
IMITATIONS
LOOK
FOR THE
HAPPY
LITTLE DOG



TOPS IN QUALITY!
LOW IN PRICE

drained shrimp and tuna. Serve hot in pastry shells, on rice or over toast or waffles.

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BETTER BREAKFAST

Start your day the happy way — eat a good breakfast. In fact, eat a better breakfast. There is no need to get up "at the crack of dawn" to provide good breakfasts for the family. Even the messy job of squeezing oranges has been done away with and you can keep convenient six-ounce cans of Real Gold Orange Base on the shelves and make up the delicious, fresh-tasting orange juice by just adding water. Since vitamin C is not stored in the body tissues, you must replenish the supply daily and orange juice is one of the easy suppliers. Each can of Real Gold Orange Base contains the juice of six to eight California oranges. For better health and more energy for the whole family, serve good breakfasts and make it a cheerful meal. Even if you don't like to chat until 10 a.m., the aroma of fresh coffee and broiling bacon adds a cheerfulness of its own. If you want a real stick-to-the-ribs breakfast, start with Real Gold Orange juice and then serve Aunt Jemima pancakes, which ever variety you prefer. Top them with slightly warmed Lumber Jack syrup. Nalley's of course, and watch them disappear by the stack. Real Gold Orange Base is in distribution in Klamath Falls. You'll find it in your grocer's fruit juice section. It is not a frozen food item. Just add cold water; one six-ounce can makes a full family quart. Nutritionists stress the body's

need for energy-building nourishment before the day's activities begin. Family counselors point out that everyone feels better all day after a good breakfast. Mother has more energy for her multitude of tasks. Father strides more briskly off to work. Children are more alert in school and good-natured while they play. And nutritionists explain to the teen-age group who are diet-conscious and want to stay slim that breakfast is not the meal to eliminate or even skip on. Quick-energy foods at breakfast are necessary. Cut out the banana split in the afternoon and between-meal snacking, but eat a good breakfast. Eat a better breakfast.

ASPARAGUS
Keep fresh asparagus cool until it is used. Store in a cooler or the refrigerator in a moisture-proof bag.

LIMA BEANS

Variety in serving vegetables is one of the marks of a good cook. Here's an interesting and good tasting way to serve a frozen vegetable. "Green Limas in Sour Cream Sauce" blends California Rose wine, sour cream and pimiento into a luscious sauce to mix with hot green limas. Served with a sprinkling of fresh parsley, these beans are a handsome addition to any luncheon or supper plate.

GREEN LIMAS
 1 (10-ounce) package frozen green lima beans
 1/2 cup water
 1/2 teaspoon salt
 1/2 cup commercial sour cream
 1/2 cup chopped pimiento
 1/4 cup California Rose wine
 1 tablespoon chopped fresh parsley
 Combine unfrozen limas with

water and salt; cover and cook until tender — about 15 minutes. (When limas are cooked, water should be nearly evaporated.) Add sour cream, pimiento and wine. Mix lightly and heat steaming hot. Just before serving, sprinkle with finely chopped fresh parsley.

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Ripe Olives

No. 1 tall tins **29¢**



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CRACKERS

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Blue Bonnet
MARGARINE
With Coupon on Page 9-B
2 Lbs. **35¢**

Nabisco
Sugar Wafers

13 1/4-oz. pkg. **49¢**

Golden
Fluffo Shortening

3 Lb. tin **69¢**

Del Monte
Cream Corn

No. 303 cans **6/51**



White Star
TUNA
Chunk Style
No. 1/2 cans **5/51**

Lynden
Noodles & Chicken **29-oz. can 49¢**

Lynden sliced
Chicken or turkey **5-oz. jar 49¢**

Nestle's Chocolate
Morsels
12-oz. Pkg. **39¢**

Bathroom Tissue
Chiffon **2 rolls 25¢**

Nine-Lives
Cat Food **No. 1/2 cans 4/49¢**

Nalley's Lumber Jack
SYRUP **22-oz. jars 3/51**

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