

upstairs and downstairs In Milady's Kitchen

By Florence Jenkins, Food Editor

Herald and News



EATING OUT (in your own backyard, we mean)? Here's a menu for four which you can cook on the outdoor grill or cook in the kitchen (without oven heat) and take out onto the patio to eat. The hamburger patties are the only actual cooking. The frozen French fries heat quickly. You can substitute warmed sliced French bread for the hamburger buns if you wish. The cabbage salad is dressed with Nalley's Tang.

Summer Make-Up

Never, says Max Factor, did a summer-time gal have better beauty friends than the new lightening, whitening, coolly iridescent and frosty make-up aids. They can mock a steaming or perspiring look as eloquently as an air-conditioned room, says the creator of many of these new hot-weather boons to beauty. You can avoid the sheen finish to your complexion, which in the summertime looks as though your brow, nose and chin were glowing with perspiration, by puffs from your creamy make-up base and powder all-in-one. The matte finish which results will make you look as though you just stepped out of a cool handbox.

If the look of coolness is what you want—as who doesn't, when skin steams and make-up melts?—choose the frostiness of blue or green iridescent eyeshadow, and iridescent magic lipsticks, as welcome as ice cubes to look at.

Or use, advises Factor, a new white lipstick such as Essence of Pearl, over a hot lipstick color to cool it down. (You can reduce the look of heat of red-red lips fully 20 degrees by this method, says Factor.)

Able to aid and abet you in applying the world's coolest looking make-up, says this expert, is a fluid make-up foundation. To make it feel as cool as it looks, stash it among soda bottles in your refrigerator until ready to use. Keep lipsticks in these icy confines, too. They'll help to keep your lips looking cool and collected, your lipline unmeltingly clean on any day when the thermometer tries to blow its top.

EASY MEAL

Nalley's, Inc., has some new suggestions for the observance of National Mayonnaise and Salad Dressing Week. The tenth annual observance of this "week" was set this year from June 18 through June 27, but mayonnaise and salad dressing are two natural accompaniments to almost all summer eating.

Although the two products may be used interchangeably, each has its own staunch devotees. Mayonnaise is slightly stiffer and has less seasoning than salad dressing which is usually well seasoned and somewhat thinner in texture.

Nalley's Tang Salad Dressing or Mayonnaise seem to be made especially for picnic or barbecue foods. What could be more tantalizing than juicy hamburgers on soft buns, french fries and tomatoes, and a fresh, succulent vegetable salad? That special Tang in the salad makes the difference, and you'll want some extra dressing on hand too, for spreading on those sizzling burgers and as additional dressing for the Cabbage Cut-Out Salad.

CABBAGE CUT-OUT
1/2 cup Nalley's Tang Salad Dressing
1 large head green cabbage
1 bunch radishes
1 medium cucumber
2 green onions, minced
1/4 teaspoon salt
Few grains peppers

Slice off top 1-3 of cabbage. Hollow out inside, leaving a 1/2 inch

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SUN IN SAFETY

She's the ravishingly natural looking woman on the beach who can parlay her tanned beauty into a sultry romantic effect for summertime evenings. She is the woman who has made up her mind that her weekday work-a-day self is not right for weekends—has vowed to be a sun goddess for roughly 40 days out of the summer in calculation based on weekends plus two weeks vacation.

How does she do it? In the first place, she has the courage to be more natural on the beach than she is in town. She lets a sprinkling of freckles show if need be, lets her face have a natural sunny glow, resolutely leaving off foundation, powder, and mascara. She does something simple, cool and wonderful with her hair, lightly defines her brows, adds a light sheen of eye shadow and smoothly applies a flattering pale lipstick. She's far too intelligent to let her skin turn either painful red or shoe leather brown, chooses her tanning preparations with the utmost awareness of her own needs.

Chances are that her first stop for summer shopping is her favorite cosmetic counter where she may select from tanning preparations. If she has been undercover all winter she might choose Suntan Cream Aerosol on her first days out for maximum protection, slow tanning; switch to Suntan Lotion Aerosol for faster progress later on. If she's blessed with the kind of skin that responds quickly to sun, with golden not pink tones, she'll find that the smoothest tan ever comes from Elizabeth Arden Suntan Oil.

By night it's a different story. When flimsy chiffon replaces Bermuda shorts or bathing suit—eyes take to starchy make-up; Veiled Radiance foundation to complement her tan gives her skin a soft sheen. For the first few weekends she has an effective tan by bottle—Elizabeth Arden's Bronze Glo make-up. This marvelous liquid looks just like a real sun tan, absolutely will not come off on clothes. (Needless to say she never stops at the neck but smooths it over arms, back and shoulders as well.) She has made the discovery that tones of blue shadow are particularly captivating with darker skin, may be using Elizabeth Arden's "Sea Blue" as a base, highlighted with "Striking Blue." She coats her pale lipstick with "White Lustre," and dusts her lids with "Pearly Silver" eye shadow.

Decided to be a sun goddess this season? Just one word of caution, a sun goddess invariably has followers—so don't fill your calendar too full. Leave some time to just bask in the sun.

TIFFANY DRESSING

Want a special dressing for a molded fruit salad? Nalley's suggests serving this dressing in a separate bowl alongside a molded salad for four or six persons. Garnish the salad mold with slices of pineapple, fingers of cantaloupe and tiny green seedless grapes. Here's the dressing: Combine 1 cup Nalley's Mayonnaise or Tang Salad Dressing with 1 tablespoon lemon juice, 1 tablespoon maraschino cherry juice and 1/4 cup softened vanilla ice cream. Makes 1 1/4 cups of dressing.

WYANDOTTE OLIVES

Ripe olives are a festive touch for any number of dishes. Cut the shiny black olives into wedges or use the pitted ones to add color and texture to scalloped potatoes and ham; macaroni and cheese with whole kernel corn, or tuna noodle casseroles.



SUN GODDESS is Elizabeth Arden's new beauty concept for Summer, 1959.

EYE APPEAL

When building a salad bowl, take a leaf from the chef's book. Toss the greens with whatever dressing you are using and be sure they are fresh and crisp. Toss just to lightly coat the greens. Then add the trimmings with an eye to the total effect. If you are using fresh crab, then heap it on the greens, saving out whole pieces for garnish. Wedges of tomato usually hold their shape better than slices. Chopped hard cooked egg should not cover the top, but make an accent. Bits of parsley add a nice dark green color.

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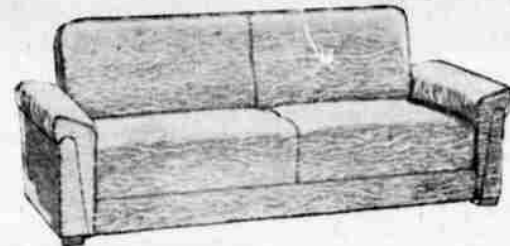
Cook 2 pounds whole or French-style green beans until just tender (or buy canned blue lakes green beans). Drain and sprinkle with a little olive oil, salt and pepper and a dash of Wish-Bone Wine Vinegar. C. 11. At serving time, fill large salad bowl with romaine and butter lettuce. Top with paper-thin white onion rings and radish slices. Season with salt and pepper and toss with an oil and vinegar or a light French dressing (such as Wish-Bone's French or Italian Dressing). Lay marinated green beans on top. Sprinkle with 2 chopped, hard-cooked eggs. Add a little crumbled crisply cooked bacon if you like.

PICNIC FARE

A good fruit filling for a sandwich will insure your young picknickers getting a nourishing meal. Chop 1/4 cup each of dried prunes, dates, figs and orange peel. Blend with 1/4 cup of honey and 1 tablespoon candied ginger, if available. This is particularly good as a spread for raisin bread sandwiches.

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