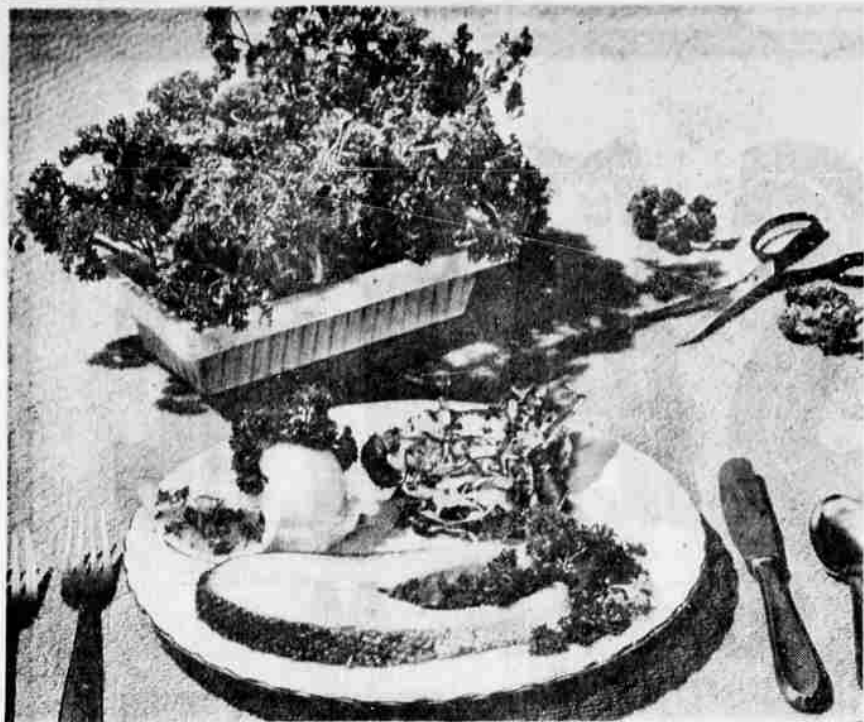




NOW YOU CAN grow parsley and eat it, too, thanks to Northrup, King & Company's Punch 'n Gro Kits. The 1960 line of these kits includes varieties that will actually grow flowers to full bloom indoors without transplanting. You can grow fresh, bright-green parsley right in your own kitchen all year long. You can get a pre-season start on your outdoor garden with these kits, too.

PUNCH 'N GRO KITS

Living color can be a part of your interior decorations. This year you can decorate with colorful flower kits that actually bloom indoors in seven to 10 weeks.

You'll find that fresh, growing flowers not only add warmth and atmosphere to your home, but provide that spot of bright color wherever you need it.

Now, plastic seed kits that actually bloom indoors during every season are available at local stores. You can choose the brilliant red and white dwarf Pinks to blend with the living room drapery, or pure lemon-colored Marigolds for the mantel.

It's easy to grow these kits for rooms that need a spot of color this winter. The kits will grow best on your window sill but for special occasions they can be used as centerpieces or wherever you want to add living color to your rooms.

Bright-hued Coleus plants are colorful from the day they come up. Fresh green Parsley will add that summer-time look to any kitchen. Blooming Lemon-drop Dwarf Marigolds and Dwarf Peppermint Pinks are perfect for the living room.

Of course, these plants will need extra fertilizer when they are six to eight weeks old, but they come fertilized and ready to grow in colorful plastic kits.

The planter kits, called Punch 'n Gro, are available at supermarkets and variety stores.



BAKED FILLET OF SOLE California is an interesting entree to whet winter-weary appetites. The dish contains a combination of well-seasoned ingredients in a recipe which will serve six persons. The seasoning comes from an envelope of Good Seasons Salad Dressing Mix.

Youngsters' Styles

There are definite signs of summer in children's spring lines. This summer watch for a return to denim, ducks, ribbed knits, country homespun or corded cottons, seersucker, a mass of pastel gingham checks, play dresses with bloomers, sundress pinafores over playsuits, one-piece tennis dresses and playsuits. Short shorts are expected to make a stand against Bermuda and Jamaica lengths.

Women's Wear Daily notes that the fashion items for young girls' sportswear this spring are deck pants (a new name for the old pedal pusher length), crop tops and two-piece swimsuits. The fashion fabrics are rough and ready denim, ducks, ribbed knits, country homespun or corded cottons, paired with plaid shirts in dark-toned madras type plaids or batik prints or with frilly blouses or short tops in such early American fabrics as dotted swiss and calico.

Much of the active sportswear lines is concerned with the sea: White duck pants, nautical stripe boat neck cotton knit shirts, sailor blouses, rope ties, and the people's choice in striped knit mail-lots.

upstairs and downstairs In Milady's Kitchen



PANCAKES were served at Low Cost Supermarket from 10 a.m. to 2 p.m. last Saturday by this group of Southern Oregon food salesmen to approximately 1,000 persons who enjoyed the special treat. Shown from left are John Fowles, Bud Robinson, Jim Whelan and Rod Beckendorf who conducted the advertised free breakfast.

FISH CASSEROLE

Flavorful sole, the fish favored by gourmets the world over, is an ideal selection to serve when you want to provide a treat for winter-weary appetites.

Today's recipe makes the most of this fine fish, featuring it with interesting combinations of vegetables that help extend two pounds of sole to serve six. The subtle flavor of this Baked Fillet of Sole California comes from herbs and spices contained in an envelope of salad dressing mix which is sprinkled over the top of the dish before baking.

To accompany the Baked Fillet of Sole, you might serve a chilled cranberry juice cocktail (cranberry juice is available in cans and is delicious), baked acorn squash, tossed green salad, lemon pie and your choice of a hot beverage and cream, and milk; combine with the avocado mixture. Pour over fish. Sprinkle with salad dressing mix. Dot with butter; then sprinkle with lemon juice. Bake in moderate oven (375 degrees) until fish is easily flaked with a fork but still moist — about 30 minutes. Serve from the baking dish.

Makes six servings.

BEAUTY TIP

For the most glamorous results when applying mascara to your own eyelashes, or to real hair artificial lashes after they have been carefully attached, Max Factor, master of make-up artistry, suggests following this simple technique. When applying cake or cream mascara, zigzag the brush up through and down through the upper lashes until each lash is encircled with color from roots to tips. On the lower lashes, zigzag the brush down through the lashes only.

Next take a clean eyelash brush, free of mascara, and lightly brush the lashes until the hairs are separated and velvety looking.

If you use an automatic mascara wand applicator, use the same motion as with a brush but swirl the spiral wand against the lashes as you stroke. To ensure longer and thicker looking lashes, dab an extra coat of color on the tiny hairs at the eye corners and on the tips of the longer lashes.

BAKED FILLET OF SOLE

- 2 pounds sole fillets
- 1/2 medium avocado, diced
- 1 medium tomato, diced
- 1 teaspoon chopped parsley
- 1 can condensed cream of mushroom soup
- 1/2 cup heavy cream
- 1/2 cup milk
- 1 envelope classic salad dressing mix
- 2 tablespoons butter
- 2 tablespoons lemon juice

Arrange fish in greased baking dish or casserole. Mix avocado, tomato and parsley. Blend soup,

PANCAKE BREAKFAST

Hot pancakes, made from Krusteaz buttermilk pancake mix and Pet Milk, and topped with Nalley's Lumberjack syrup, were served with cups of M-J-B hot coffee and Low Cost's own skinless sausages for four hours last Saturday at Low Cost Supermarket in the Town and Country shopping center.

Four salesmen who represent the food companies involved put on the event.

They were John Fowles, with Krusteaz (and he brought along individual servings of U and 16-oz. jar for the coffee), Bud Robinson with Pet and Sego Milk, Jim Whelan, M-J-B representative, and Rod Beckendorf, Nalley's, Inc. salesman for Southern Oregon.

No actual count of guests was made, but Dale Hayden, manager of Low Cost during the vacation of Emil Albrecht, said that "40 pounds of sausage was served in nothing flat."

They were man-sized hotcakes, too, as is evident in the picture. The products used in the free breakfast special were advertised in Low Cost's full page Thursday ad.

OVEN-SPEED

Have you tried Oven-Speed for cleaning your oven yet?

This new product is a three-minute oven cleaner.

It comes in a handy, unbreakable tube for use in cleaning the oven in the range, the barbecue or grill. It is nonflammable and odorless.

Use the brush that comes with the tube and paint the cleaner onto the surface to be cleaned while the oven is still warm. Or, apply the cleaner and heat the oven to 200 or 250 degrees. Allow the solvent to work for three minutes, then wash off with warm water.

Naturally, any solutions which will remove burned-on grease or sugar from the oven is not good for your hands. Use a sponge or a stick or wear rubber gloves. Be careful not to spill on the linoleum or the floor while you are cleaning.

Best results are always obtained by following the manufacturer's instructions.

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Mail orders promptly filled For each set of Therm-o Cups, send 6 coupons and \$1.50 (includes 21¢ for postage and handling). Send to SEGO PREMIUM DEPT., 153 Kearny St., San Francisco 8, Calif.



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