



A LENTEN SPECIAL is this cheese and vegetable casserole. The test kitchens of Swift and Company suggest starting the meal with hot tomato bouillon and serving rolls with the casserole and Surprise Fruit Hats and chocolate chip cookies for dessert. Accompany the meal with your favorite beverage.

CASSEROLE

Cheese and vegetables are casserole favorites that combine ease of preparation and serving elegance in the same dish. While many a tasty dish is prepared from leftovers, this Lenten Special Casserole developed by Martha Logan uses foods that were planned to go together.

Cheese, almonds and green beans are delightful together and sour cream adds a flavor note of its own. As the casserole bakes, nuggets of cheese on top melt into pools of golden good eating. Canned pimiento halves are used for decoration.

Pasteurized process cheese spread is "casserole" cheese just as it is "sandwich" cheese. It slices at the touch of a knife and melts easily. Its mild flavor blends well with other foods. A two pound carton of process cheese spread is a homemaker's standby for snacks, sandwiches and sauces.

When a casserole is the high point of a meal, the foods chosen to serve with it should provide a flavor and texture complement. Fruits go nicely with vegetables and cheese. Date-stuffed baked apples topped with pineapple and apricot halves are flavorful and fun in the shape of surprise fruit hats. Crusty hard rolls or bread sticks are the finishing touch.

CHEESE VEGETABLE CASSEROLE

Yield: 6 servings
1/2 pound process cheese spread, divided into halves
1/2 teaspoon salt
1/4 cup water
2 packages (10 ounces each) frozen French-style cut green beans
2 tablespoons butter or margarine
1/2 cup chopped onion
1/2 pint dairy soured cream
1/4 cup milk
1/2 cup slivered almonds
3 canned pimiento halves

Heat water and salt to boiling in a saucepan. Add green beans. Cover and cook about 20 minutes until most of water has cooked away. Melt butter in a skillet and add onions. Brown lightly. Add half of the cheese and remove pan from heat. Stir until cheese melts. Fold in sour cream. Blend in milk. Add cheese mixture to green beans. Reserve nine slivered almonds and combine the rest with the green beans mixture. Place in a one quart casserole. Cut remaining cheese into small cubes and scatter over top. Lay pimiento on cheese cut side down. Add three slivered almonds at narrow

DEFEAT DUST

No one has yet developed a means of eliminating dust from the home, but there are new techniques in removing it from exposed surfaces. One of these makes use of the spray can that has proved so convenient for many other products. A blend of waxes and cleaning agents in a spray can is applied as you dust, using only one cloth. This is a speedy process because no rubbing is required and there is no waiting for the solution to dry. The result is a clean finish protected with a hard, dry finish. The spray is recommended for modern surfaces from furniture of all kinds to plastic tile and vinyl upholstery. This is another convenience product that has some mechanical appeal for other members of the family and is simple enough that any youngster who is old enough to dust can relieve mother of this chore.

There is a continuing stream of new and exciting improvements in home care available today. The modern homemaker owes it to herself and her family to keep abreast of these developments and to take advantage of methods that save her time and effort. It's smart to be a home care executive and to use the good new ways—they're getting better all the time.

Some cooks like to add maple flavoring to a confectioners sugar frosting for cake, cookies or sweet rolls.

SHOWER CAP

Is that shower cap always elusive when you're ready to jump under the spray?

A new shower cap is designed to make this little annoyance a thing of the past. It's a nylon-finish plastic cap with a gay daisy sprouting from the top—the daisy actually a rubber suction cup!

Simply press this flower to the shower wall and it stays put, always handy for duty. Rub a little soap on the suction cup to make it adhere even more firmly.

ELEGANT DESSERT

"Strawberries-in-the-Snow" is an appealing after-holiday dessert. Stir California Port, Sherry or Muscatel wine into frozen strawberries. Beat vanilla ice cream with a spoon to soften slightly and fill serving dishes. Top with wine-flavored berries.

there's only one
SKIPPY

BEWARE OF IMITATIONS

LOOK FOR THE HAPPY LITTLE DOG

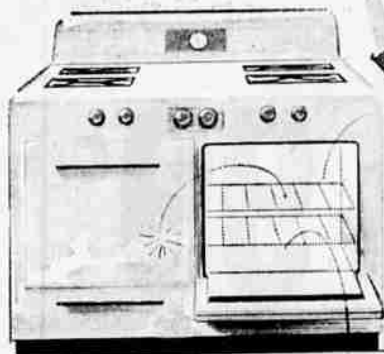


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Oven-SPEED
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EVEN ON WARM SURFACES

Leading home economists agree that when your oven is "new-oven" clean, it will diffuse heat evenly, hold true oven temperatures, and capture the full flavor of the foods you bake. So, for more family compliments on your every day cooking, clean all oven surfaces, including glass and trim, with non-inflammable Oven-SPEED. It has no odor...leaves no odor! Oven-SPEED readily adheres to all oven surfaces and goes farther because it won't drip. Penetrates and dissolves coatings of burnt-on sugar, grease, and other spill-overs in just 3 minutes. Wipes clean...like new!

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MELLORINE Half Gal. **49¢**

Whole Peeled
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Big No. 2 1/2 Cans

5 FOR \$1.00

Vermont Pure Maple & Cane

24-oz. No Drip Bottle

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Sperry Buttermilk

4 Lb. Pkg.

Pan Cake Mix **43¢**

From Hawaii
Dundee

2 46-oz. Tins

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S & W

For Flavor

Coffee **55¢**

Bagley

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Pears **4 \$1**

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10 1/2-oz. Can

10¢

Friskies 2-Lb. Box

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Eastern Fishers

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Full Size
Gallon

\$1.59

Chiffon - 200 Count

Pkg.

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Overlook

No. 303 Tins

PEAS **10¢**

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CRISPIE Flaky Crust - Quality Guaranteed

Peach Boysenberry Apple A Real Frozen Treat 8-inch **3 FOR \$1.00**

FRESH LOCAL EGGS GRADE "AA" MEDIUM **39¢ doz.**

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All Types Pkg. **10¢**

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3 FOR **'BUY LOW'**

FOOD CENTER
1338 Oregon Avenue