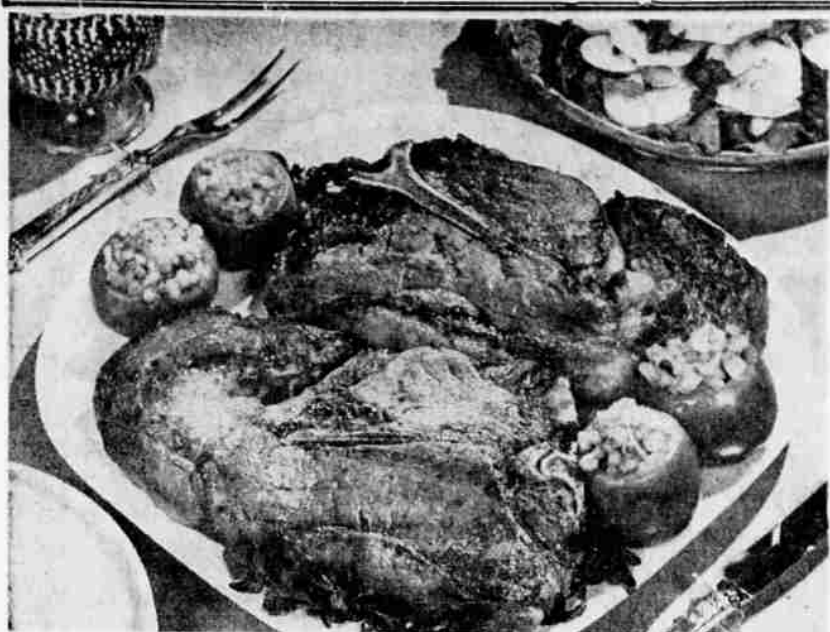




MOUTH WATERING GOODNESS is personified in these delicious looking thick porterhouse steaks. A dinner for four, each steak weighs one and one-half to two pounds and trimmed with fall vegetables makes an unmatched dinner.



Quick And Easy To Prepare

This hearty "Beef and Green Bean Salad" is designed to go with a simple casserole of macaroni or a bowl of soup. Simply arrange strips of cooked beef, left-over roast or pot roast, on crisp salad greens, along with tender canned blue lake green beans, tomato wedges, sliced ripe olives and hard cooked eggs. Sprinkle this colorful combination with instant minced onion, if you wish, and serve with "Sour Cream Dressing."

BEEF AND GREEN BEAN SALAD

Crisp salad greens
1 (1-pound) can vertical (or other cut) blue lake green beans
Tomato wedges
Ripe olive slices
Hard cooked egg slices
2 cups (strips) cooked beef (roast or pot roast)
Instant minced onion (optional)
Sour Cream Dressing

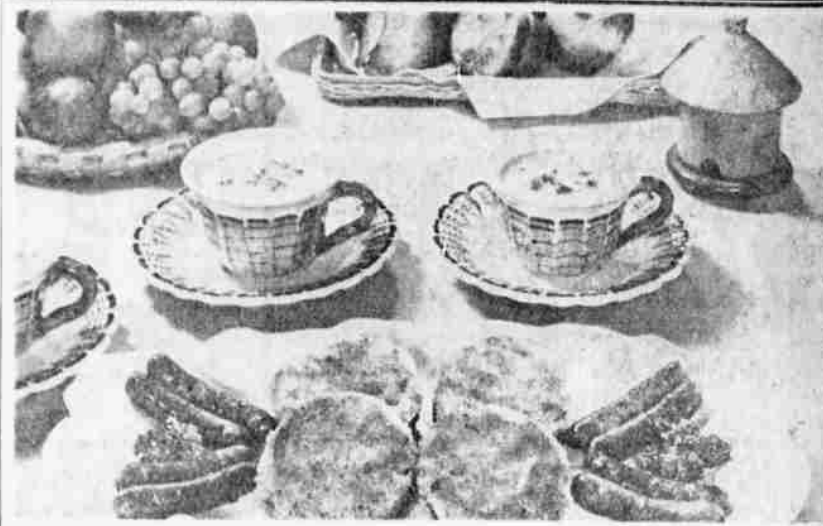
SOUR CREAM DRESSING
1 pint commercial sour cream
1 tablespoon instant minced onion or, 1/4 cup finely-chopped green onion
2 tablespoons chili sauce
1/4 cup crumbled Roquefort or shredded parmesan cheese
1 teaspoon horseradish
2 tablespoons finely-chopped parsley (optional)
1 teaspoon seasoned salt
2 teaspoons vinegar or lemon juice

Arrange torn or shredded greens in large salad bowl. Drain green beans and arrange over greens along with tomato, olives, hard cooked egg and sliced beef. Sprinkle with instant minced onion; serve with Sour Cream Dressing.

Sour Cream Dressing, combine all ingredients mixing to blend thoroughly. Store in covered jar in refrigerator several hours or overnight before using. Makes about two cups dressing. Makes about five or six servings.



SERVE "Beef and Green Bean Salad" made colorful with tender canned blue lake green beans, with either a simple casserole or a bowl of hearty soup some cool evening.

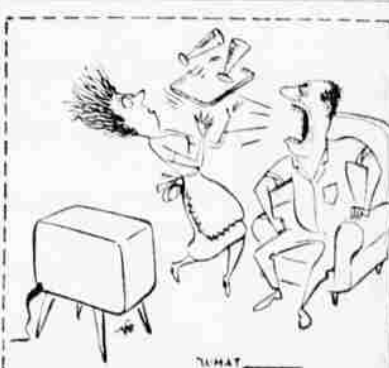


AN EASY FALL SUPPER MENU of breaded tomato slices, sausages, popovers and honey, and a hot cup of chicken soup garnished with parsley can be made from the summer's harvest of fresh red ripe tomatoes.

Breaded Tomatoes

2 large, firm tomatoes
1 1/4 cups fine dry bread crumbs
1/2 teaspoon salt
1/2 teaspoon basil
Dash pepper
1 egg
1 tablespoon water
4 tablespoons butter or margarine

Remove stem ends from tomatoes. Cut each into 3 slices, crosswise. Mix bread crumbs with salt, basil and pepper. Coat tomato slices with crumbs. Dip into egg, beaten with water. Coat again with crumbs. Cook 2 or 3 minutes on each side in hot butter or margarine, until golden brown. Serve with sausages. Makes 6 servings.



BE SURE TO SERVE POTATO CHIPS WITH YOUR BEVERAGES

NORTHWEST POTATO CHIP INDUSTRY

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617 MAIN **BOGATAY'S** 617 MAIN

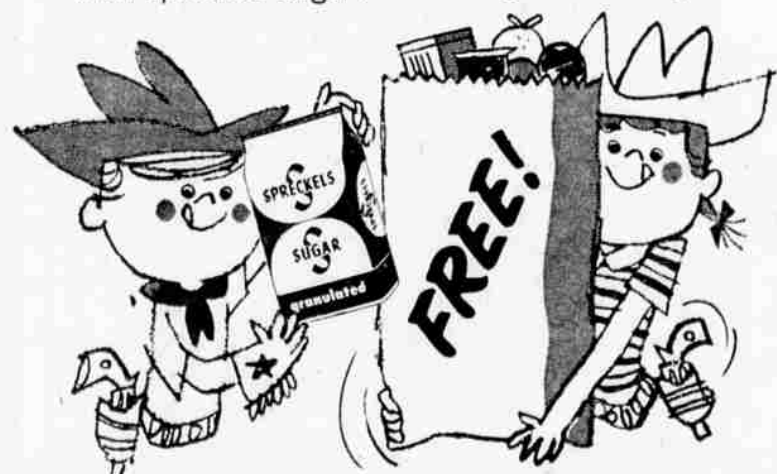
TWO SWEET REASONS FOR BUYING SPRECKELS SUGAR

1

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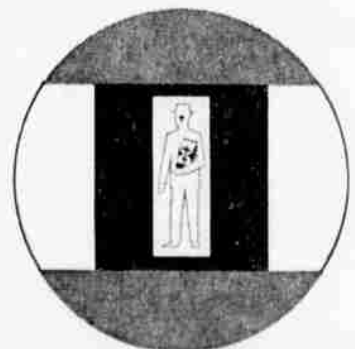
2

It's worth free groceries for you!



It's a sweet deal all around when you shop your grocer's for Spreckels Sugar. For one thing, you're buying quality when you buy Spreckels Sugar. And, if a SPRECKELS SUGAR QUIZ MAN is in the store, your Spreckels Sugar purchase can be worth free groceries!

So make sure Spreckels Sugar is in your shopping basket. Look for the man wearing a red, white and blue Spreckels Sugar Quiz Man Button. (There are many Spreckels Sugar Quiz Men and one could be in any market.) Identify him, answer correctly a question he asks, and he'll pay for all the Spreckels Sugar you've bought. Answer a second question correctly and he'll give you a \$5.00 grocery order!



sweet deal? you bet!

NO WONDER...WESTERNERS ARE SWEET ON SPRECKELS SUGAR

MARKET BASKET Oregon Extension Service CHEESE

October is cheese month. Use it in many ways. Grated cheddar cheese added to muffin batter before baking is an interesting hot bread idea. Bake cheese muffin batter in a ring and have an excellent base for creamed deviled eggs, chipped beef or a la king creations. Serve cheese as a grated topping on many fresh, frozen or canned vegetables. Many vegetables can be topped with cheese which has been blended into a basic white sauce. Cheese can also be added to cooked, drained rice, to noodles or spaghetti. Add the cheese immediately after cooking, keep covered and warm until serving time to allow flavors to mingle.

CABBAGE
Cabbage supplies will be increasing. If you can't wander up to the garden to cut crisp green heads that almost crack open at the touch of a knife point, do the next best thing and buy this favorite vegetable from the food market or produce stand.

One pound of fresh cabbage makes four generous servings, if cooked; eight servings if raw.

Try braising cabbage leaves wrapped around ground meat fillings. Or prepare miniature versions of stuffed cabbage as hors d'oeuvres. Use the small inner leaves of the cabbage, and let boiling water stand on them for a few minutes.

Place a meat mixture in the center of each leaf, then fold its sides to form a 2-inch square, hold each square together with a toothpick. Simmer the stuffed leaves in a small amount of liquid about one hour. Serve them warm from a casserole or chafing dish, and include a pitcher of sour cream on the side.

CAULIFLOWER
Lots of snow white heads of cauliflower are now on the market. This vegetable is not strongly flavored as many cooks suppose. The strong, disliked odor results from over-cooking. The main secret to preparing this vegetable is timing. Cook until it is just done. The flowerets require only eight to 15 minutes boiling time. Cheese flavored white sauce makes a welcome change from plain buttered treatment.



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