



A LAUGH at lunch hour is a token from a thoughtful mother. Here is a real lunch box message. If an exam is due, inscribe a thought for the day, "good luck!" Do it this way. Press your message on the smooth yellow peel of a banana with a pencil or ball point pen. Pressure should be firm and even but not enough to break the peel. No damage is done to the pulp and the banana remains perfectly sealed until ready to eat.



Halloween Cheeseburgers

CHEESEBURGERS ARE HALLOWEEN TREAT

If the final call for treats on Halloween Eve is to be at your house, be prepared with refreshments of the substantial kind. Don't be fooled by that ghostly garb! Underneath the masks, those skeletons and sprites harbor lively appetites after an evening of witching in the crisp autumn air.

The hamburger is just about every child's favorite dish, with the only possible improvement a generous topping of cheese. A clever Halloween trick is to make a jumbo-size cheeseburger, large enough to serve several, and add a jack-o'-lantern face. A couple of these sandwiches on the recreation room table will win cheers from the spooks when they reappear from their rounds.

Hearty refreshments of this kind are not only fun, they are packed with the good things youngsters need. Hamburger supplies complete meat protein. Cheese supplies protein, too, and valuable vitamins and minerals. Buy the cheese for this recipe (and for snacks at other times, too) in eight-ounce packages, already sliced and paper separated for easy removal. American, Pimento, or Old York would be equally delicious in this cheeseburger combination. These varieties are also available in two-pound loaves, a convenient way to buy if your family carries trick-and-treat raids on the refrigerator beyond Halloween.

Chilled Apple Cider
Jack-O-Lyn and Jack-O-Lantern
Cheeseburger

Potato Chips
Ginger Snaps and Corn Candy
Jack-O-Lyn and Jack-O-Lantern
Cheeseburger

Yield: 12 servings
2 packages (8 oz. each) sliced cheese
2 pounds ground beef
1/4 cup chopped onion
2 tablespoons pickle relish
2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon oregano
1/2 teaspoon dry mustard
2 eggs, slightly beaten
1 large round loaf rye bread, unsliced
2 gherkin pickles
Paprika

Mix together the ground beef, onion, relish, and seasonings. Blend in the beaten eggs. Pat

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Specialties in Gourmet

By RUTH KING



KLAMATH FALLS is so close to the ocean that sea foods are really fresh when they reach local consumers. This is National Seafood Week. A trip to local meat departments and Sea Food Specialty Shops will divulge food items from the briny deep to suit all tastes of those partial to fish.

Just Like Grandmother's

The enticing smell of hot raisin toast has been known to get many a sleepy head to the breakfast table on time. The same rich fragrance is captured in this glorified bread pudding. Butter slices of day-old raisin bread and bake in a rich egg custard mixture accented with vanilla.

This dessert is excellent served both warm and cold. If your family is small, plan on serving it hot the first time and icy cold the next.

GLORIFIED BREAD PUDDING

10 slices day-old raisin bread
1/4 cup butter or margarine
4 eggs
1/4 cup sugar
1 quart milk
2 teaspoons vanilla

Butter bread and arrange slices in buttered baking dish (6 x 10 x 2 inches). Beat eggs and sugar together. Stir in milk and vanilla. Pour half of mixture over bread; let stand until thoroughly moist.

ened. Pour on remaining milk mixture. Bake in slow oven (325 degrees) about 1 hour, until custard is firm. Serve warm or cold with cream, if desired. Makes 6-8 servings.

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Buttered Broccoli
Golden Glow Salad
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Lemon Gelatin)
Gingerbread with Whipped Cream
Tea
Milk

Prepare fish portions (rectangles or squares of breaded fish) according to package directions.

FRESH TOMATO SAUCE

3 tablespoons butter or margarine
1 medium onion, chopped
1/2 clove garlic, minced (optional)
3 tablespoons flour
1/2 cup canned tomato paste
1 teaspoon Worcestershire sauce
1 teaspoon salt
1 cup water (may add 1 beef or chicken bouillon cube if desired)
2 cups skinned tomatoes, coarsely chopped (or 2 cups lightly drained canned tomatoes)

Melt butter in saucepan. Add onion and garlic; saute until onion is tender but not browned. Stir in flour, then tomato paste, Worcestershire sauce, salt; slowly stir in water. Cook, stirring, until mixture thickens and boils. Add tomatoes; cook only until tomatoes are heated through. Serve at once on fish portions. Sprinkle with grated Parmesan cheese.

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