

Specialties in Gourmet

By RUTH KING



WHAT IS BELIEVED to be the largest display of dog food ever set up in Southern Oregon, over 15 tons, is at Albers Feed and Seed Store on South Sixth Street. Store manager Jack Gelder is on top of display. Cal Ranney, representative for Friskies and other Albers products in Southern Oregon, is at right.



Banana-Apple Salad Garnish With Nuts

Banana and apple salad may be served any day in the year and it's always appropriate. Yes, it's versatile, too—just try it with

BASKET HANDLES

For an easier to carry laundry basket loosen one end of the wire on the handles of your laundry basket with a pair of pliers and slip a length of garden hose over the handle.

QUICK DRYER

Dry freshly laundered handkerchiefs and other small articles by placing them on a small rack over the top of a floor lamp. The heat from the lighted bulb will dry them.

any meat or poultry scheduled for the day's menu. We can assure you that voices of approval will echo 'round the table. The following recipe gives a good balance of fruit for six servings. Buying with these proportions in mind will help you when you are marketing for fruit. And thinking in terms of nutrition, there's every food element included that a mother's heart could desire.

BANANA AND APPLE SALAD

1 head lettuce
6 red-skinned apples
3 bananas
¾ cup mayonnaise
Walnut halves
Arrange lettuce on salad plates. Cut apples into bite-size pieces, leaving red skin for color con-



Sweet and Sour Pork

Hong Kong Recipe Wins Favor With U.S.

Shark Fin Soup is only for the wealthy in China and Sweet and Sour Pork can be afforded rarely on the limited food budgets of the middle class.

In this country with pork in reach of all, it is a meat dish, served with fried rice that makes a complete meal.

SWEET AND SOUR PORK

1 pound lean pork, cut in 1-inch cubes

WASHING GLOVES

White gloves should be washed as soon as possible after they are soiled. A small amount of liquid starch added to the rinse water keeps them looking like new.

PEAR GOODY

Mix a recipe of your favorite upside-down cake. Sprinkle bottom of pan with brown sugar. Arrange canned Bartlett pear halves on top of brown sugar and place pecan halves between pears. Pour cake batter over all and bake as directed. Before serving, fill each pear cavity with maraschino cherries or dates stuffed with cream cheese.

1 teaspoon sugar
1 teaspoon salt
1 teaspoon soy sauce
2 eggs, well-beaten
1 tablespoon water
½ cup corn starch
½ cup corn oil
¼ cup chopped preserved ginger
2 cloves garlic, finely
¼ cup finely chopped onion
¼ cup finely chopped green pepper
¼ cup water
2 teaspoons salt
¾ cup cider vinegar
¼ cup light corn syrup
Sprinkle pork with sugar, salt, and soy sauce. Toss and then let marinate about ½ hour. Blend egg and water together. Dip each piece of pork in egg and water mixture, then in corn starch, and again in egg-water. Heat ½ cup corn oil in a large skillet, add pork cubes and fry, turning frequently, until evenly browned, about 15 minutes. Remove meat from skillet. Set aside.

Saute ginger, garlic, onion, and green pepper in skillet with remaining ¼ cup corn oil until onion is lightly browned. Combine water, salt, and corn starch; add vinegar and corn syrup; stir into mixture in skillet. Cook and stir until sauce is thickened. Add pork. Heat about 15 minutes or until pork is tender. Makes 4 servings.

The food industry employs—directly or indirectly—one of every four persons in the U.S. labor force, and pays 45 billion dollars annually in wages and salaries.

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Autumn Breakfasts Can Be Colorful

The autumn color that's sweeping the countryside has come in to enliven the breakfast table. Fall fruits lend their real and figurative color to the morning meal, turning breakfast into one of the best experiences of the day.

Start breakfast with a steaming baked apple, rosy and tart. Or, cook cranberries and apples together to make a tempting breakfast fruit combination to serve warm with a sprinkling of nutmeg.

Another way to use favorite fruits of autumn at breakfast is in quick breads. Almost any freshly baked hot bread will give breakfast an added interest. When you choose these sparkling fruited muffins, enthusiasm at the breakfast table is assured.

Top bran muffins with a dollop of whole cranberry sauce for a ruby-red accent in a meal of orange sections, corn flakes with milk and sugar, and cocoa or coffee. For a variation, tuck the cranberry sauce in between spoonfuls of batter when filling the muffin cups.

APPLESAUCE BRAN MUFFINS

1 cup whole bran cereal
¼ cup milk
1 egg
¼ cup soft shortening
1 cup sifted flour
2½ teaspoons baking powder
½ teaspoon salt
¼ cup sugar
6 tablespoons whole cranberry sauce

Combine whole bran cereal and milk; let stand until most of moisture is taken up. Add egg and shortening and beat well. Sift together flour, baking powder, salt and sugar. Add to first mixture, stirring only until combined. Fill greased muffin pans 2/3 full. Press 2 teaspoons of

cranberry sauce into the top of each muffin. Bake in moderately hot oven (400 degrees) about 25 minutes. Serve immediately.

Yield: 9 muffins, 2½ inches in diameter.

APPLESAUCE BRAN MUFFINS

1 cup whole bran cereal
¼ cup milk
1 cup sweetened applesauce
1 egg
¼ cup soft shortening
1 cup sifted flour
2 teaspoons baking powder
½ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon nutmeg
¼ cup sugar

Combine whole bran cereal,

milk and applesauce; let stand until most of moisture is taken up. Add egg and shortening and beat well. Sift together flour, baking powder, soda, salt, spices and sugar. Add to first mixture, stirring only until combined. Fill greased muffin pans 2/3 full. Bake in moderately hot oven (400 degrees) about 30 minutes. Serve immediately.

Yield: 11 muffins, 2½ inches in diameter.

CLEANING GLOVES

Soiled leather on gloves can be cleaned with the whites of eggs. Just whip the white of three eggs into a froth and rub on with a soft cloth.



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