

KEEP OREGON FRYERS HANDY

Fried chicken, Oregon-grown is the makin' of a company buffet, or a family meal. . . and did you know, that in addition to being delicious, tempting, and easy to prepare, that fried chicken, hot or cold, is high in protein, but low in calories?

Our suggestion for a tasty meal is to center it around oven fried chicken. It's so easy when you follow this tested recipe.

OVEN-FRIED CHICKEN
Get a good start for finer flavor by taking advantage of the freshness of Oregon Fryers.

- 2 Oregon broiler-fryers, 2 1/2 pounds each, cut up
- 1 cup flour
- 4 teaspoons salt
- 1 tablespoon paprika
- 1 teaspoon ground pepper
- 1/2 cup fat for browning
- 1-3 cup melted butter or margarine
- 1-3 cup broth or milk

Shake chicken, two or three pieces at a time, in a bag containing the flour, salt, paprika and pepper to coat evenly. Brown pieces lightly in medium hot fat in a heavy skillet. If a large quantity of chicken is being prepared, the browning will go faster if a one to two-inch layer of fat is used. Drain well. Place golden-brown chicken one layer deep in a shallow baking pan. Sprinkle any left-over coating mixture over the chicken. For each pound of chicken, spoon a mixture of one tablespoon of melted butter or margarine and one tablespoon of broth or milk over the chicken. Continue the cooking in a slow oven (325 degrees) until thickest pieces are fork-tender, 45 to 60 minutes. Turn once or twice to crisp and cook evenly. During the cooking, more broth or milk may be drizzled over the chicken if it appears dry.

(Especially good method for frying two or more chickens.) Six to eight servings.

Fit For A King

Waffles go glamorous with "Maple Peach Sauce." You start with peach syrup and maple extract, add tender canned cling peach slices and crunchy toasted slivered almonds. Finish up by serving sauce in pretty pitcher or bowl. Bring your waffle iron to the table to save steps, prepare seconds on order. (Transfer waffle batter to pitcher or quart measuring cup for no-mess pouring at the table.)

MAPLE PEACH SAUCE

- 1 (1 pound 13 ounce) can cling peach slices
- 1 1/4 cups peach syrup and water
- 1 1/2 tablespoons cornstarch
- 1 tablespoon lemon juice
- 1/2 teaspoon maple extract
- 1/2 teaspoon vanilla
- 1/4 teaspoon salt
- 1/4 cup butter or margarine
- 1/4 cup toasted slivered almonds

Drain peaches, reserving syrup. Add water, if necessary, to make 1 1/4 cups liquid. Blend cornstarch with a small amount of the liquid. Heat remaining liquid in saucepan. Stir in cornstarch mixture; bring to a boil and simmer until thickened and clear. Add lemon juice, flavorings, salt, butter, almonds and peach slices and heat. Serve hot over waffles made with your favorite mix.

Makes about six servings.

Strip Away Laundry Film

Is that old rascal, washing scum, casting its gray shadow on the snowy white or pretty colors of your dainty notions? On Dad's shirts? On the children's clothes?

Are your sheets and towels harsh feeling as well as gray? Here's a ray of brightness. The process known as stripping will bring back that new look! And the original softness! To a washer load of clothes, add one cup of water conditioner. Now let the clothes go through the regular washing cycle, but without adding soap or detergent. The hotter the water, the better and quicker results. But you know, of course, some fabrics and finishes cannot stand hot water—let the "delicates" in your water load be your guide on temperature.

If the film deposit has built up a long time or is embedded, add 1/2 cup household ammonia or washing (sal) soda along with the water conditioner.

One stripping probably will be enough. If unusual conditions, two or more treatments may be needed to restore fabrics to their former color and softness.

Once clothes are free of this dulling mask, keep them that way. Just use the recommended amount of water conditioner for wash and rinse cycle in every washer load of clothes.

TEMPTING HAWAIIAN TIDBITS

For dessert serve on picks tempting tidbits as they are made in the beautiful islands: Take 1/2 cup honey, two tablespoons nuts, or one cup macaroon crumbs. Dilute honey with water. Peel and cut bananas into one-inch pieces. Dip each into honey mixture and roll in either coconut, nuts or crumbs until well coated. Place on wax-paper-covered tray and refrigerate. Makes four servings.

SAVE AT LOW COST		SAVE AT LOW COST		SAVE AT LOW COST		SAVE AT LOW COST		SAVE AT LOW COST	
IT'S Low Cost! OCCIDENT FLOUR 10 lb. bag 79c		IT'S Low Cost! CARNATION MILK TALL TIN 10c		IT'S Low Cost! BOYD'S COFFEE 1 & 2 lb. Cans Drip or Regular 53c lb.		IT'S Low Cost! VETS DOG FOOD 14 lb. cans \$1			
LAURA SCUDDER CHIPS FOR DIPS REG. 59c 49c		PEANUTS PLANTERS COCKTAIL 3 7 1/2-Oz. \$1		OYSTERS SPRUCE SMOKED 4 3 1/2-Oz. \$1		FISH CONCORD TUNA 4 1/2-Oz. Tins \$1		BEER DURST 6-12-OZ. TINS 88c	
SUGAR CUPS POWDERED 10 lb. 88c		MIXERS WHITE ROCK OR PEPSI-COLA & SQUIRT 2.39c		DEL RICH MARGARINE 5 lbs. ?		TURKEYS SWIFT'S PREM BUTTERBALLS 10 to 12 Lbs. ?		POT ROAST ANY CUT 45c lb.	
EGGS "AA" Large Strictly Fresh Local Ranch 59c doz.		SAUSAGE LOW COST'S OWN FANCY, SMALL SIZES Butt Half 59c lb.		BOLOGNA THICK SLICED SWIFT'S PREMIUM 39c lb.		CHEESE Wisconsin Mammoth Sharp 69c lb.		STEAK RIB - WELL TRIMMED 79c lb.	
DIPS JUST MIX AND SERVE 2.35c PKGS		BUTTER SWIFT'S BROOKFIELD 69c lb.		QUICK NESTLES 1 lb. Tin 39c		MAYONNAISE KRAFT 24 oz. Jar 39c		COFFEE MAXWELL HOUSE INSTANT 6 Oz. Jar 79c	
POPCORN TNT WHITE 2.19c		OLIVES STANDBY RIPE MEDIUM No. 1 Tall Tin 4.19c		BEANS CENTENIAL DRY RED OR WHITE 2.29c		JELLY PENNANT GRAPE 20-Oz. Jar 29c		SNACK CRACKERS NABISCO Rye Thins - Bacon Thins Pretzels - Chippers Triskits - Salt - Tanga Wheat Thins 3 Pkgs. \$1.00	
ALKA SELTZER LARGE BOTTLE 49c		SANDWICH BAGS ZEE PKG. of 30 3.25c		PRODUCE Cauliflower Snow White Heads each 19c		Grapefruit Snoboy, Indian River Pink 3.35c		Celery Large, Crisp, Green Stalks 13c each	
SAUSAGE All Beef Double hickory smoked 79c lb.		Cheese Kraft's Glossed 5-oz. 4.19c		Ham Slices Center Cut 79c lb.		Tangerines Medium Size, Juicy 2 lbs. 29c		Avocados Large, Thin Skinned 3 for 29c	
CRANBERRIES Snoboy 2 lbs. 39c		Apples Red Delicious 4 lb. bag 49c		Low Cost market Right To Limit Reserved 3800 So. 6th					