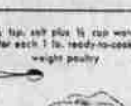
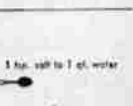
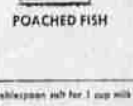


SALTING TO MEASURE ADDS TO FLAVOR

 PLAIN PASTRY (1 double crust pie)	 YEAST BREAD (1 loaf bread or 18 rolls)	 BISCUITS (18 to 22 biscuits)	 MUFFINS (12 to 15 muffins)	 GROUND MEAT (For hamburgers or meat loaf)
 STEWED CHICKEN (1 1/2 cups water)	 POACHED FISH (1 cup water)	 BOILING SHELLFISH (Shrimp, crab or shrimp in the shell)	 MACARONI or SPAGHETTI (7-8 oz. package)	
 RICE (1 cup rice)	 GRAVY FOR ROAST MEAT (1 cup water)	 MILK FOR DIPPING FISH FILLETS (1 cup milk)	 FRESH VEGETABLES	 FROZEN VEGETABLES
 POTATOES (Sweet or white)	 MERINGUE (1 egg white)	 HOME CANNING (Vegetables or meat)	 FUDGE (1 cup sugar)	 WHITE SAUCE (1 cup milk)

Salt is the foundation of good taste in many foods. But if the foundation fits well it doesn't show. So, salt with reason, for reason and reasonably—not rashly.

The "why" salt and "when" to add salt to foods and recipes are just as important as the "what" to salt and "how much." Too many folks take salt for granted, salting with a heavy hand and making food taste of salt and not much else. Or, they salt too lightly or not at all and end up with a flat flavored food that is unpalatable because of its very tastelessness.

Why salt? In almost all cases, the addition of salt to a single food, or the mixing of salt with other ingredients is basically to bring out the natural flavor of the food itself and strengthen the flavor of the mixture.

Flavor is not the only function of salt. In yeast breads, for example, salt performs a very necessary restraining action which restrains the rush-to-rise tendency of yeast doughs due to fermentation. By using the correct amount of salt this rapid rise is prevented, because salt acts as a control-

Pamper Food Budget Eggs Cheap-Nutritious

By THE ASSOCIATED PRESS
Eggs are one of the best values on the market for Northwest consumers this week. Plentiful supplies of large eggs have brought the price down to a low level, and the cost for a serving of two eggs, which also gives us such good value nutrition-wise, will average about ten cents.

Looking at the meat picture, beef prices have declined slightly and you will find very good buys on all cuts. All types of steak will be featured in some stores. Chuck cuts continue to be attractively priced with specials on roasts, chuck steaks and ground beef.

Lamb is also reasonably priced. Local pork prices are holding steady at a moderate level, while the national trend is toward a slight increase in price. Both frying and stewing chicken are excellent buys in poultry.

Fishermen have had good fortune this week since storms have been south of the fishing areas and a number of boats are coming in daily with red snapper and sole. Look for special on frozen halibut at the fish counter, too. The Columbia River smelt are not running as previously expected this week, according to information received by the Consumer Marketing Office of Washington State University. However, watch future reports for news of smelt on the local market.

Crab supplies cannot be predicted this week, since unfavorable weather off the coast has made it more difficult for the crab boats to get out and secure the catch. In seafood, prawns will be featured at a moderate price.

Best buys in vegetables include carrots, dry onions and potatoes. Winter squash continues to be an excellent value at a low cost per serving. Head lettuce prices are very reasonable and the quality is good. Cabbage is generally a good buy; however, local prices vary.

Broccoli, Brussels sprouts and cauliflower are moderate buys in the cabbage family of vegetables. Celery is in the moderately priced group this week, along with the various greens, such as collard, mustard and turnip. Specialty types of lettuce, including ro-

maine, leaf lettuce and endive, are in this price range, also. Other favorite salad ingredients on the list, green onions, radishes, green peppers and tomatoes, are in the medium price group. Spinach, too, can add interest to green salads or you might like to include cooked spinach garnished with hard-cooked eggs on your menu this week.

Mushrooms, turnips, parsnips and rutabagas continue to be moderate buys. Fruits on the best buy list include bananas, grapefruit and lemons as the most reasonably priced items. Of course, at this time of the year we cannot expect any fruit to be particularly inexpensive.

Apples are generally in the moderate price range, although prices do vary. Avocados, oranges, limes and pears are moderately priced, too. You will find Emperor grapes available and some Ribiera and Almaras at slightly higher prices. Among the specialty fruits we have tangerines, pineapples, tangelos and dates. Hothouse rhubarb production has been slowed a little since the damp weather has returned, and the price is relatively high for this fruit.

You may want to add a little red food coloring to a glaze made from fresh or frozen strawberries.



GOLDEN GLOW SALAD

In Pretty Salad Favorite Fruits

Fruit salads deftly take their place on the menu during every season of the year. They remain a constant delight for busy women—because they're a joy to prepare and always so refreshing in taste.

Although salads are constantly varied with the seasonal fruits, it is good to know you can depend on a few—twelve months in the market favorites—like bananas.

This Golden Glow Salad combines two real teammates—citrus fruit and bananas. To give it added lustre serve a Honey French Dressing. At all times a salad is subject to many ingredient changes—but here's a good fruit proportion for a family of five.

GOLDEN GLOW SALAD
1 head lettuce
3 grapefruit
6 oranges
3 bananas
5 small grape clusters.
Arrange lettuce in salad bowl. Peel and section oranges and grapefruit; peel and slice bananas. Mix fruits and arrange in a bowl. Garnish with grape clusters. Serve with Honey-French Salad Dressing.

HONEY-FRENCH DRESSING
2 teaspoons salt
4 teaspoons sugar
Dash pepper
Dash paprika
1 1/3 cups salad oil
8 tablespoons vinegar
8 teaspoons honey
8 teaspoons lemon juice
1 teaspoon grated lemon rind
Combine all ingredients and shake, beat or blend. Refrigerate. Shake well before using.

Free For The Asking

For a free booklet of freezing tips and quick freezer recipes, write to the John Oster Manufacturing Company, Milwaukee 17, Wis. Recipes for salads, vegetables, muffins, soups and desserts are included that can be made in minutes in a blender and then frozen until ready to serve.

Tips on best ways to package and freeze raw and cooked foods are also given.

Here is a sampling of the tips from the Home Service Institute of the company.

For babies: Puree some of the dinner vegetables in seconds in a blender. Pour puree into an ice cube tray and freeze. When you wish to serve, simply heat a cube or two in a covered saucepan.

Each cube is just the right portion for baby, low in cost, and easy to heat.

For soups: When preparing soups in the blender, double the regular portion and freeze the extra amount in ice cube trays. After freezing, package cubes in individual bags for speedy, single servings.

For jams: If you're limited for time, blend fresh fruits to a puree consistency in the blender. Freeze without sugar, and do your pres-

erving later when there is time.

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as a member of the Dinner of the Month Club, you may dine one evening each month at the Pelican Restaurant. All you need do is be accompanied by one person. Then, you just pay for one of the two meals you have.

1. You get 1 meal a month for 12 months. You must be accompanied by another person. You order two dinners. You only pay for one.
2. If two different priced meals are ordered, you pay for the higher priced one, the other meal is free.
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You can order any dinner from the menu.

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\$10.00

In order to insure our finest service, the number of members in the Dinner of the Month Club must be strictly limited. We, therefore, suggest that you place your reservation as soon as possible in the event the roster is filled before you receive your personal invitation.

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- | | |
|---|---------------|
| 1 New York Cut Sirloin Steak | \$4.00 |
| French Fried Onion Rings | \$4.00 |
| Potatoes, Salad, Rolls, Coffee | FREE |
| Total You Pay | \$4.00 |
| 1 Roast Rare Prime Rib of Beef | \$3.25 |
| Au Jus, Juice, Salad, Relish Dish, Potatoes, Dessert and Coffee | \$2.50 |
| 1 Pan Fried Young Chicken | FREE |
| Disjuncted Cranberry Sauce | FREE |
| Total You Pay | \$3.25 |

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Make checks payable to "The Dinner Of The Month Club" P.O. Box 333, Klamath Falls, Ore.
Enclosed is my check for (\$10.00 per book). Please send (number) of memberships. I understand that I can return the book unused within 10 days for a complete refund.
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The Pelican Restaurant is Recommended By:

Duncan Hines
Tour and AAA

Open Daily 7 A.M. to 9 P.M.

Lamb Cuts Are Economical

Today's biggest meat bargain is lamb, the industry reports. Supply has increased sharply within recent weeks, and this year prices has increased sharply within recent weeks, and this year prices are even lower than usual.

For the lady who plans the meals, this is good news on two counts. From the budget standpoint, it means a boost for the plus side of the ledger. And with the number of lamb cuts available, it means interesting new variations in the family's meal plans.

In addition to the lamb cuts that are suited to special occasions, the leg, loin roast and rib roast, there are many more that lend menu variety. Lamb ribs, lamb shanks and lamb breast are all good economy cuts with endless recipe possibilities. And of course, lamb is the king of all stews.

Because of its present low price tag, lamb belongs at the top of today's shopping list.

Don't pack down white sugar when you are measuring it.



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