



SECRET IS OUT — Ring the dinner bell for a delicious Lamb Pilaff. The secret of the dish is canned, condensed tomato soup. To go along, a salad of canned peach halves filled with chutney. For dessert — chocolate cake. Don't forget to ask for local lamb.

'SOUPER' MEALS HELP HOMEMAKER

When the dinner bell rings in your house does your family come a running? Food that is appetizing and appealing will have them all at the table on the first call.

Serve a delicious Lamb Pilaff — a tempting combination of juicy, tender lamb cubes browned with onion, celery, and mint leaves and baked in a canned condensed tomato soup sauce for just one hour. Then a package of pre-cooked rice is stirred into the bubbling mixture, and it's baked for an additional 15 minutes. An unusual blending of flavors that's most pleasing!

Your family will proclaim you an excellent cook. It will assure you that cooking with soup is an easy, economical, and flavorful way to good meals.

Keep your pantry shelf well stocked not only with canned condensed tomato soup but with an assortment of all the great

"cooking" soups... Cheddar cheese, cream of vegetable, celery, chicken, and mushroom. Being double-rich and double-thick, all of these soups are ideal for creamed, skillet and casserole dishes.

BAKED LAMB PILAFF

- 1 pound lamb, cubed
- 2 tablespoons butter or margarine
- 1/2 cup chopped celery
- 1/2 cup sliced onion
- 1 clove garlic, minced
- 1 can (10 1/2 ounces) condensed tomato soup
- 1 soup can water
- 1 bay leaf
- 1/4 teaspoon dried mint
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 package (4 1/2 ounces) pre-cooked rice

In skillet, brown meat in butter; add celery, onion and garlic. Cook until almost tender. Stir in soup, water, and seasonings.

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Crescent Nuts

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LOST SHOES by Janet Henry

We looked in his bureau, and under his chair.
(They're almost brand new, and his only good pair.)
We searched through his toy box, (by now quite distraught),
And even his closet (ridiculous thought!).
Then on to the living room, kitchen, and yard.
(They've got to be SOMEWHERE, just keep looking hard.)
At last we surrendered, and bought substitutes,
And then he discovered them... inside his boots.



NEW FILLING PEPS LUNCHES

Spruce up those lunch box sandwiches with a new filling. "Olive-Egg Sandwich Spread." It's a delicious combination of chopped egg, ripe olives, parsley and sweet pickle relish mixed with mayonnaise and seasoned lightly with curry and garlic powders. Another welcome lunch box treat are whole ripe olives wrapped in waxed paper.

OLIVE-EGG SANDWICH SPREAD
1/4 cup chopped ripe olives

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- 6 hard-cooked eggs, chopped
- 2 tablespoons chopped parsley
- 2 tablespoons sweet pickle relish
- 3 tablespoons mayonnaise
- 1/4 teaspoon curry powder
- Dash garlic powder
- Mix together all ingredients.
- Spread on bread to make sandwiches.
- Makes two cups spread.

The light brown bread with natural whole grain goodness

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COFFEE Famous Standby — 2 lb. TIN **98¢**

12 kinds to choose from! Swansdown
Cake Mix 2 Pkgs. **49¢**

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Maxwell House Instant Coffee - 10 oz. 139 Packed in Heat Proof Carafe Coffee Maker	SANKA INSTANT COFFEE New, Larger 8-oz. size \$117
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Syrup Nalley's Lumberjack 22-oz. Bottle **29¢**

Champagne Velvet BEER 12-oz. cans 6 Pack 88¢	Calrose Mixed Fruit No. 2 1/2 cans 59¢	Fresh! Local Baked BREAD Buy Low's Own Large Loaf 29¢
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Deluxe Assorted Flavors
Mellorine Half Gallon **48¢**

Pumpkin Hudson House, Golden No. 2 1/2 Cans **15¢**

In Heavy Syrup! Hudson, No. 2 1/2 Cans
Purple Plums **4 for \$1**

Dundee - 46 oz. cans
Tomato Juice **3 for 67¢**

MD - 60 Count, Paper
Napkins pkgs. **10¢**

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Peanuts **2 for 69¢**

Fresh from Hawaii
Pineapples Large Size - Each **57¢**

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Dates New Pack Large California 1 1/2-lb. bag **49¢**

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Get Bag of Hot Buttered Pop Corn FREE!
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Whole or Half **59¢** lb.
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STARTLING FACT:

Now it can be told! Fenderhofen Kindergarten has concluded a make-believe research project among little play nurses showing four out of five of their mothers prefer MD Tissue. Reasons given: Pure - 14.6%; Lullaby Soft - 39.8%; Strong (no tear) - 22.3%; Low Price - 49.7%; Decorator Colors - 21.7%; Don't Know - 1.3%. Total - 149.4% (Exceeds 100% because more than one answer given.) Conclusion: MD Tissue is today's best buy.

Produced by PACIFIC COAST PAPER MILLS - Division of Tropic Paper Mills & Tissue Co.