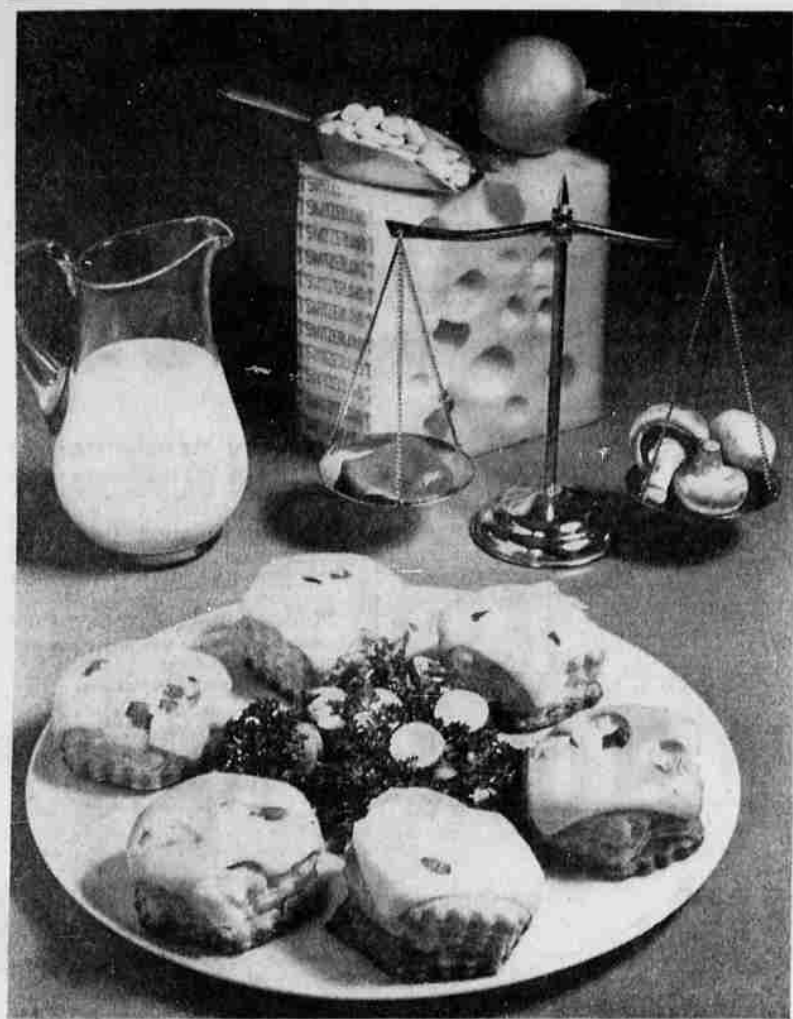




FROM THE SWISS — The tang of Swiss cheese combined with tuna or cooked chicken plus other ingredients, results in a dish that can be served the year around. It is fancy enough for important people, easy enough to prepare to serve it often to your family.

### Good For Lent And Long After

When appetites grow jaded, as they do often do at winter's end, it's time to serve something spectacular. Good for the cook's morale, as well as those on the receiving end.

Trust Switzerland Swiss cheese to make the difference. Its milky quality is so ideal for cooking; it blends so well with other flavors; truly this pride of Swiss cheese craftsmanship deserves top spot on the marketing list of the home chef, as it gets from the world's leading hotel chefs.

For example, take Patty Shells Sausse. You can use prepared puff pastry shells, available at most bakeries, or the frozen, or make 'em yourself. Then make the saucy filling that makes spirals smooth. Here's a dish to serve all year round, fancy enough for your most important luncheon, delicious enough to put before the family often.

**PATTY SHELLS SAUSSE**  
8 frozen or fresh prepared puff pastry shells  
Filling: Approximately 1-3 cup filling for each patty shell  
1 1/2 tablespoons butter  
1 teaspoon grated onion  
2 tablespoons chopped pimento  
1 1/2 cup chopped mushrooms  
1 1/2 tablespoons flour  
2 1/2 cup white wine  
1 1/2 cup milk  
1 1/2 cup cream  
Salt and pepper to taste  
1 cup tuna fish or cooked chicken, cubed  
1 tablespoon sliced almonds  
1 1/2 cup Switzerland Swiss cheese, cubed

Place patty shells on cookie sheet. Fill with tuna and cheese or chicken and cheese mixture. Top each shell with 4"x4" square Switzerland Swiss Cheese. Place under broiler until cheese is lightly melted. Serve at once.



OATMEAL 'N' BEEF — If children are reluctant to eat meat, here is one way to camouflage it to make it acceptable. Stir ground beef into oatmeal mush.

### Make The Most Of Meat Power

Making the most of meat power means planning meals to assure adequate high-quality meat protein to suit individual nutritional needs. One method is to use strained 100 per cent meats or chicken broilers in familiar food combinations.

There are many occasions when a protein supplement is in order. For example, it is not just the tiny tots who experience periods of rapid growth. Pre-teen and teen-age are times when an abundance of body building protein is essential. Scrambled eggs or cooked cereal at breakfast are easily fortified by the addition of one jar of chopped chicken or beef while the food is cooking. Or, a jar of strained meat may be substituted for one-half cup of the milk used when cooking a package of butter-quick or chocolate pudding mix.

The elderly live-aloner is sometimes prone to skipping meals or eating only simple foods. Toasts and casseroles dishes are difficult to prepare in small enough quantities for one person. Again, strained or chopped 100 per cent meats come to the rescue for they provide meat power in a single serving-sized jar to be combined with other foods for a satisfying and nutritious packed meal.

**MEAT POWER OATMEAL**  
(Yield: 4 to 6 servings)  
2 1/2 ounce jar chopped beef for juniors  
2 cups quick cooking rolled oats

1 teaspoon salt  
4 cups water  
Stir rolled oats into briskly boiling, salted water. Cook for 1 minute, stirring occasionally. Stir in chopped beef until mixture is well blended. Cover pan. Remove from heat and let stand a few minutes. Serve over cooked spaghetti.

**SOLO SPAGHETTI SAUCE**  
(Yield: 2 1/2 cups)  
2 1/2 ounce jar chopped beef for juniors  
2 1/2 ounce jar chopped pork for juniors

1 cup cooked tomatoes  
6 ounce can tomato paste  
1/2 cup shredded cheddar cheese  
1/2 teaspoon salt  
1/2 teaspoon dry mustard  
Combine ingredients in a saucepan. Bring to a boil and simmer 15 minutes. Serve over cooked spaghetti.

**AT GROCERS EVERYWHERE**  
Back package makes 4 large loaves  
Breads are made from the finest  
flour and water and are made in  
Switzerland and come from the  
Coke line that originates from  
the Swiss.

**SPRINGS**  
OLD FASHIONED  
BREAD MIX

**SKIPPY**  
THERE'S ONLY ONE  
BIG AND CAT FOOD

**I made it myself**  
... and saved besides!  
The reason is Sprinkle Bread Mix.  
It's so easy. You mix it and water and it makes 10 loaves.  
Before and after you see the result.  
Coke line that originates from  
the Swiss.

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Back package makes 4 large loaves  
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OLD FASHIONED  
BREAD MIX

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**FREE "Upper 10" Carton of 16-oz.**  
... with your purchase of a carton of 6 16-oz. of Royal Crown Cola (plus deposit) at the regular price. Have a free sample of Upper 10 Friday and Saturday, 10:30 to 5:30.

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Klamath Farm Fresh

**Bradley 8" Frozen PIES 39c**  
Apple, Cherry, Peach or Boysenberry

**Margarine 4 LB \$1.00**  
Golden Korn 100% Corn

**Tender Beef ROAST 49c lb.**  
All Cuts Included - U.S.D.A. 'Choice' Swifts  
Premium And Fine, Local Beef .....

**Ground BEEF 3 LB \$1.00**  
Lean, Meaty Big-Y Fresh

**Pork Steak 47c lb.**  
Swift's Premium, Cut Up

**Pork Roast 49c lb.**  
Boneless Marrell's Pride Spice

**Ivory 15c**  
Personal size bars

**Miracle Whip 49c**  
Full Qt.

**Coffee 47c lb.**  
Folger's

**Peanuts 39c**  
Crescent Spanish, 16-oz.

**Nescafe 99c**  
Instant, 10-oz.

**Tissue 25c**  
Chiffon, toilet 2-roll

**Salvo 69c**  
Reg. 89c

**Pledge 1.25**  
Johnson's 14-oz.

**Grapefruit 5c**  
Cottage 303 tins

**Mushrooms 4c**  
Sprinkles, 10-lb. bag

**We Cannot Tell A Lie.....**  
**WE'VE REALLY TAKEN THE AXE TO PRICES AT BIG-Y**

Shop the store where you take home the savings in cash. A savings is the money left over after you have bought your groceries. This money that is left in your pocket can be spent anywhere, anytime for anything. There's more CASH SAVINGS at BIG-Y.

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BIG 3-lb., 6-oz. Tin, Only

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Enjoy Quality Foods At Low Sale Prices!

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**Broccoli Fresh, Green Large Bunch 29c**

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and all other in-season Fruits and Vegetables

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MARVELOUS FOR BRUNCH  
Moist-Rich Raisin Muffins

Muffins with country breakfast flavor and tenderness and the most beautiful color imaginable. Tangy, coarse, chunky raisins, exotic spices and pumpkin give them a marvelous new flavor. Serve them for special occasion breakfasts with sausages and scrambled eggs.

1 1/2 cup sifted flour  
2 1/2 teaspoons baking powder  
1 teaspoon salt  
1 1/2 cup sugar  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/2 cup shortening  
1 egg, beaten  
1/2 cup cooked or canned pumpkin

1 cup dairy, sour cream  
1/2 cup raisins coarsely sift dry ingredients into mixing bowl; cut in shortening. Add raisins and remaining ingredients, stirring just until blended. Spoon into greased muffin pans, about 1/2 full. Bake in hot oven (400 degrees F.) 20 to 25 minutes. Serve hot. Makes 1 to 1 1/2 dozen muffins.



FROM VIENNA — Coffee Kringle, a no-knead specialty, originated in Vienna before it was adopted by Danish bakers. It is easy for beginners to prepare. Good too, with its prune filling.

### 4-H Club Cooks

In the realm of cooking and baking, the younger generation often does itself proud. Evidence of young entrants' accomplishments are given every year at state and county fairs, where displays of cakes, pies, preserves and breads line up row on row.

In the 4-H Bread Demonstration Project alone, 465,000 girls participated last year in competition for awards, compared with 196-1960 in 1962. And award of no award, young cooks everywhere are trying their hand at yeast baking.

It's no wonder there's so much interest in this area of the culinary art. Working with yeast doughs and decorating baked breads and rolls is fun and creative. It's easy, too, with today's step-by-step directions and tested ingredients.

**COFFEE KRINGLE**  
(Makes 1 large cake)  
1/2 cup milk  
2 cups unsifted flour  
1/2 cup sugar

1/2 teaspoon salt  
1/2 cup 1/2 stick margarine  
1/2 cup warm water  
2 packages or cakes yeast, active dry or compressed  
1 egg, beaten  
1 1/2 cups chopped steamed prunes  
3 tablespoons sugar  
1/2 teaspoon grated lemon peel  
Scald milk, cool to lukewarm. Combine flour, sugar and salt. Cut in margarine with a pastry cutter. Measure warm water into large warm bowl. Sprinkle or crumble in yeast; stir until dissolved. Stir in lukewarm milk, beaten egg and flour mixture. Stir until well blended. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 40 minutes. Combine prunes, sugar, lemon juice and lemon peel. Set aside.

Punch dough down and turn out onto well floured board; divide in half. Roll each half to a 16 x 12-inch rectangle. Place one half on a greased 15 x 10 x 1 1/2-inch pan. Spread with prune mixture. Cover with second half of dough. Seal edges well. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Bake in moderate oven (350 degrees F.) about 20 minutes. Turn out of pan at once. When cool, ice with confectioners' sugar frosting, if desired. Combine 1 cup confectioners' sugar with 2 teaspoons milk, water or fruit juice, or enough to make thick pouring consistency. Flavor with a few drops of vanilla extract or your favorite flavoring.

### Grade School Weekly Menus

**Monday, Feb. 25**  
Vienna Sausages  
Buttered Potatoes  
Steamed Tomatoes  
Peanut Butter Sandwich  
Cake  
1/2 pint milk

**Tuesday, Feb. 26**  
Beef - Vegetable Soup  
Filled Sandwich (Meat)  
Stuffed Celery  
Pudding  
1/2 pint milk

**Wednesday, Feb. 27**  
Barbecued Beef on Bun  
Buttered Corn  
Cheese Sticks  
Dessert (Cook's Choice)  
1/2 pint milk

**Thursday, Feb. 28**  
Chili Beans  
Finger Foods  
Hot Buttered Rolls or Doughnuts  
Fruit  
1/2 pint milk

**Friday, March 1**  
Bake Potatoes (Lots of butter)  
Cottage Cheese and Peach Salad  
Tuna Sandwich  
Gingerbread with Orange Topping  
1/2 pint milk

### Try Parsley Flakes in Biscuits

**WHAT TO SERVE? WHAT TO SERVE? WHAT TO SERVE? WHAT TO SERVE? WHAT TO SERVE?**

**PARSLEY FLAKES**  
Crescent

**SNOW'S CLAM CHOWDER**

**CRESCENT**  
AS AN ENTRÉE AS A MAIN COURSE  
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