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WHAT COULD BE SIMPLER? — Make a Lamb Ragout, like the one pictured, made with no-fuss frozen vegetables. A meal-in-a-dish, this hot and hearty French-style stew is a meal with only one pot to wash.

Cookery A La Cocote

Thumbing through an authentic French cookbook one can't help but notice many recipes begin with "Mettez dans la cocotte..." which, in the language of American cookbooks means "Place in a Dutch oven or large cast-iron pot." Here lies the secret of those superb French stews and ragouts, for this heavy pot functions as combination frying pan and roaster which browns the ingredients while giving them flavor and substance. The heavy iron permits browning without sticking or burning, and even cooking; the tight lid preserves the juices of the meat and vegetables, bringing out the best of their flavors.

Because cooking "a la cocotte" is actually of French bourgeois origin, it is both easy and economical. However, it can be even more so for practical Americans who use convenient and moderately priced frozen vegetables. With frozen vegetables there's no need for standing over the kitchen sink doing "K.P." and because they're already pared, there's no waste. Take, for instance, those tiny white potatoes that are so wonderful in stews. Frozen small whole potatoes, already pared and eyed, are packed in handy container sizes of one to two pounds.

What could be simpler, especially for casual entertaining, than this no-fuss Lamb Ragout or Lazy Stew — and there's only one pot to wash. Add to menu/cook 30 minutes longer. If necessary, add ½ cup water for last half hour of cooking. Serves six.

LAMB RAGOUT

- 1 (10-ounce) package frozen whole baby carrots
- ½ bag (1-pound) frozen small whole potatoes
- 2 pounds cubes cut from lamb shoulder
- 3 tablespoons flour
- 1 tablespoon salt
- ½ teaspoon pepper
- 2 tablespoons shortening
- 3 tablespoons frozen chopped or sliced onions
- 1 stalk celery, sliced
- 1 bay leaf
- 1 clove garlic, finely mashed
- 1 teaspoon Worcestershire
- 1 (1-pound) can tomatoes
- 1 (5-ounce) package frozen mushrooms (optional)

Remove frozen vegetables from freezer. Mix flour, salt and pepper and put in paper bag with lamb cubes. Shake bag to coat meat with flour mixture. Place meat with shortening in Dutch oven or large heavy skillet, and brown on all sides. As browning is completed, add onions and celery and cook slightly with meat. Then add bay leaf, garlic, Worcestershire and tomatoes. Cook at slow simmer, covered, for one hour or until meat is almost tender. Add carrots and potatoes and

LAZY STEW

- 1 package frozen green peas
- 1 package frozen sliced carrots
- ¼ cup frozen chopped onions
- 1 can frozen tomato soup plus ¼ can water
- 2 pounds stew beef
- 1 raw potato, sliced

Sardines 'N' Rice Everything Nice

Tiny and tangy sardines from the cold, mineral rich waters of Norway's fjords team with rice to make this croquette dish nice for meatless menus. The creation of a prominent New York Hotel master chef, it is a perfect meat substitute and delicious too.

INGREDIENTS

- 1 (3½ oz.) can Norway sardines
- 2 cups well cooked rice
- 1 whole egg, well beaten
- 1 teaspoon chopped parsley
- 1 tablespoon tomato catsup
- Salt, pepper to taste

Method: Drain the olive oil from the Norway sardines and mash the sardines. Blend sardine mixture with rice and all other ingredients. Form into about 10 croquettes and roll in a little flour. Fry in deep fat until golden brown. Serve with additional catsup or tomato sauce on the side. Makes 10 croquettes.

Butter, a pinch of sugar and lots of minced parsley add interest to cooked carrots.

EGGPLANT AND CHEESE CASSEROLE

When you serve this delightful dish, reminiscent of sunny southern Italy, better have copies of the recipe to give your guests — they're sure to ask for it. So succulent is this casserole, with its exciting, unusual flavors that it makes a real feast for your most discriminating friends.

This Eggplant - Cheese Casserole is not complicated to prepare, and convenient canned tomato sauce subtly blends the flavors, effortlessly on your part. As an added last minute time - saver you can prepare this casserole well in advance and heat it just before serving.

Hot fresh bread, preferably Italian, served with sweet butter, a mixed green salad, perhaps a glass of wine, and fruit for desert, make a memorable meal with Easy Eggplant - Cheese Casserole.

EGGPLANT-CHEESE CASSEROLE

(Makes 4 to 6 servings)

- 1 large eggplant, sliced and peeled
- 1 egg beaten
- 2 tablespoons water
- 3 tablespoons poly - unsaturated oil
- 1 pound ground beef
- 2 onions, chopped
- 2 (8-ounce) cans tomato sauce
- ¼ teaspoon basil
- ¼ teaspoon oregano
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 clove garlic, crushed
- ½ pound mozzarella cheese, sliced

Dip eggplant slices in mixture of egg and water. Saute in poly-unsaturated oil. Drain. Cook beef and onion in remaining oil until onion is golden. Remove fat. Add tomato sauce and seasonings. Layer meat sauce, eggplant, and cheese in two-quart casserole ending with cheese. Bake at 350 degrees F for 40 minutes.

Dinner Party Dessert New

Spicy "Cottage Pudding with Citrus Sauce" is studded with the five different fruits from a can of fruit cocktail to make it an eye-catching dessert for a dinner party. Nothing need go to waste when you cook with canned fruit cocktail. Both the fruit and its syrup are used in this recipe as well as in innumerable other desserts, meat sauces and molded gelatin salads.

COTTAGE PUDDING WITH CITRUS SAUCE

- 1 can (1 lb., 14 oz.) fruit cocktail
- ½ cup butter or margarine
- 1½ cups sugar
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- ¼ teaspoon allspice
- 2 eggs
- 1 cup sifted all-purpose flour
- 1 teaspoon baking powder
- ½ cup finely chopped almonds

CITRUS SAUCE: ¾ cup sugar, ¼ cup cornstarch, 1½ cups orange juice. Syrup drained from fruit cocktail. 1 teaspoon grated lemon rind, ¼ cup butter or margarine. Drain fruit cocktail; reserve syrup for Citrus Sauce. Cream butter with sugar, salt, cinnamon, nutmeg and allspice. Beat in eggs. Sift flour with baking powder; stir into butter mixture until well blended. Fold in fruit cocktail and almonds. Turn into well-greased 13 x 9 x 2-inch baking pan. Bake in 375-degree (moderately hot) oven 40 minutes. Serve warm with Citrus Sauce.

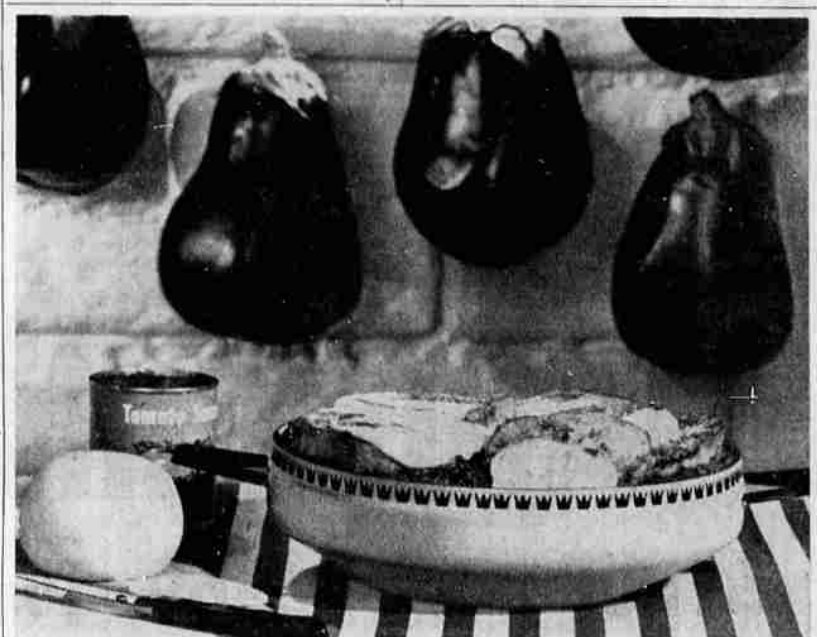
Citrus Sauce: Combine sugar and cornstarch in a saucepan. Gradually add orange juice and reserved syrup. Cook over medium heat, stirring constantly until thickened. Remove from heat. Stir in lemon rind and butter. Makes 10 to 12 servings.

DIETERS?

Are there dieters in your family? Assure their continuing good health and vitality with well-planned, low calorie meals rich in the nutrients they need. Dieter or not, every adult needs these foods daily: 4 or 5 servings of enriched or whole grain breads or cereals, 2 cups of milk or its equivalent in other products, 2 or more servings of lean meat or other protein-rich food and 4 or more servings of fruits and vegetables.



A CROQUETTE DISH



DELECTABLE — Eggplant-cheese casseroles you as a gourmet hostess, with smooth canned tomato sauce qualifie, easier than it looks, seasoned and blended



BIT 'O TARTNESS — Lemon Caraway Casserole Bread has a hint of lemon flavor, in the loaf, more lemon in the confectioner's frosting.

Do You Know...

All over the world people have lucky foods for different occasions. In America, where most food traditions have been borrowed from other countries, the lucky dish most favored is herring. The superstition, originally German, is that eating herring on New Year's Day will bring prosperity for the twelve months ahead.

Dutch settlers in New Amsterdam called the shad "eleven fish" because the season for shad opened on the 11th of March. Since the season for sea bass began March 12th (and this fish has 12 stripes, six on each side) the sea bass was called "der twelft."

Manhattan crabs were the cause of a dispute between the early Dutch and British colonists in New England. The Dutch claimed the crab's claws were Holland's colors blue and white, while the British held that the crabs turned red when cooked.



FLAVORFUL — Serve Thyme Luncheon Loaf with chicken for a special company meal.

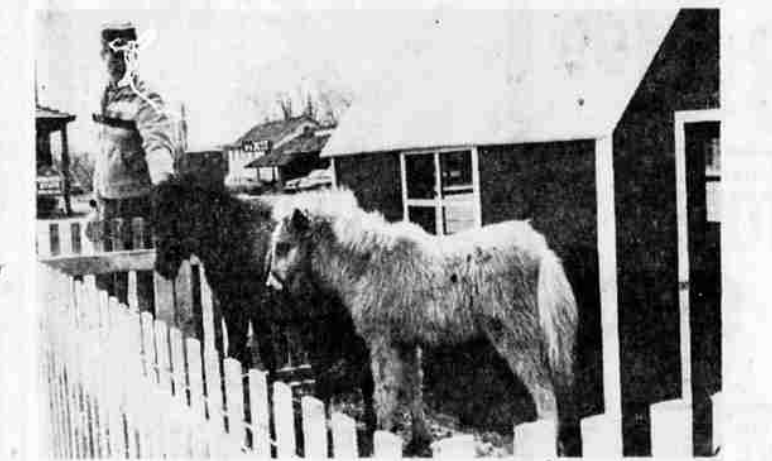
Homemade Breads Feature Flavors

Specialty breads have a way of perking up an otherwise pedestrian meal—and most homemakers find that around the end of winter especially, meals could stand a little perking up! If you're a beginner at the art of meal-planning, you probably have several main dish favorites that you rely upon for homestyle and company meals. Take a look at the following recipes for Thyme Luncheon Loaf and Lemon Caraway Casserole Bread and see if they don't look good. Both are easily made no-knead batter recipes, and both feature unusual and delicious flavor.

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(Continued on Page 3-B)

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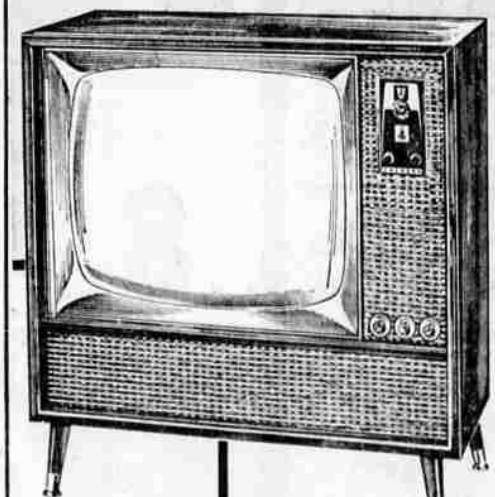
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