CATCH HIS EYE — Meal-in-One Supper Salad contains meats, vegetables, and cheese mingled with canned tomato sauce to satisfy the huskiest appetite. Serve it in a tiered dish for added interest if you have one.

Fresh Idea For Serving

Here's a salad with real masculine flavors that will satisfy hungry teenagers, too. It is healthy and nutritious for all the family, with an array of ingredients, some of which can be leftovers.

Easy to make, its seasonings come from the convenient canned tomato sauce with dry mustard and a dash of Tabasco. The tomato sauce is always ready, reliably the same, and all you do is open it with a beer can opener.

Garnish your salad with cherry tomatoes for added interest. If you have a tiered dish as shown, use the lowest tier for the salad, the next for hot rolls, and the top for celery stalks. Or it tastes just as good from the family salad bowl. Here is a salad that also is the best possible choice to take along in a plastic bag, on the first family outing of the season.

MEAL-IN-ONE SUPPER SALAD
(Servings - 6)

3 cups diced cooked potatoes
½ cup thinly-sliced raw carrots, (slice with vegetable peeler)
½ cup cooked peas
⅔ cup sliced celery
1 cup shredded ham
1 cup shredded salami or bologna
1 cup American cheese chunks
½ cup mayonnaise
1 (8-ounce) can tomato sauce
1 tablespoon vinegar
¼ teaspoon dry mustard
Dash Tabasco
½ teaspoon salt
2 hard-cooked eggs, sliced

Mix vegetables, meat, and cheese together. Combine mayonnaise, tomato sauce, vinegar, mustard, and salt. Toss with vegetable mixture. Chill. Serve on crisp salad greens and garnish with egg slices or cherry tomatoes.

more meat
Dr. Ross
MEAT FLAVOR DOG FOOD
more flavors

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41	42	43	44	45	46	47	48	49	50
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Must be opened by Authorized Store Personnel
THIS CARD MAY BE WORTH UP TO $5,000.00 CASH
SEE REVERSE SIDE FOR COMPLETE INSTRUCTIONS!
— Free Punch Section —

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PURCHASES SECTION — NOT REDEEMABLE
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Oregon FOOD STORES
Pat. Pend. ©1962 Supermarket Sweepstakes, Inc., 6710 Snider Plaza, Dallas, Texas
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Sample of authorized punch shown in box.

HERE ARE THE SIMPLE INSTRUCTIONS
Pick up your free card — no purchase necessary. A free punch or punches will be given every week. When free punches are fully punched (numbers 1 through 13 on left hand side of card) the manager or assistant will be called to inspect your card to verify the proper punch was used and that flap was not tampered with.
You then choose 15 lucky numbers from the 80 numbers in boxes on reverse side. These 15 numbers are immediately punched out. Under 15 of the 80 numbers are LUCKY HORSESHOES. You will be paid in cash the amount printed under the flap multiplied by the number of LUCKY HORSESHOES that have been punched. There are no blanks. Every participant will win a cash prize.

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Peas & Carrots	Del Monte No. 303	5 for	1.00
New Potatoes	Val Vita No. 300	11 for	1.00
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Spinach	Del Monte No. 303	6 for	1.00
Spinach	Blue Sky No. 303	7 for	1.00
Spinach	Market No. 2½	6 for	1.00
Tomatoes	Blue Sky Solid Pack. No. 330	8 for	1.00
Tomatoes	Del Monte Solid. Pack. No. 303	5 for	1.00
Stewed Tomatoes	Del Mte No. 303	5 for	1.00
Catsup	Hunts 14-Oz.	6 for	1.00
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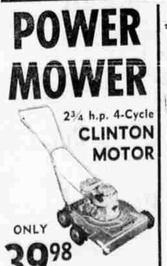

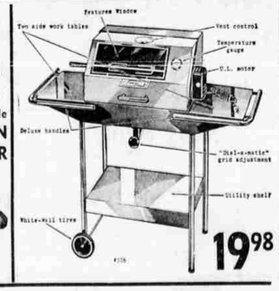

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ON LOW SODIUM DIET? — Beef Ragout and Tomatoes Provencal are proof that low-sodium recipes can be flavorful.

Seasoning Without Salt

Most people are accustomed to seasoning their food with salt. When it becomes necessary, or prudent, to drastically reduce salt intake, it is often difficult to adjust to the taste transition. This is particularly true when the individual is not familiar with the subtle culinary techniques that can be used to compensate for the lack of salt.

The following two recipes will aid dieters.

BEEF RAGOUT

¼ cup (½ stick) unsalted margarine
2 pounds beef, cut in cubes
2 onions, finely sliced
4 cloves garlic, finely minced
¼ pound mushrooms, washed and sliced
2 bay leaves, crumbled
1 tablespoon chopped parsley
1 tablespoon dried rosemary
1 tablespoon orange marmalade
1 cinnamon stick
½ teaspoon ground pepper
½ green pepper, sliced *

Melt maragine in large skillet. Add beef cubes; brown well on all sides over high heat. Lower heat; add onions, garlic and the sliced stems of the mushrooms. Saute until the onions are tender. Add bay leaves, parsley, rosemary, marmalade, cinnamon stick and ground pepper. Cover and simmer over low heat 1½ hours, or until tender. Once or twice during cooking period check meat. If it appears dry, add a little water. Ten minutes before done, add green pepper and sliced mushroom caps. Cover and complete cooking. Serve over noodles. Makes 8 servings (sodium content - 62.4 mg.-serving).

TOMATOES PROVENCAL

3 large firm tomatos
¼ cup (½ stick) unsalted margarine
¼ cup fine low-sodium bread crumbs
2 cloves garlic, minced
1 tablespoon chopped celery
¼ teaspoon pepper

Cut tomatoes horizontally in half. Place cut side up in shallow baking dish. Melt margarine. Stir in bread crumbs, minced garlic, chopped parsley and pepper. Spoon mixture onto cut surface of tomatoes. Bake in moderate oven (350 degrees F.) for 20 minutes. Serve hot. Makes 6 servings (sodium content - 4.9 mg.-serving).

FACTORS IN FOOD

U.S. Dept. of Agriculture Marketing Service

Markets, these days, are crowded with early spring vegetables — artichokes, corn, green beans, spinach and lettuce.

The well-balanced menu includes at least one serving daily of a green, leafy vegetable. Lettuce, naturally, is a prime candidate for this spot.

Abundant supplies of crisp lettuce are arriving now from the coastal areas of southern and central California, with some also coming from the San Joaquin Valley, USDA Agriculture Marketing Service reports.

The quality of this colorful green is high, and now is the time to serve a variety of appealing combinations, for the salad season has arrived.

Hearty Salads

Generous main dish salads — hearty combinations of meat, cheeses, fish or vegetables; fruit, cheese or vegetable combinations — are Maytime menu-brighteners. Here are a few appetizing suggestions:

Mound tuna salad over shredded lettuce top with chopped parsley and some capers. Garnish with olives, radishes and carrot strips. Accompany with melba toast. Follow up with apple pie and cheese.

Marinate cooked green beans, carrots and beets separately in French dressing. Arrange in piles on a generous bed of lettuce. Garnish with cherry tomatoes and pass a favorite dressing. Precede with a soup; round out the meal with baked custard.

Spoon potato salad on boiled ham slices and roll up. Arrange about 2 of these roll-ups on lettuce; add sliced tomatoes, hard-cooked egg quarters. Pass a favorite dressing. Serve with thin-sliced rye bread and, for dessert, sundaes.

Combine broken lettuce, spinach and other greens; add chopped parsley, diced cheddar cheese and slivers of leftover chicken or roast beef. Toss with a favorite dressing. Serve with finger sandwiches or popovers. For dessert: Strawberry shortcake.

Cut fresh, unpared pineapple into quarters. Remove core and dice the meat. Add the diced pineapple to chicken salad and pile into fruit shell. Garnish with orange and avocado slices. Pass a sour cream dressing. Accompany with hot rolls. Serve cheese cake with a cherry or berry sauce for dessert.

REMOVE CHOCOLATE STAINS

For washable fabrics—sponge the stain in cool water or soak it in cool water for at least 30 minutes. If the stain remains, work detergent into it, then rinse thoroughly and allow to dry. Use a grease solvent to remove any greasy stain. If colored stain remains after the fabric dries, use a household bleach or hydrogen peroxide. Check your bleach and be sure it is safe for the fabric and dye.

For non-washable fabrics—sponge the stain with cool water or force cool water through it. Use a sponge under the stain to absorb the water. If the stain remains, rub detergent into the fabric. Rinse the spot well with water. A greasy stain can be removed in the same way as directed for washable fabrics.

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