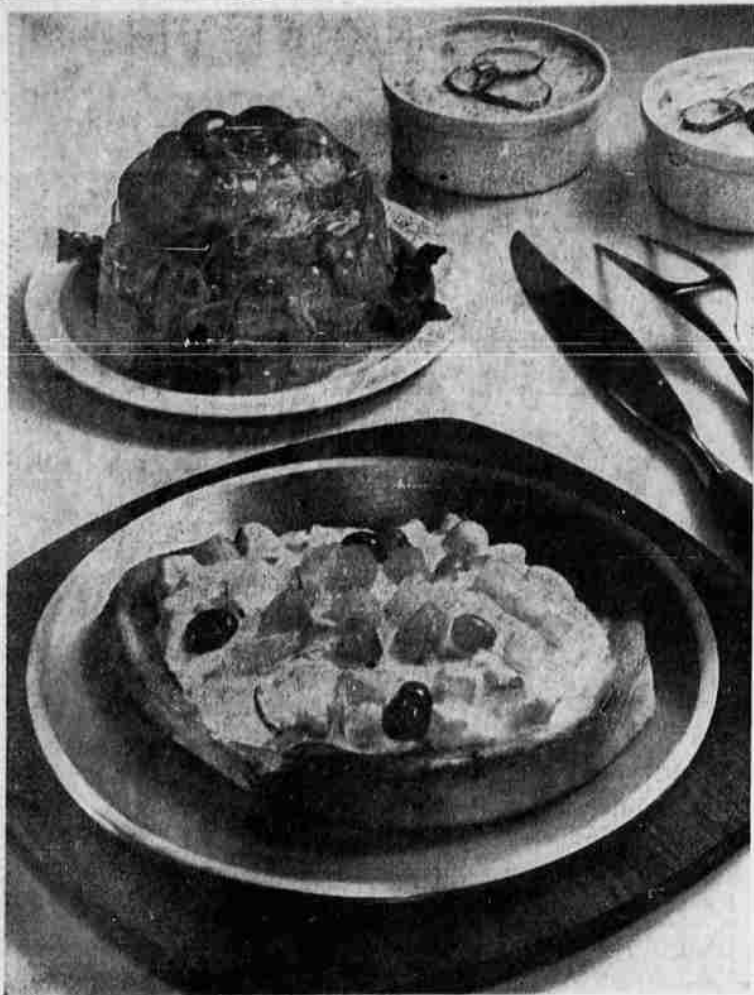




GLAMOR GALORE — "Fruit-Capped Ham Steak with its creamy sauce featuring sparkling canned fruit cocktail will provide reason for congratulations at a party dinner."

Gala Main Dish Is Fruit-Capped

Flattery will get you nowhere, the old expression goes, but it is sure to be forthcoming when you serve the family or guests "Fruit-Capped Ham Steak."

Brown a succulent slice of center-cut ham, then cover it and simmer with a topping of canned fruit cocktail in a sour cream sauce seasoned with curry powder, mustard and green onion. Fruit and ham are a perennial twosome. They help to qualify this gala main dish as a permanent addition to your recipe collection. Store the syrup from the can of fruit cocktail in the refrigerator and use it as part of the liquid next time you prepare a molded fruit salad or dessert.

Strawberry Milk Shake

1 quart strawberries, fresh, frozen or canned
5 cups milk
1/2 cup cream
1/4 cup sugar
1/4 teaspoon salt
2 1/2 teaspoons lemon juice

Crush strawberries and press through a coarse sieve; there should be at least 1 1/2 cups puree. Combine with milk and cream, add other ingredients, and mix thoroughly. Chill well before serving. Serve with a spoonful of whipped cream on top of each glass. Makes 4 to 5 servings.

"Fruit-Capped Ham Steak" could be accompanied by a molded vegetable salad—shredded cabbage and sliced green pepper in a tangy lemon gelatin mixture "spiked" with vinegar and a dash of salt. You might round out the meal with individual casseroles of instant scalloped potatoes baked with seasonings and rings of sweet red onion.

FRUIT-CAPPED HAM STEAK

1 can (1 lb. 1-oz.) fruit cocktail
1 slice (1 1/2 to 1-inch thick) center cut ham
1 cup dairy sour cream
2 teaspoons prepared mustard
1/4 cup sliced green onions and tops
1/4 teaspoon salt
1/4 teaspoon curry powder
Drain fruit cocktail. In a skillet over medium heat, brown ham steak about 10 minutes on each side. Meanwhile, combine fruit cocktail with all other ingredients. Spoon over ham; cover and simmer 10 to 15 minutes. Serve immediately.

Makes 4 to 6 servings.

TOO FAT?



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Food Suggestions For Older Folks

By FRANCES C. HALL, County Extension Agent
Older folks can add more life to their years and perhaps years to their lives by following good eating hints from Oregon State University nutritionists.

In 1900, 48 was considered the average life span for adults. Today, 70 is an overall average. And those who reach 70 have prospects of living another 12 years.

Following a basic food pattern all through life plus daily exer-

cise of some kind contributes greatly to vibrant living, say home economists. Here are some of their suggestions for older folks: Forget birthdays and enjoy good eating by regular use of foods selected from basic food groups—meat, fish, poultry, milk, cereals and breads, vegetables and fruits. The many vitamins now known to be essential in human nutrition are available through the generous supply of foods on grocery store shelves. Are vitamin pills necessary?

Only if advised by your doctor. After you reach 40, your metabolism will likely slow down even though you remain as active as always. Although you need less food, you still need all the nutrients food provides, advise specialists, so cut down on calorie-rich foods that supply energy but not special vitamins. Desserts (especially those that contain fat and sugar), carbonated drinks and sweet rolls fall in this class. If you live by yourself, how can you make foods taste and look good? Buy small amounts. They may cost more but they stay fresh for the length of time it takes to eat them. Use many of the dried, frozen and canned

foods. Nonfat dry milk stores well for months on the pantry shelf and can be mixed a glass at a time. A loaf of bread goes a long way if you freeze half and use the rest fresh. Storing bread in the refrigerator retards mold but hastens staling. Take time to prepare something that looks good and it'll taste better, they advise. Put a small bouquet of flowers on the table, use some of the nice dishes you save for "good," and invite a friend in to eat. If you need to watch your weight, go easy on high-calorie foods. Generally, those foods that are greasy, heavy for their size, sweet and gooey, carry the most

calories. Substitute low fat toppings (made from nonfat milk) for whipping cream, lemon juice for mayonnaise, and a little grated cheese for rich gravies. By just cutting down on the amount of fats, you can reduce your calorie intake quite easily. All foods contain calories but fat foods carry nine calories per gram compared to four calories per gram for protein and carbohydrates. If chewing is difficult, chop or grind some foods. Think twice before you invest a large sum of money in a blender or juicer. You can't put any more food value into a food than was originally there.

In other words, vegetable juices are not any more nutritious than the fresh vegetables. Cook vegetables until just tender in about 1/2 cup of water. See that greens are kept in the refrigerator in plastic bags and used while still crisp and fresh. Walking is a good cheap tonic even in the rain. It keeps muscles and heart strong and improves circulation in the coronary areas.

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Welchade Dog Food	Grape Drink 32-oz. tin	3¢/\$1
Tomato Juice	Chubby 1-Lb. Tins	13¢/\$1
Fruit Cocktail	Hunt's No. 300 Tin	7¢/\$1
Peaches	Del Monte 303 Tins	5¢/\$1
Grapefruit	Del Monte Sliced or Halves 303 Tins	5¢/\$1
Cream Corn	Cottage 303 Tins	4¢/\$1
Peas	Del Monte Early Garden 303 Tins	5¢/\$1
Asparagus	Cottage Blended Spears 300 Tins	3¢/\$1
Peaches	Del Monte 303 Tins	5¢/\$1
Catsup	Cottage 12-Oz. Bottles	7¢/\$1
Sliced Beets	3 Sisters 303 tins	7¢/\$1
Corn	Del Monte Whole Kernel 303 Tins	5¢/\$1
Tomatoes	Del Monte Solid Pack 303 Tins	5¢/\$1
Pear Halves	Del Monte 303 Tins	4¢/\$1
Oranges	Cherry Star Mandarin 11-Oz. Tins	4¢/\$1
Fruit Cocktail	Cottage 303 Tins	5¢/\$1
Dog Food	Whiff 1-Lb. Tins	13¢/\$1
Pears	Cottage 303 Tins	5¢/\$1
Applesauce	Cottage 303 Tins	6¢/\$1
Tomato Sauce	Cottage 303 Tins	13¢/\$1
Green Beans	Cottage 303 Tins	8¢/\$1

Salad Dressing

Miracle Whip. For sandwiches, too. Qt. 55¢

Sandwich Spread

Best Foods Pint Jar 43¢

French's Mustard

Tangy 9-Oz. Jar 15¢

Paper Napkins

Northern 80-Count Pkg. 2^{FOR} 25¢

SILK PAPER NAPKINS, 60-Count Pkg. 10¢

Soup

Campbell's Tomato 10 1/2-oz. tins 10¢ ea.

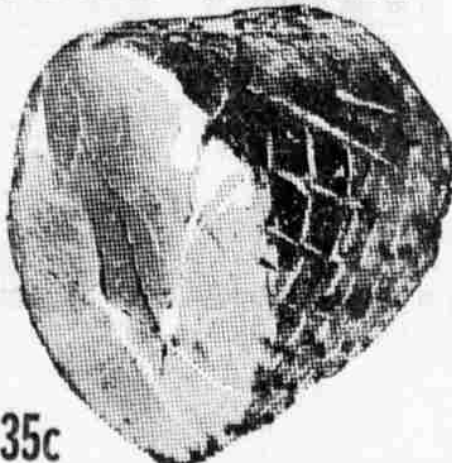
Campbell's Meat and Veg. Base - 10 1/2-oz. tins 5^{FOR} 79¢

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79¢ lb



Swift's SLAB

Bacon By the piece lb. 35¢

Grade 'A' Fryers

Swift Premium Fresh, cut up free... 39¢ lb

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EGGS AA Large Doz. 39¢

Blue Bell

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Paper Plates

Large Size Plates Giant 80-Ct. Pkg.

88¢

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Regular Tins

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CAMPBELL'S BEAN SALE

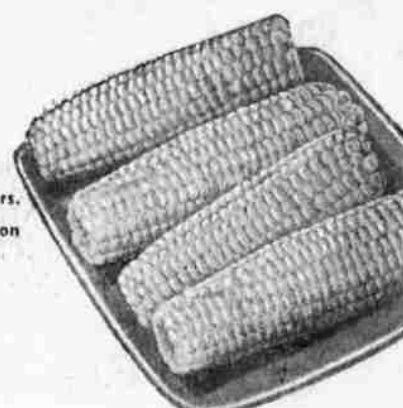
Pork & Beans	Campbell's 28-Oz. Tins	4 ^{FOR} 99¢
Barbecue Beans	Campbell's 16-Oz. Tins	5 ^{FOR} 99¢
Beans & Franks	Campbell's 16-Oz. Tins	3 ^{FOR} 99¢
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