



COOL AND PRETTY — This dessert looks like a raspberry sundae and tastes as good. It's a melt-in-your-mouth dessert that is loaded with nutrients, digestible for children too.

Wheat -Germ Adds To Lemon Pie

Looking for a hot weather dessert? If you are — and most of us will be when the mercury climbs to unreasonable heights during the summer months — try your hand at this wheat germ-lemon chiffon pie with raspberry sauce.

The chilled chiffon and the raspberry topping have the cool appeal of a raspberry sundae, while the wheat germ crust adds a crunchy, nut-like texture — and it's loaded with B vitamins, protein, iron and other nutrients.

The pie should be made in the cool of the morning and chilled in the refrigerator. It's relatively cool in the making, too, since the wheat germ crust is heated for only about 7 minutes in a moderate oven.

FLUFFY LEMON PIE IN WHEAT GERM CRUST WITH RASPBERRY SAUCE

Crust
 1/2 cup wheat germ
 1/2 cup fine zwieback crumbs
 2 tablespoons sugar
 1 teaspoon nutmeg
 1-3 cup melted butter or margarine
 2 1/2 cups boiling water
 1 tablespoon grated lemon rind
 1/2 pint (1 cup) whipping cream whipped, or 1 cup chilled undiluted evaporated milk, whipped

Filling
 2 packages (3 ounce each) lemon flavored gelatin
 1-3 cup sugar

Sauce
 1 package (10 ounce) frozen red raspberries in heavy syrup, defrosted
 2 teaspoons cornstarch

Make crust. Combine wheat germ, crumbs, sugar, nutmeg and butter or margarine; mix well. Press on bottom and up sides of buttered 9-inch pie plate. Heat in moderate (350 degree F.) 5 to 7 minutes. Chill. Make filling. Dissolve gelatin and sugar in boiling water. Chill until partially set. Stir in lemon rind; beat until fluffy. Fold in whipped cream or milk. Pour into crust. Chill until firm. Make sauce. Drain raspberries; save syrup. Blend syrup and cornstarch. Cook, stirring constantly, until sauce has thickened and is clear. Stir in berries and chill. Serve sauce with or atop pie wedges. If more sauce is desired, recipe may be doubled. Yield: One 9-inch pie; 6 servings.

Corn Chowder

6 slices bacon
 1/2 cup finely chopped onion
 2 cups, 1/2-inch diced potato
 1 1/2 cups water
 2 teaspoons salt
 1/4 teaspoon pepper
 2 cups cream style corn (No. 303 can)
 2 tablespoons butter
 2 tablespoons flour
 3 cups milk

Dice bacon and fry until crisp. Remove bacon from pan and pour off all except two tablespoons of bacon fat. Fry onion until transparent but not brown. Cook potatoes in water with salt, onion and bacon until potatoes are just tender. Add pepper and corn. Melt butter, add flour and blend. Add milk stirring constantly and cook until smooth and thickened. Add to corn mixture and serve piping hot in warm soup bowls. Sprinkle chopped parsley, shredded cheese or corn chips on top. Makes 6 servings.

Party Date Fillings

Graduation and bridal parties call for numerous sandwich suggestions. For contrast in color and texture, add chopped fresh California dates to cream cheese, process cheese, deviled ham and variety of breads cut into attractive shapes or even rolled. Everything may be made ahead, wrapped and frozen to avoid frantic last-minute preparation.

PINEAPPLE SALAD TREAT
 Arrange a slice of golden canned pineapple on salad greens. Spread with cream cheese and then top with half of apricot or other colorful fresh summer fruit.



made naturally... so naturally it's better

Sugar Price Hike Reviewed

By FRANCES C. HALL

Some reasons for the recent upsurge in sugar prices were outlined this week by Oregon State University marketing specialists, accompanied by some suggestions on ways to save till prices come down.

According to the U.S. Department of Agriculture, there's expected to be about as much sugar this year as there has been in recent years. U.S. sugar supply is regulated by the government which set sugar quotas for 1963 at about the same number of tons as the last two years' quotas. Raw sugar deliveries the first four months of this year were 11 per cent larger than last year.

Why, then, a rise in prices? Oregon State University extension food marketing specialists say that any number of factors may influence the price of sugar. The free world no longer has large surpluses that it had in 1960 and preceding years. A poor sugar beet crop during 1961-62 in Western Europe tightened sugar supplies on the world market.

Sugar from Cuba, formerly the world's largest producer, has practically disappeared from world trade. Some authorities say part of the variation in sugar prices is due to heavy speculation in the sugar market.

Shoppers who purchase 5 and 10 pound bags at the grocery store represent only a small portion of the sugar market. Three-fourths of the sugar goes into products made up for consumers. Beverages take more sugar than household uses, and baked goods take almost as much. Candy, ice cream, canned foods, jams and jellies, plus hotels, restaurants and institutions take the rest.

What can shoppers do to help the situation? Be conservative. Buy and use only sugar that's needed for immediate uses. Hoarding, or buying up extra, only aggravates prices.

With home canning and freezing season just around the corner, homemakers are reminded that it's unnecessary to completely sweeten fruits for either canning or freezing.

Latest canning and freezing recommendations specify to freeze grapes, pineapple, plums and figs may be frozen without sugar. Syrups recommended for freezing fruits vary from 2 to 7 cups of sugar to 4 cups of water. A similar situation applies to canning. Jams and jellies needn't all be made now. Can fruit or juice without sugar, and make up preserves with sugar at a later time.



LET'S GO TO MOLATORE'S!

You hear it more every day. "Let's go to Molatore's." This is because everyone knows the service is fast and the food is wonderful. You can have a quick lunch or a lazy dinner. You name it — we have it... at Molatore's.

MOLATORE'S RESTAURANT & LOUNGE
 100 Main St.

WIFE INSURANCE:

What is the Dollar Value of a Lady?

Insuring a woman's life makes sense in this age when the loss of a wife and mother can bring financial disaster to a family.

Read the thoughtful article on this problem in the JUNE 16TH Issue of

Family Weekly

with your copy of the

THIS SUNDAY'S

Herald and News

3 BIG REASONS FOR SHOPPING HERE...

1 EVERYDAY LOW PRICES

2 TOP QUALITY FOODS

3 SERVICE AND CONVENIENCE

Fill Your Basket With Bargains!

NO. 2 Van Camps PORK & BEANS
 3 Cans For **53¢**

SWANSDOWN - LARGE PKGS. CAKE MIX
 2 Packages **49¢**

LOU-Z-ANA COCKTAIL SHRIMP
 3-Oz. Tin **29¢**

SWIFT'S PREM LUNCHEON MEAT
 2 CANS **269¢**

100% FRESH LOCAL EGGS
 2 DOZ AA-MED. **69¢**

SPRING FRESH PRODUCE Carrots **10¢**

Potatoes U.S. No. 1 Klamath **10 39¢**

Lettuce Red Leaf **10¢** | **Bananas** Golden Ripe **3 43¢**

MILK Special MELLORINE MEDO-BEL HALF GALLON **49¢**

PURE - RICH CREAM MILK DIULIO'S Gallon Jug **79¢** **BUY LOW FOOD CENTER BUY LOW** 1338 Oregon Avenue

BANQUET -- Ready-To-Eat FRIED CHICKEN 26 Oz. Breaded & Cooked **98¢**

HUNTS TOMATO SAUCE 8 Oz. Can **5¢**

PEACHES Libby's Freestone No. 2 1/2 Cans **4 100¢**

FRUIT COCKTAIL Libby's No. 2 1/2 Cans **3 100¢**

PEARS Libby's Bartlett Fancy Halves No. 2 1/2 **3 100¢**

COTTAGE CHEESE MEDO-BEL PINT **19¢**

GRILL BRIQUETS 10 Lb. Bag **59¢**

TOMATO SOUP Campbell's 10 1/2 Oz. Cans **10¢**

BREAD LUXURY OLD FASHIONED ENRICHED — CELLO WRAPPED — SLICED—Large 22 1/2 Oz. **2 49¢**

MACARONI OR SPAGHETTI BEST 4 Lb. BAG **45¢**

RIB STEAKS Tender, Delicious USDA "Good" Beef! **79¢** lb.

Ground Beef Fresh! **39¢** lb.

Bacon Del Monte Slab **49¢** lb.

Cheese Crater Lake Cheddar **39¢** lb.

Make Dad Glad... with a Sport Shirt

from **Gene's**

FOR FATHER'S DAY!

Select his gift from Gene's large collection of Arrow, McGregor, Lancer, DiVinci, Puritan, and Enro shirts — short or long sleeve.

2.95 to 12.95

And Make Mom Glad with S&H Green Stamps!



Gene's Men's and Boyswear, 6th & Main