



PORK CHOPS STAR
Tomato Sauce Wins Friends

Deliberately planned leftovers can get dinner on the table in a hurry the second time around. But they will be more happily accepted if they are presented in a new dress.

Oven-Barbecued Pork Chops take their special goodness from the delicate spice blend of canned tomato sauce. Prepare eight chops, four for you and four for the others. One day when time is at a premium, prepare the Oven-Barbecued Pork Dinner nicely.

Oven-Barbecued Pork Chops: 8 loin pork chops, cut 1-inch thick. Salt and pepper. 8 slices lemon, 1/2 inch thick. 8 slices onion, 1/2 inch thick. 1/2 cup brown sugar. 1 (8-ounce) can tomato sauce. Brown chops in skillet; arrange in casserole and season with salt and pepper. Top with lemon and onion. Bake at 350 degrees for 1 hour. Baste occasionally. Remove cover and broil 15 minutes longer. Serve 4 chops; refrigerate 4 for later use. Leftover sauce, also.

Chinese Sweet-Sour Pork: 4 leftover pork chops (from Oven-Barbecued Pork Chops), cubed. 1 green pepper, cut in strips. 2 green onions, sliced. 2 tablespoons pure vegetable oil. 1 (8-ounce) can pineapple chunks, drained. Leftover sauce from Oven-Barbecued Pork Chops. 1/2 cup brown sugar. 1 (8-ounce) can tomato sauce. 1 1/2 tablespoons vinegar. 1 1/2 tablespoons soy sauce. 2 to 3 teaspoons cornstarch. Crisp Chinese noodles. Sauté green pepper and onions in oil. Add remaining ingredients except cornstarch and noodles. Blend cornstarch with a little water. Add to sauce and cook until thickened. Serve over warm noodles. Makes 3 to 4 servings.

Non-fat Frozen Dairy Dessert Now On Market

By FRANCES C. HALL, County Extension Agent

A new non-fat frozen dairy dessert is making an appearance in Oregon markets this summer, along with traditional dairy favorites.

Like sherbet it contains little milkfat but unlike sherbet it's considerably higher in protein in the form of non-fat milk solids. The new product consists of a per cent milk solids, and must weigh at least 4 1/2 pounds per gallon. It may or may not contain eggs. Ice milk contains between 2 and 7 per cent milkfat.

Dietetic or dietary frozen dessert is similar to ice cream, except the sweeteners are entirely replaced by a low calories or non-caloric sweetening agent. Milkfat is dietetic frozen dessert must not be less than 3.2 per cent and milk solids not less than 10.8 per cent.

Mellorine is made with either vegetable or animal fat and must be so labeled. Fat content must not be less than 3.2 per cent with at least 10.8 total milk solids. Frozen custard, French ice cream, or French custard must contain the same ingredients as those for ice cream, except that eggs are required.

Water ices contain no dairy items.

Number of calories in each dessert depends on specific ingredients used. Generally, one cup of ice cream contains 205 calories. The same amount of ice milk has 225 calories. A cup of sherbet furnishes about 125 calories, and a similar amount of soft ice cream contains about 200 calories.

Summer Delight

As either salad or dessert, "Summer Delight" is a surefire winner. Sliced fresh California dates, orange sections, marshmallows and flaked coconut are combined with piquantly flavored whipped cream, then chilled to produce this taste-tempter. Fresh dates from the California desert are a natural sweet to give you a lift in warm weather. Their natural sugar is swiftly converted into essential food energy.

SUMMER MEDLEY
1 1/2 cups fresh California dates
3 large oranges
1 cup miniature marshmallows
1/2 cup flaked coconut
2 pint whipping cream
2 tablespoons sugar
1 tablespoon instant coffee powder
1 tablespoon rum or 1/2 teaspoon rum extract
1/4 teaspoon salt

Slice dates, Pare and section oranges. Squeeze juice remaining in orange membranes over sections. Toss together dates, orange sections, marshmallows and coconut. Whip cream with remaining ingredients until stiff. Fold into fruit mixture. Cover and chill about one hour before serving. Makes eight to 10 servings.

to please any cat...
all tuna
liver 'n meat
chicken
fish
meaty mix
kidney 'n meat

MEAL FINALE
Baked frozen individual blueberry or peach pies put a finishing flourish on any dinner... especially when the topping is a tangy one like this. In small bowl, beat 1/2 cup heavy cream until it just mounds. (Do not overbeat.) Stir two tablespoons currant jelly into cream; gently fold into cream. Spread into one of a freezer tray making it about one-inch thick. Freeze about one hour. Cut into cubes. Serve on three to four baked pies.

MIX OR MATCH CANNED FOODS Sale

Applesauce	Payette Valley No. 303	7 F 1.00
Peaches	Del Monte No. 303	5 F 1.00
Peaches	Gold Hill No. 2 1/2	4 F 1.00
Fruit Cocktail	Rich Flavor No. 303	5 F 1.00
Pineapple	Typhoon Sliced No. 2	4 F 1.00
Pears	Siskiyou No. 303	5 F 1.00
Asparagus	Dew Drop No. 300	4 F 1.00
Green Beans	Rose Valley No. 303	8 F 1.00
Beets	Tastewell Pickled No. 303	7 F 1.00
Corn	Payette Valley No. 303	8 F 1.00
Peas	Lettag No. 303	8 F 1.00
Spinach	Del Monte No. 303	6 F 1.00
Tomatoes	"Delicious" No. 2 1/2	5 F 1.00
Tomatoes	Blue Sky No. 303	7 F 1.00
Tomato Sauce	Del Monte 8-oz.	11 F 1.00
Oysters	Miss Lou Cove, Pieces 8-oz.	5 F 1.00
Spinach	Blue Sky No. 303	7 F 1.00
New Potatoes	Val Vito No. 300	11 F 1.00
Pork & Beans	Van Camp's No. 2 1/2	4 F 1.00
Spaghetti	Franco American 19 1/2-oz.	6 F 1.00
SARDINES	LAILA, No. 1/4 Tin	10 F 1.00
PEAS	Del Monte No. 303 Tins	5 F 1.00
TUNA	White Spray	5 F 1.00
TOMATO SAUCE	Argo 8-oz.	10 F 69c
Dog Food	Whiff No. 1 Tins	15 F 1.00
Pink Salmon	Lily No. 1 Tin	59c
Mackerel	Sea Pride No. 1 Tins	6 F 1.00
Duncan Hines Early American Cake Mix	13-oz. Pkgs.	89c

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FLOUR RED ROSE ALL PURPOSE 10-lb. Bag 79c

ICE CREAM THRIFT MAID 1/2 Gal. 59c

COFFEE KORY DRIP or REG. Lb. 39c

MILK BORDEN'S TALL TINS Ea. 10c

FLAV-R-PAC BUYS Fill Your Freezer Now and SAVE!

LEMONADE	12-oz.	4 F 1.00
ONION RINGS	4-oz.	5 F 1.00
PEAS CUT CORN	10-oz.	6 F 1.00
FRENCH FRIES	9-oz.	7 F 1.00
HASH BROWNS	12-oz.	7 F 1.00
Strawberries	10-oz.	5 F 1.00
Orange Juice	Product, Golden Goliath, 6-oz.	6 F 1.00
Vegetables	Corn, Peas, Etc. Hi West, 10-oz.	10c
Bread Dough	Rhodes Bake 'N Serve Makes 6 Loaves	99c
Orange Juice	MCP 6-oz.	4 F 1.00
Meat Pies	Cottage 8-oz.	6 F 1.00
Fish Sticks	Icelandic 8-oz.	3 F 89c
Fruit Pies	Rosedale 20-oz.	3 F 89c

VARIEITY VALUES-OREGON FOOD NO. 2

LADIES SEAMLESS NYLONS	MICRO MESH FIRST QUALITY	3 Pr. 1.19
Large BATH TOWELS	44"x23" White & Asst. Colors	88c
BABY BLANKET	QUILTED 100% CELACLOUD	2.49 EACH
BABY RECEIVING BLANKET		59c
THONGS	MEN'S, WOMEN'S, CHILDREN'S Pr.	29c
CHILDREN'S SWEAT SHIRTS	Health Knit Reg. 1.49	99c
CHILDREN'S COTTON PANTS	BANLON Reg. 5.98	3 F 29c
MEN'S SPORT SHIRTS		2.98
HANDY MAN TOOL ASSORTMENT	Your Choice	2 F 1.00

SMOKED BOSTON BUTTS

BAR-S BRAND, 4 to 6 lb. AVERAGE. TENDERIZED. HICKORY SMOKED.

49c lb.

PORK CHOPS

ALL CENTER CUTS. SWIFT'S U.S.D.A. GOV'T. INSPECTED GRAIN FED PORKERS.

69c lb.

Sliced Bacon

SWIFT'S PREMIUM With The Sweet Smoke Taste

59c lb.

PORK LOIN ROASTS

LOIN ENDS

59c lb.

SPARE RIBS

Country Style. Lean and Meaty

49c lb.

PORK SAUSAGE

Country Style. Seasoned Just Right

39c lb.

CHUCK STEAK

U.S.D.A. "Good". Ideal for Barbecuing

49c lb.

Bakery Delights FRESH DAILY

BOSTON CREAM PIES	Assorted Reg. 89c	Special 79c
MAPLE NUT CHIFFON CAKE	Large Reg. 1.30	Special \$1.19
RAISIN CINNAMON BREAD	1-lb. loaf Reg. 35c	Special 29c
HOLLAND DUTCH ROLLS	Dinner Rolls Reg. 49c Doz.	Spec. 39c

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Make Your Own Pickles

If your pickles, made at home that will have those extra heads with grandmother's recipe do not taste the way you remember her's did when you snatched a plump dill from the brine or dipped a curious finger into the bubbling tomato catsup, it is due to the change in ingredients and stronger vinegar, sweeter tomatoes, a variance in the time used... these do change from location to location.

If you need help, the Leslie Salt Company is waiting for you a new booklet, "Make Your Own Pickles," with explicit directions for some 40 different vegetables and fruit pickles, relishes, chutneys and sauerkraut. There's even a section on how to grow cucumbers for the confirmed "dill-yourself" fan.

Recipes have been thoroughly checked by the University of California nutritionists and food technologists for use with today's in-pot batch thoroughly in a big pan with 3 1/2 tablespoons salt. (Be sure to measure salt carefully and mix well or kraut won't ferment properly.) Pack the salted cabbage into crock or jar, tapping down with wooden spoon. Press firmly enough to drive out air and start the juice. Repeat. By the time all the cabbage is shredded, brine should cover the cabbage. If the cabbage is not very juicy, add a little weak brine made with 1 1/2 tablespoons salt to one quart water. Cover with clean white cloth and top with snugly fitting plate or paraffined board. Weight down with clean rock or glass jar filled with water.

Here is a recipe for sauerkraut:

KRAUT IN A CROCK
20 pounds cabbage
1/2 pound (1/4 cup) salt

Remove the coarse outer leaves and wash cabbage well. Quarter and core. Shred or slice fine five pounds of cabbage at a time. Using your hands, mix each five-pound batch thoroughly in a big pan with 3 1/2 tablespoons salt. (Be sure to measure salt carefully and mix well or kraut won't ferment properly.) Pack the salted cabbage into crock or jar, tapping down with wooden spoon. Press firmly enough to drive out air and start the juice. Repeat. By the time all the cabbage is shredded, brine should cover the cabbage. If the cabbage is not very juicy, add a little weak brine made with 1 1/2 tablespoons salt to one quart water. Cover with clean white cloth and top with snugly fitting plate or paraffined board. Weight down with clean rock or glass jar filled with water.

Refrigerators Bigger, Colder

By FRANCES HALL, County Extension Agent

Larger capacity, more combination two-door freezers and refrigerators, thin-line construction, and an end to defrosting are features to look for in this year's refrigerators.

The big news is the "all refrigerator." Last year only two manufacturers made them, compared to at least six now. Families with home freezers like them. They don't feel they need a refrigerator with a large frozen food compartment.

Refrigerator temperatures are colder than they've ever been. They range from about -5 degrees F. (in freezing compartment) to 42 degrees F. which means better keeping quality for all food.

Refrigerators, slim and streamlined, fit flush to the wall. Unlike old ones, they don't require hinge space so may be installed in a corner. Refrigerators are larger capacity but don't take up any more floor to wall space because of the efficient "thin wall" (urethane foam) insulation. Trend has been to buy bigger refrigerators; the most popular are 12 to 15 cubic feet with a swing toward the two-door combination refrigerator-freezer.

Unpleasant defrosting is a job of the past. Shoppers can choose from dial or pushbutton defrosting; timed automatic defrosting; and the type in which the frost builds up inside the refrigerator or freezer compartments. About one-third of last year's combination freezer-refrigerators had the "no frost" features.

Deluxe units make ice cubes automatically or provide special ice cube storage so the family won't run out. Some new models have wood grained vinyl coverings for matching with kitchen cabinets.

According to U.S. Department of Agriculture, the average life expectancy for refrigerators is 16 years. A refrigerator purchased in 1947 may have had it by 1963.

REALLY GOOD!

Like home made

SKIPPY PET STEW

DOGS • CATS

Pork Steak Marinade

4 pork shoulder steaks
Salt and pepper to taste

MARINADE:
1 (8-ounce) can tomato sauce
1/4 cup soy sauce
1/4 teaspoon brown sugar
1/4 teaspoon curry powder
1/4 cup pineapple juice

Salt and pepper both sides of pork steaks and place them in a shallow glass baking dish. Combine all marinade ingredients and pour over steaks. Cover and place in refrigerator for eight to 24 hours. Fry, broil, or barbecue steaks well done.

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