



PRE-CHRISTMAS DESSERT — Cranberry Whip, made with 10-minute cranberry sauce, can be spooned into sherbet glasses or into a baked pie shell to chill. A budget dessert but a company special.

Cranberries In New Guises

Celebrate this fresh cranberry season by making some colorful cranberry refrigerator desserts.

A new Cranberry Whip Dessert starts with freshly made 10-minute cranberry sauce, some orange flavored gelatin, evaporated milk and lemon juice. This refreshing whip can be spooned into sherbet glasses or it can be chilled in a baked pie shell for the pie of the month.

CRANBERRY WHIP DESSERT

- 1 cup sugar
- 1 cup water
- 2 cups (1/2 lb.) fresh cranberries
- 1 pkg. orange flavored gelatin
- 1/2 cup evaporated milk, undiluted
- 1 teaspoon lemon juice

Combine sugar and water in saucepan. Bring to a boil and add cranberries. Bring to a boil again. Lower heat and simmer until berries pop open (about 10 minutes). Drain berries reserving liquid. Add hot water to liquid to make 2 cups. Dissolve orange gelatin in hot liquid. Add cranberries and chill until thick but not firm. Chill evaporated milk in freezer until ice crystals form. Whip until frothy, add lemon juice and continue beating until stiff. Fold into thickened gelatin mixture. Chill. Makes 6-8 individual servings.

Cranberry Refrigerator Torte is made without cooking. Fresh ground cranberries, pineapple and apple make the filling for a creamy layered dessert.

SNAPPY CRANBERRY TORTE

- 1 cup ground fresh cranberries
- 1 cup crushed pineapple
- 1 cup ground fresh apple
- 1 cup granulated sugar
- 22 gingersnaps
- 1 1/2 cups confectioners sugar
- 1/2 cup butter or margarine
- 1 egg

Combine fruits and sugar. Let set 20 minutes and drain reserving 1/4 cup of the drained juice. Pour the juice into a 10" glass pie plate. Line the bottom and sides of the plate with gingersnaps. Beat confectioners' sugar, butter and egg together until creamy. Spread over the gingersnaps. Top with the drained fruit. Chill overnight or for several hours. Cut in wedges and serve.

Note: This dessert may be made in a 9x13" glass dish using

broken gingersnaps to line the dish.

This harvest-time refrigerator cake is made with chopped fresh cranberries and banana. A wonderful fresh fruit flavor combination. The creamy filling tops a vanilla wafer crust.

CRANBERRY REFRIGERATOR CAKE

- 2 cups fresh cranberries, chopped
- 1 large banana, diced
- 2-3 cup granulated sugar
- 2 cups crushed vanilla wafers
- 1/2 cup margarine or butter
- 1 cup confectioners sugar
- 2 eggs
- 1/2 cup chopped nuts
- 1 cup whipping cream

Mix together chopped cranberries, banana, and granulated sugar. Set aside while you prepare rest of recipe. Place one-half of the crushed vanilla wafers in bottom of a 8 x 8" glass baking dish or pyrex pie pan. Cream margarine and confectioners sugar together, add eggs and beat well. Spread this mixture over the crumbs. Now top with a layer of the cranberry-banana mixture and sprinkle with the chopped nuts. Whip the cream until it peaks and spread over the cranberries and nuts. Cover all with remaining crushed wafers and chill at least 4 hours before serving. The best flavor results if chilled overnight. Serves 8-12 depending on size of piece.

USE OF FRESH CRANBERRIES

Fresh cranberries make the most colorful dishes of the year. Use them to make cranberry breads, cakes - cake toppings, cookies, desserts, frozen desserts, meat specialties, pies and pastries, poultry dishes, puddings, relishes, salads, and sauces.

To Freeze:

During fresh cranberry season, be sure to tuck packages of fresh cranberries into the freezer. Frozen cranberries can be used as successfully as fresh berries in your recipes. Don't thaw the berries. Give them a quick rinse in cold water. Then grind or chop them in their frozen state or cook them as you would fresh berries from the vines.

Note: Fresh cranberry relishes, breads and desserts freeze well, too, so make an extra batch for the freezer.



MIX OR MATCH

1 CANNED FOODS Sale

Applesauce	Payette Valley No. 303	7 FOR \$1.00
Apricots	Blue Sky Whole No. 2 1/2	5 FOR \$1.00
Green Lima Beans	Vernal No. 303	6 FOR \$1.00
Peaches	Del Monte No. 303	5 FOR \$1.00
Yams	Yamy No. 2 1/2	4 FOR \$1.00
Dog Food	Chubby No. 1	15 FOR \$1.00
Pineapple	Typhone Sliced No. 2	4 FOR \$1.00
Spinach	Del Monte No. 303	6 FOR \$1.00
Asparagus	Dew Drop No. 300	4 FOR \$1.00
Stewed Tomatoes	Del Monte No. 303	5 FOR \$1.00
Tomato Sauce	Del Monte 8 oz.	11 FOR \$1.00
Green Beans	Valley Rose No. 303	8 FOR \$1.00
Peas	Cottage No. 303	8 FOR \$1.00
Corn	Payette Valley Cream or Whole No. 303	8 FOR \$1.00
Presto Logs		14 FOR \$1.00
Tomatoes	Del Monte No. 303	5 FOR \$1.00
Tomato Juice	Golden Poppy 46 oz.	4 FOR \$1.00
Tomatoes	"Delicious" No. 2 1/2	5 FOR \$1.00
Tomatoes	Blue Sky No. 303	7 FOR \$1.00

YOU CAN COUNT ON SAVINGS

LOW, LOW PRICES PLUS
SN
GREEN STAMPS

AT YOUR OREGON FOOD STORE

CAMPBELL'S SOUP All Varieties 10 1/2 oz. Cans **6 FOR 89c**

COFFEE MAXWELL HOUSE 2 lb. Tins **98c**

MELLORINE CRATER LAKE 1/2 GAL. **49c**

FACIAL TISSUE SOFLIN 400 COUNT 2 BOXES **39c**

COTTAGE CHEESE CRATER LAKE Pt. **19c** 37c

EGGS Large AA **49c** Dozen
TEA BAGS Oregon Food Black 48 Count **39c**

GERBER'S STRAINED BABY FOOD (EXCEPT MEAT)
4 1/2 Ounce Jars **10c**

Frozen Food Festival!
VEGETABLES SNO PEAK PEAS, GREEN BEANS, CARROTS & PEAS MIXED VEGETABLES 8 OUNCE **10c ea**

STRAWBERRIES FULL FLAVOR 10 OUNCE PKGS. **6 FOR \$1.00**

GRAPE JUICE Flav-R-Pac 6 oz. **6 FOR \$1.00**

MEAT PIES Cottage 8 oz. **6 FOR \$1.00**

ORANGE JUICE DRINK Golden Goblet 6 ounce **6 FOR \$1.00**

FRUIT PIES Rosedale Assorted 20-oz. **3 FOR 85c**

CREAM PIES Banquet 14 oz. **3 FOR \$1.00**

TV DINNERS Banquet 11 ounce **2 FOR 89c**

BEEF STEAKS Cottage Buttered 12-oz. **59c**

ORANGE JUICE MCP 6 oz. **2 FOR 49c** 12 oz. **2 FOR 95c**

FISHER'S - 40-oz. BISKIT MIX 3 FOR **85c**

Miss Lou Cove Pcs. **OYSTERS** 8 oz. Cans 5 FOR **\$1**

VALLEY BLOOM "303" FRUIT COCKTAIL 6 FOR **\$1**

MASHED POTATOES FLAV-R-PAC INSTANT POUND BAGS 2 FOR **45c**

TREASURE - No. 2 1/2 Can BARTLETT PEARS 4 FOR **\$1** IN SYRUP

BREAD OREGON FOOD 22 1/2-oz. LOAF 3 FOR **87c**

Aging Oregonians Need Income Plans

By PEGGIE SETZLER County Extension Agent

If all persons 65 years of age and older in Oregon were gathered together, their number would create a city about half the size of Portland.

"Nearly 180,000 Oregonians, or one in 10, is 65 years of age or older. Of these 85,000 are men and 95,000 are women.

Because people are living longer, more are reaching retirement age. This prospect of long life calls for early thinking about retirement income.

Families will need retirement income and they'll need it for a longer time. As families look toward retirement, they need to consider all financial sources available to them for retirement income, and for money to meet emergencies that may arise.

A basic guaranteed regular income, large enough to take care of the family's needs, is the first requirement. According to the Bureau of Labor Statistics, a retired couple needs \$3,100 for a modest, yet adequate, level of living.

Retirement income of retired families comes from many sources. Social Security provides the base for retirement income for most couples and individual workers. It makes it easier than ever before for young families to be-

gin early to accumulate retirement funds, but many retirees need more income than Social Security provides.

Some older people can count on employe pension plans. Today, almost half of the nation's workers come under some kind of a private pension plan where they work, compared to only 16 per cent a generation ago.

Both of these means of saving for the future provide regular income, but provide little flexibility in spending. This is when savings and investments are useful.

Families may not think of it as such but owning a home, free and clear, at retirement is income. As a source of income through rental or sale, or a place to live, housing costs are kept at a minimum. Owning a home, according to the Bureau of Labor Statistics, is worth about \$200 or \$300 yearly.

Life insurance policies can sometimes be used to increase cash income, if necessary. Retired couples do not need the same amount of protection as a family with children, so the cash value of insurance policies may supplement retirement funds, through regular income or as a source of cash for an emergency. Series "E" Savings Bonds can be converted to Series "H" Bonds for an annual interest payment.