

### Bran Adds Fiber To Shortcake



Recent research has shown the importance of fiber in the diet. NABISCO 100% Bran Cereal is an especially good source of food fiber. Of course, bran is good for breakfast, but it can also be used in many recipes. In this shortcake shell, bran adds a delightful, nutty flavor and chewy texture. Fill with colorful, juicy fruits and serve with sour cream sauce.

#### FRUIT SHORTCAKE

- 2/3 cup butter or margarine
- 1 (3-ounce) package cream cheese, softened
- 3/4 cup granulated sugar
- 1 egg
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon rind
- 1 1/4 cups sifted all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 3/4 cup NABISCO 100% Bran Cereal
- Rice or dried beans
- 1/3 cup apricot preserves
- 4 cups chilled fruit, well drained
- 2 cups dairy sour cream
- 1 teaspoon vanilla extract

Grease a 2-quart oblong baking dish. Line with wax paper, allowing paper to extend 1 inch above pan. Grease paper. Beat butter, cream cheese and 1/2 cup sugar until fluffy. Blend in next three ingredients. Sift together flour, baking powder and salt; add with bran to cream cheese mixture. Spread evenly on bottom and sides of prepared dish to form a shell. Line with rice or beans to hold in shape. Trim paper to within 1 inch of pan. Bake in a preheated moderate oven (375°F.) 20 minutes. Carefully lift out paper and rice. Reduce temperature to 350°F. Bake 15 minutes longer. Cool in pan on wire rack 30 minutes. Lift out and cool completely. Spread bottom with preserves. Fill with fruit. Blend together last three ingredients; serve as sauce with shortcake. Makes 10 servings of about 2 x 1 1/2-inch pieces shortcake and 3 tablespoons sauce.



#### HOW TO BE A CRUMBY COOK

Crumbly cooks have more fun! They've learned how to let their creative urges run rampant, while perking up family favorites with Chex cereal crumbs and croutons. If you want to be a crumbly cook too, try these basic recipes that give a few standard proportions, then create your own fun recipes.

corn—as a base for creamed foods or chow mein. Quick and easy, it adds delightful texture and flavor contrast.

#### Smashing Ways With Seasoned Croutons

Seasoned croutons are even more versatile. For your next barbecue, lightly crush seasoned Rice or Corn



Chex and sprinkle over vegetables that have been marinated in your favorite salad dressing. Use crumbs as toppings for casseroles, to add eye appeal and just the right finishing touch. You can create new interest in everyday vegetables with a few flavorful crumbs.

Brush brown 'n serve rolls or refrigerated biscuits with butter and dip into finely crushed Chex cereal croutons just before baking. Crumbs mixed with a little flour make excellent coatings for meat, fish and poultry. For a crisp coating dry about 15 minutes before baking.

It's so easy to add delightful flavors and textures to your meals. But there are other advantages to using croutons and crumbs from cereals. They add extra nutrition to dishes, can be made in a jiffy and offer wonderful variety from only one basic ingredient—a box of Wheat, Rice or Corn Chex breakfast cereal.

**To Use As Croutons**  
Serve the croutons in soups, in place of crackers. A herb blend is a good all purpose flavoring, but when you're feeling adventurous, scan your herb shelf or spice rack for some new ideas. Try oregano or basil with tomato soup, marjoram with chicken, or thyme with clam chowder.

Croutons give extra flavor and crunch to your favorite green salad. Toss in a handful just before serving. For a starter, season them with onion or garlic powder. There's no limit to the good things you can do with Chex cereal croutons. Add marjoram and a little Parmesan cheese to Wheat Chex cereal and serve with scrambled eggs. The combination is surprisingly good and different from the usual eggs and toast. Or, use any of the three cereals—wheat, rice or

## MONEY-SAVING IDEAS

### WARDROBE TIPS

You can outfit the family for less and still look like a million by exercising shopping savvy, say fashion experts at Sears, Roebuck and Co.

Before you buy, have each family member try everything on. Discard the worn-outs, pass down the too-small where possible, and repair items in need of it.

Next make a list of the items you intend to buy for each person. Stay with a few basic colors that are flattering and compatible with what they already have. It saves on the number of accessories you'll have to buy.

When you shop, stick to the list. Avoid impulsive buying. Skim the newspapers and magazines ahead of time to get an idea of available styles and prices. Pick up a mail order catalog—a convenient shopping center in itself. Using catalogs, you can plan an entire wardrobe carefully and know which items look right with others and which accessories mix with what. There's also less chance to buy on impulse with catalog shopping and that can mean dollar savings.

You'll save considerably by shopping sales, too. May is a good month to buy spring clothing for the whole family; summer clothes clearances generally begin in July. Many stores also have regular "sale" sections offering good values all year 'round. Shop these sections first. And when you come across a good buy, stock up—buying several pairs of sneakers, a dozen T-shirts or jeans.

Don't swap quality for low price, however, stress the fashion experts at Sears. Quality apparel may cost a little more, but it is more durable and longer lasting. Read all clothing labels and tags before you buy. Is the item wash-and-wear to save on dry cleaning bills and ironing time? Are seams and hems generous? Is stitching straight and fabric fresh-looking? A bargain sweater that shrinks after the first washing costs much more than a cashmere one worn year after year.



The U.S. produces about one-half million tons of nails a year. As many as 1,200 different shapes and sizes, according to World Book Encyclopedia.

## County Dairymen Honored

Fourteen Malheur County dairymen were named as "Dairy of Honor" winners according to Ray Novotny, County Extension Agent.

Those receiving awards were Marvin Rempel, Elverd Roy, Mrs. Earl Faw Hale, Don and Kay Kitzelman, Scotty Payne, Daryl DeLong, Dudley DeLong, Harold Saunders and George Zinnie all of Vale. Others recognized were John and Larry White, Wayne Houk, Bob Peterson and Garland Rogers of

Ontario. Laan and Martin of Adrian round out the winners.

The agent went on to say that the program is sponsored by the Oregon Dairy Association to recognize attractive dairies, and those that will give consumers greater confidence in the wholesomeness of milk. The judging is done primarily from the roadway in evaluating appearance of the house, fences, buildings, corrals, animals, neatness and general attractiveness of the overall dairy.



### THE HEARTY ROSE

If roses are your favorite flower, join the ranks of rose lovers through history. Fossil roses have been found in Oregon dating back 35 million years.

One reason for the popularity of the rose is that it is marvelously hearty and will grow in almost any soil in every section of the country.

The basic requirements are that the ground be well drained and the site receive full or partial sunlight. To plant roses start with a hole 12 inches deep and 18 inches in diameter. Loosen the bottom soil and form a small cone of earth in the center. Carefully fan out the roots, place the bush over the cone and fill in soil over the roots to about four inches from the top of the hole. Tamp firmly so the roots are well anchored, and water thoroughly. Fill the hole completely and fill the soil one or two inches up the stock of the bush. After that, fertilize your roses two or three times a year with a fertilizer that's high in phosphorus and water them steadily and regularly, so the roots are always kept moist.

One thing to remember, however, is that insects like roses almost as much as people do. To protect your bushes, it's a good idea to use an effective non-persistent pesticide like Spectracide® Rose and Flower Spray. Spray on both sides of the leaves until they're dripping wet. You can also use Spectracide Garden Insect Dust to protect your roses effectively.

Rose lovers without much garden space will be happy to know that roses can be grown in containers. Any place that enjoys 4 to 6 hours of sunlight daily is suitable.

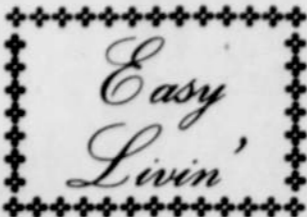


When you cut your roses, it's best to cut just above the topmost spray of fine leaves. It's better to cut off too little than too much, though pruning usually stimulates growth and helps prolong the life of the roses.

A rose is a rose...is a flower that grows luxuriantly with a small amount of care, a moderate amount of knowledge, and a lot of love.



Some people believe that a piece of red cloth shaped like a finger and stuffed with dirt and coal dust and containing a silver dime will keep the owner from getting lost.



### CAPITALIST KIDS

Children can learn to enjoy responsibility, especially if it results in some extra income of their own. Let your youngster try these ideas for the independent feeling that money can buy.

A driver's license is a valuable asset for a young adult who can chauffeur neighborhood children to and from when parents can't. Or, if a young person feels at ease with small children, he or she can hire out to take groups on all-day outings to the zoo or just read to them on a rainy day.



The old-fashioned lemonade stand is a perennial money-maker for little ones. Some instant lemonade mix, a table, a shady tree and some colorful, disposable Dixie Knock Knock cups create an eye-catching business for even the youngest entrepreneur. For a family affair, parents can bake cookies and cakes for children to sell on pretty Dixie paper plates.

Babysitting, car washing, mowing lawns, weeding gardens, painting fences—the list is almost endless for money-making teenagers. In addition to standard chores, teenagers can "mind-a-house" while neighbors are on vacation.

Whether it's fixing a toaster or walking five dogs at a time, part-time jobs can turn into year-round successful operations and there's nothing like success at an early age.

## PARTY PERFECT DESSERT



A special occasion calls for a special dessert. Party Pastel Baked Alaska is a new version of the dessert favorite. The day before the party, make the lemon-scented cake using DROMEDARY Pound Cake Mix. Fill with a trio of sherbets in pastel hues and frost with meringue. Pop into the freezer. All that's left to do is to brown lightly just before serving. Enjoy!

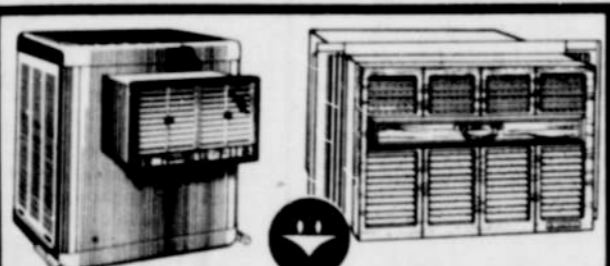
### PARTY PASTEL BAKED ALASKA

- 1 (17-ounce) package DROMEDARY Pound Cake Mix
- 1 cup milk
- 4 eggs, separated
- 1 tablespoon grated lemon rind
- 1 teaspoon baking powder
- 1 cup raspberry sherbet
- 1 cup orange sherbet
- 1 cup lime sherbet
- 1 cup granulated sugar

Grease an 8-inch springform pan; then line bottom with wax paper. Prepare DROMEDARY Pound Cake Mix according to package directions, using 1 cup milk and 4 egg yolks in place of eggs and adding lemon rind and baking powder with egg yolks. Pour into prepared pan. Bake in a preheated moderate oven (350°F.) about 55 minutes, or until done. Cool in pan 10 minutes; then invert on rack; peel off wax paper; cool completely. Cut horizontally into 4 layers. Spread one layer with raspberry sherbet, one with orange sherbet and one with lime sherbet; place in freezer to firm up; then stack. Top with fourth layer. Keep in freezer while preparing meringue. Beat egg whites until soft peaks form; gradually add sugar, while beating until stiff and glossy. Spread over top and sides of cake. Freeze until ready to serve. Before serving, bake in a preheated hot oven (450°F.) about 3 minutes, or until lightly browned. Serve immediately. Makes 12 (about 2 1/2-inch) wedges.



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