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A Loaf of Supreme BREAD FREE If we fail to mention our Bread and Louella Butter to you before you leave the store this week.

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And Vanilla, Chocolate or Butterscotch Puddings

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Goose Tatum
court showman and world-famous basketball star, takes time out to enjoy the 'pause that refreshes' with ice-cold Coca-Cola.

Top-flight basketball is hard work. It calls for endurance . . . stamina . . . speed . . . balance . . . and timing. It calls for peak performance all the way. That's why you'll find champions pausing to relax, whenever they can, with frosty bottles of ice-cold Coca-Cola.

The delicious taste . . . the sparkling refreshment of Coke is certainly welcome in the middle of a hard day. When you tire on the job . . . at home or at work . . . enjoy *the pause that refreshes* with ice-cold Coca-Cola.

Follow the Champions. Have a Coke . . and Be Refreshed

BOTTLED UNDER AUTHORITY OF THE COCA-COLA COMPANY BY
COCA-COLA BOTTLING CO., OF BALTIMORE

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Cooking Fun

How to please families and influence appetites. Try fixing a colorful tray of crisp, fresh vegetable garnishes to go along with your meals.

With very little effort you can turn such bright crunchy vegetables as carrots, cucumbers, radishes and celery into all sorts of attractive garnishes. Their intriguing shapes and colors will brighten your whole table. The family will find a new treat in fresh vegetables and by eating them raw they'll get the most out of the vegetables' valuable mineral and vitamin contents.

Most fresh vegetables are in their best season. The more ing your tray will be. And while you're about it, make a good supply and keep some in the refrigerator for after school snacks and quick hors d'oeuvres.

Here's how to make a few of the many garnishes possible with fresh vegetables. After trying these, try making up some ideas of your own. It's fun.

Carrot Curls

Scrub carrots and cut into very thin slices lengthwise with vegetable pager. Roll each slice up tightly and fasten with tooth picks. Chill in bowl of crushed ice several hours or overnight. Remove toothpicks and slices will remain curled.

Cucumber Scallops

Score outside of washed cucumbers by running tines of a fork down the cucumber lengthwise. Slice thin and crisp it on ice.

Radish Roses

Trim stem down to one inch. Cut off root end. With tip of sharp knife, cut outside red skin down from root end toward stem in 4 or 5 sections to form petals. Chill on ice to curl.

Carrots For Health

Not all the gold in this country is stored away down in Fort Knox. Nature's "gold" the crisp, colorful fresh carrot is ours for the buying all the year-round thanks to modern transportation methods. Carrots are probably our most important vegetable source of vitamin A because of the large quantities consumed. It amounts to about 11.9 lbs. per person every year. Eat them raw —like a rabbit, or serve them cooked, but just be sure you eat lots of them!

Celery Salad Garnish

Cream cheese balls make a wonderful garnish for salads of all kinds but they taste even better if some very finely chopped celery is tucked inside. Blend together ¾ cup chopped fresh celery, 1 3-oz. package cream cheese and salt and pepper to taste. Shape into small balls and roll in minced fresh parsley.

Carrot Spirals

These novel garnishes are best made with a little gadget called a Spiral Slicer, which may be purchased very inexpensively in most housewares departments. It consists of a screw and a blade. You insert the screw in the top of a carrot, cucumber or large radish and as you turn it, the attached blade automatically cuts the spiral slices.

Meantime, here are some other nutritious and tasty fresh vegetable ideas from the United Fresh Fruit and Vegetable Association.

Fresh Carrot Casserole

2 cups cooked rice
2 cups diced cooked carrots
2 eggs
½ teaspoon ground nutmeg
1 tablespoon brown sugar
1 teaspoon salt
3 tablespoons bread crumbs
1 tablespoon butter or margarine

Mix rice and carrots. Put through meat grinder or vegetable mill. Add eggs, nutmeg, sugar and salt. Place in greased casserole, sprinkle with bread crumbs. Dot with butter. Bake in moderate oven (350 degrees F.) for 30 minutes. Serves 6.

Contains approximately 144 calories per serving.

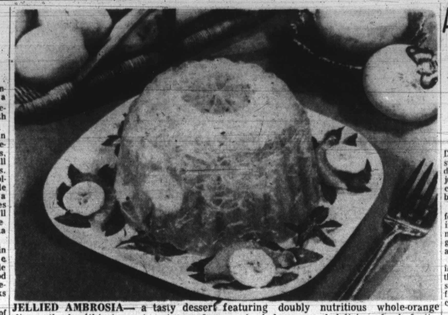
Note This may be baked in a ring mold and filled with any creamed fish, meat or vegetable dish.

Quick Celery Relish

1½ cups finely chopped celery
¼ cup finely chopped celery leaves
4 teaspoons powdered sugar
1 teaspoon salt
1 teaspoon salt
½ teaspoon powdered dry mustard
¼ teaspoon ground black pepper
¼ cup cider vinegar

Combine all ingredients. Cover and stand in refrigerator for at least two hours. Drain. Serve with cold meats or poultry. Yield: 1½ cups relish.

Contains approximately 3 calories per tablespoon.



JELLIED AMBROSIA— a tasty dessert featuring doubly nutritious whole-orange slices—the healthiest way to eat one of ourmost wholesome and delicious fresh fruits.

Ambrosia

1 envelope unflavored gelatine
¼ cup cold water
¼ cup boiling water
1¼ cups fresh orange juice
cup sugar
1 tablespoon fresh lemon juice
2 large oranges
1 large banana
3 tablespoons grated or shredded coconut

Soften gelatine in cold water. Dissolve in boiling water. Add sugar and stir until completely dissolved. Add orange and lemon juice. Cool. Peel oranges and cut out sections. Peel and slice bananas.

When orange mixture is syrup fold in fruit and coconut. Pour into a 3-cup mold or 4 individual molds and chill until firm. Serve garnished with orange sections and shredded coconut. Serves 4.

Note: If the lemon juice is increased to 2 tablespoons and the sugar reduced to 2 tablespoons, this makes a delicious fruit salad served with a sour cream dressing.

Contains approximately 160 calories per serving.

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Radish Fans

Trim off root end and leave one inch stem, as with Radish Roses. Starting at one side, cut thin slices toward the stem end, but not cutting all the way through. Chill on crushed ice to make the fans open.

Vegetable Hors D'oeuvre

For your next party try this crispy, light-as-a-feather new hors d'oeuvre idea—fried fresh zucchini slices. Wash zucchini and cut into paper thin slices. Dip in milk and lightly into flour. Fry in hot deep fat until golden brown. Drain on brown paper and top with a good sprinkle of salt, pepper and paprika mixed together in a shaker. Serve them piping hot.

You can taste the DIFFERENCE at the very first sip-Try it!

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WASHINGTON, D. C.

RECIPE of the Week

BY LOUISE R. PROTHRO

We think there's no dessert quite as freshing to end a big dinner meal as delicious Creamy Orange Sherbet made with my Pet Milk recipe! It's so different from most sherbets . . . creamy - smooth and firm, but still light . . . with a rich real orange flavor. It has an appetizing golden - orange color, too.

And it's so easy to make! I like to make it up in the morning, then have it ready to serve for dinner or supper. On a specially hot day, it makes a cooling afternoon snack, too — so I usually make more than I think we'll need for a meal. As you can see in the recipe, there's no trick to making a delicious sherbet with Pet Evaporated Milk.

The Pet Milk whips to fluffy peaks and makes a nice, airy sherbet with a rich taste — and of course, Pet Milk costs much less than whipping cream. I hope you'll have Creamy Orange Sherbet soon at your house — I know your family will like it!

Creamy Orange Sherbert

½ cup PET Evaporated MILK
1 EGG, separated
6 Tablespoons SUGAR
Few grains SALT
3 tablespoons WATER
6 Tablespoons frozen ORANGE JUICE CONCENTRATE
1 Tablespoon LEMON JUICE

Put milk into ice cube tray of refrigerator. Chill until ice crystals begin to form around the edges.

Mix in small bowl egg yolk, sugar, salt, water, and orange juice. Put ice cold milk into a cold 1-quart bowl with the egg white. Whip with rotary beater by hand, or electric beater at high speed, until fluffy.

Add lemon juice and whip until stiff. Whip in orange juice mixture. Freeze without stirring until firm in ice cube tray of refrigerator at coldest temperature, or in a mold buried in 3 parts crushed ice to 1 part ice cream salt. Makes 1 quart.

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Mr., Mrs Isabell, hosts at party

Mr. and Mrs. Alexander Isabell and their daughter, Mrs. Lois Veney, entertained at a cocktail party at their home, 1332 N. Fulton ave., Labor Day. Their guests were

Mrs. Shirley Alston of New York, Mrs. Hattie Kelley, Mrs. Margaret Henson, James Malloy and Mr. and Mrs. William Johnson of Philadelphia.

MRS. ADELLA MORTON ATTENDS CONVENTION

Mrs. Adella Morton of 711 Edmondson ave. has returned from Atlanta, Ga., where she was guest of Mr. and Mrs. George Mitchell while attending the Elks' convention.

SPORTING DUKES — Plans were made for a barn dance on Nov. 7 at the Elks' Home, when the club met this week.

Charles Woten of 2206 Dukeland st. was host.

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HOSTESS TO UNCLE

Page Beckett of 2605 Barre st., Norfolk, Va., was the guest of his niece, Mrs. Laura Smith of 917 N. Gulton ave. over the Labor Day week end.

9135 SIZES 2—10
by Marian Martin

Rice and lima bean bake

When you serve this delicious rice and lima bean dish to the "girls," don't be surprised when you are asked for the recipe.

Your family, too, will go for this rice and lima bean treat in a big way. Everyone loves this combination of tender white rice, succulent green lima beans and golden cheese sauce. So, to be sure of pleasing your family or company "coming for a meal," have this crumb topped Rice and Lima Bean Bake.

Ingredients

4 tablespoons butter or margarine
4 tablespoons flour
2 cups milk
½ teaspoon salt
¼ teaspoon pepper
2 cups grated American cheese
3 cups cooked rice
2 cups cooked green lima
½ cup cracker crumbs
Butter or margarine
Dash of Tabasco sauce

PREPARING RICE:

To make 3 liberal cups of fluffy rice, put 1 cup of uncooked rice, 2 cups of cold eater and 1 teaspoon of salt into a 2-quart saucepan and bring to a vigorous biol. Turn the heat as low as possible. Cover the saucepan with a lid. Do not remove lid nor stir rice while it is cooking. Leave saucepan over this low heat for 14 minutes. After the rice has cooked, remove saucepan from heat.

In a saucepan over a low heat melt the butter or margarine. Stir in the flour and blend well. Allow to cook slowly several minutes, but do not brown. Slowly add the milk, stirring constantly, till the mixture is smooth and has thickened. Add the salt, pepper, cheese and Tabasco sauce.

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