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for? **IIX**3—

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House Carter 2, M. V.

ping and

beat Community's

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Lettuce

Strudy McNall is seen daily, Manday through Friday, on force Cooking" from 9:30 - 10 a.m. on WROC-TV).

DONT

Let Eyestrain

CARSE POOF

Grades In

School!

accurate atlentice. Skat

YINCENT FLORACK

SEvery 5-8005

porid's most popular mind able all year around. temaker uses Lettuce from the Southwest bluce in many different ways and as a garnish for either markets every month of the and as a garnish for other year and California and Arizona dishes and even as a hot vege have the required growing conditions for lettuce the year.

The man of the house may around and supply most of the

make cute little remarks about nation. rabbit food," but he's enjoying his lettuce. Did you know there are Five Main Variating his lettuce. Did you know there of Lettuce: Crisphead, Head that we now eat about 31/2 times there of Lettuce: Crisphead, Head that we now eat about 31/2 times there of Lettuce or Iceberg are all communities and of World War I? To mon names for the most popular type of latting formed as the latting formed a legia with modern grawing and lar type of lettuce found on the fringed; the inner leaves are pale green and fold tightly.

Lettuce is in greatest demand throughout the eastern part of the country. It has a small, soft head with amouth thin leaves. The outer leaves are light ere light yellow and have an oily or buttery feel. The leaves are tender and less crisp than the Iceberg type.

dyes checked by our eye physician, than being or prescription to us for techter presi lemes available distinguished by its cylindrical shape and stiff leaves. The leaves are usually medium dark to dark green on the outside, becoming greenish - white near BLL'S NEAD PLAZA the center. Although poincethis course, the leaves have a sweet NEXT TO FANNY FARMERS

THE SWEETEST WORDS

A Wife Can HEAR, There Isn't Any

Doubt, Are, "Put On Your HAT MY

DEAR, TO-NITE We're DINING

OUT." The

CRESCENT BEACH HOTEL

Would Be JUST THE PLACE TO TAKE

HER Where MARKET BUS COCKTAILS

And DELICIOUS FOOD Are Served In

ROMANTIC ATMOSPHERE At Sensible

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Nites To Sam Stiles Fine Dance Band.

Bernie At The Organ Nitely.

Your Hosts-LORRAINE & RAY GEIS

shirt and half on his face . . . to the

smart hostess who knows ice cream is slways the preferred dessert . . . this frosty food has become spically

Pepsi salutes the American Ice

Cream Industry. Don't forget that

your favorite ice cresm flavor swim-

ming in ica cold Pepsi-Cola is the

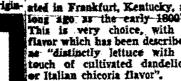
right way to beat the summer heat! "A Cincidentally, have you tried saying "Pepsi-Please" without smiling late-

Frank G. Staropoli.

THE WEIKLY NOTE FROM MR. PEPSI:

American!

Fall CLAMBAKES, Dancing Fri. & Sat.



in a hydrator,

You may want to remove the sight of a split. spotting and occurs when let- open the meeting to the public tuce is stored in 38 to 44 de and also to guarantee "absolute Rifes To Be

The famous "Bibb" lettuce, a lettuce, a lettuck, as alices or quartered with a fav-ries . . . a mere 47 per pound is ounces ground cheese letters little head was arigin, ated in Frankfurt, Kentucky, as alices or quartered with a fav-ries . . . a mere 47 per pound is ounces ground the contract of the first of the fir long ago as the early 1800's orlie dressing. It combines well That means it cam be dressed I T. milk.

This is very choice, with a with other greens, vegetables or flavor which has been described fruits. Butterhead or Boston letahould not be highs.

The distinctly lettuce with a fruits. Butterhead or Boston letahould not be highs.

The perfect of cultivated dandelion tuce is good used in tossed by the state of the sta

TO KEEP LETTUCE at its retain their crispness in tossed best refrigerate it as soon as salads.

STUFFED LETT
it comes from the market. Hold Lettuce has almost no cale-I large head lettages the lettuce, upside down, under

core immediately or you can The first crack was the wait until you use the letture. walkout of representatives of ting down those he termed sup cases of Sprinkle such layer when the core is removed the walkout of representatives of ting down those he termed sup cases of Sprinkle such layer porters of dictatenthips. with an an appearance cases. Social Democrat Farty. Other Mr. Guevers, an Argentine bake 16 minutes at 400 degrees. letituce leaves separate easily. Social Democrat Party. Other Mr. Guevers, an Argentine-bake 16 minutes at 400 degrees.

Store lettuce away from other Social Democrat Party. Other born revolutionary who is now Remore cover and sprinkle with fruits and vegetables. Even if reported considering similar said that the soily determent to butter. Bake uncovered for 10 said that the soury action.

spots when you buy it, they action.

may develop in your refrigeration.

THE VENEZUELA group's was the four of foriest retails for after several days of stor- withdrawal followed the refusal ation on U.S. critics.

age. This is known as ruset of officials of the Congress to

and vegetables.

**EEP IN MIND "use" in tina, Guatemala and Nicaragua, other native African languages are being prepared, as well as tended when you buy lettuce. He called for a quicker use of for Afrikaans, the language of Iceberg lettuce is compact and firing aquada by all Latin the white South Africans of will hold its shape to serve American governments in put- Dutch-French descent.

salads and as a garnish because Nutritionists tell us that the French dressing of its dark-green color but the darker green the leaves the Remova cocs of lettice and Last on this important list leaves become moist and limp higher its vitamin A and C con-entire heart Soften cheese and in Leaf Lettuce. This is some when combined with heavy tent, so use every bit of these blend with next 4 ingredients. times called bunching lettuce vegetables and fruits. Leaf let-outer leaves, even though the Pack tightly in center of letand is the kind that is so suc tuce has many of the same uses blanched inner leaves may aptituce. Wrap in foil. Refrigerate cessfully grown in home gar as Boston lettuce. Romaine peal to you at being more deli- until ready to serve, 3 to 4 dens. leaves are stiff and tender and cate.

ANCHOYY CHEESE

the cold water faucet. This is not only a quick preliminary Venezuela Walks Out washing, but protects crispness Venezuela Walks by helping to prevent loss of moisture. The head can then be placed in a film bag, with or without ventilating holes, or Havana — (NC) — The communist-organic

Havana — (NC) — The communist-organized first 1 c soft bread crumbs Latin American Youth Congress here is showing initial 2 T, melted butter

liberty" during debates. Thus your refrigerator is a Principal speaker at the Con-perfect medium for russet spot-gress was Ernester Guevara, ting because most refrigerator Marxist-oriented Cuban economvegetable compartments have a ic chief, who was filling in for temperature around 40 degrees. Premier Fidel Castro whose ill Sacred Congregation of Rites

genera which tend to increase in his Congress speech, Mr.

In his Congress speech, Mr.

In the Congress speech, Mr.

In the Congress speech, Mr.

The congression has also and vegetables. ernments of Venezuela, Argen nounced that similar rituals in

Vatient City ---)NC) -- The It is well to know that other ness has stifted up a rash of his authorized the use of the fruits and vegetables give off rumors in Havans.

Zulu language in hiturgical



COLTER JOURNAL Thursday, August 4, 1960

WHEN MANNING A PARTY BREAKFAST OR DINNER CONSIDER US

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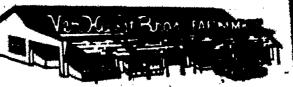
VER HUEST BROS. FARM MKT.

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Home Grown Irish Cobbler

The same Yet Huist's outstanding High Quality Homograwn Irish Cabbler Potatoes are here

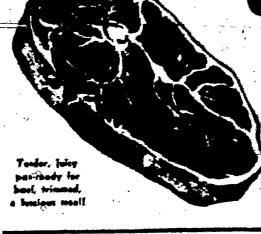
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hours. Cut head into quarters

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AND TOWATORS 114 quarts shredded lettuce 3 medium tomatses, sliced

Arrange alternating layers of

lettuce, tomutaes and entent in

L large union, thinly sliced

and French dressing.

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TOF MOST OVEH-READY

STEAKS