



CRISP GREEN SALADS are the delight of most moderns and when dressed with oil and vinegar become the calorie counter's "dish." Gold-N-Sweet Safflower oil adds another modern note for it is high in poly-unsaturates. Margarine of the same name with the safflower ingredient is suggested here, too. Look for Gold-N-Sweet as you fill your market basket.

Centuries-Old Flower Now Popular in Foods

Although California's official flower is the Golden Poppy, California's license plates might someday be inscribed, California — the Safflower State! This centuries-old flower might blossom into one of California's major farm crops.

This has all come about because the safflower seed was discovered to contain an unusually high percentage of poly-unsaturated vegetable oil — the highest of any vegetable oil available for commercial processing.

Study today over poly-unsaturates vs. saturated fats and their relationship to good health and long life is high on the list of research.

Because of this high interest, The Vegetable Oil Products Co. of Wilmington, Cal., makers of Gold-N-Sweet oil, margarine and shortening which use safflower oil, has published a booklet titled "Pocket Guide to Poly-Unsaturates."

This booklet lists common foods with their calorie content and fat percentages and contains menus using foods high in poly-unsaturates.

If you would like a copy of this booklet send a stamped addressed envelope to Mary Wise, 612 Serrano Ave., Los Angeles 5, and it will come to you free.

Homemakers will want to try these new safflower products available at your favorite market. Use them in one of these suggested ways.

SALAD DRESSING

- 1 small clove garlic
- 2 tsp. salt
- 3 tbs. Gold-N-Sweet Safflower Salad Oil
- 2 tbs. lemon juice
- Black pepper
- Assorted greens
- Tomatoes

Crush garlic clove in salt with back of spoon. Add remaining ingredients and mix thoroughly. Serve over greens and tomatoes.

DATE COOKIES

- 1 cup Gold-N-Sweet margarine
- 2 cups light brown sugar
- 2 eggs
- ¾ cup hot water
- 4 cups flour
- ½ tsp. salt
- 1 tsp. baking soda
- 2 tsp. baking powder
- 1 cup nuts
- 1 lb. dates, finely chopped
- 1 tsp. vanilla

Cream margarine, sugar and eggs well and add water and continue mixing. Add remaining ingredients. Drop from spoon on greased cookie sheet.

Bake at 350 degrees for 8 to 10 minutes or until done.

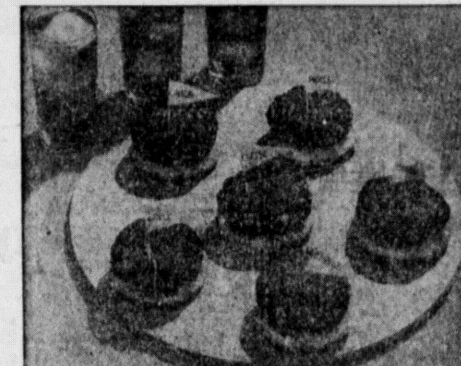
LUNCHEON BAKE

- 6 (½-inch) slices boned rolled ham
- Whole cloves
- 6 pineapple slices
- 2 tbs. Gold-N-Sweet margarine
- ½ tsp. salt
- 2 cups mashed sweet potatoes
- 1 cup whole cranberry sauce
- 1 tsp. grated orange peel
- ½ cup orange juice
- 2 tbs. brown sugar

Arrange ham slices in shallow baking dish; stud sides with cloves. Place pineapple slice on each ham slice.

Beat margarine and salt into potatoes and heap over pineapple slices. In saucepan combine cranberry sauce, orange peel, juice and brown sugar. Simmer about 5 minutes, stirring frequently.

Drizzle over potatoes and bake at 350 degrees for 45 minutes, basting once or twice during baking.



BRIGHT PAPER FLAGS announce what's hidden inside each of these burgers. They should score a hit at a back-to-school party.

Teen-Age Favorite

With school about to begin for another season, why not give a back-to-school party for the teen-age set?

Informality and plenty of food favorites will be your key to a successful affair.

Hamburgers always rate "A" when a crowd gathers and this time is no exception, for each has a surprise stuffing. No guessing what's inside these burgers.

Each flies a flag announcing its stuffing. The flags can easily be cut from colored paper and attached to round wooden picks.

Preparing the Hamburgers
Allow at least ¼ pound of

ground beef per hamburger. For each, make two thin patties. Place a tablespoon of stuffing on one patty and cover with the second one.

Press edges together firmly and broil, allowing 8 to 10 minutes per side.

Suggested Stuffings
Three suggestions for the stuffing are offered: pickle relish, grated American cheese and chopped onion.

The onion may be browned in a little butter before placing inside the hamburgers.

Relishes on the side might be olives, carrot sticks, celery, tomatoes and thin onion slices.

Special for the Bride!

The U. S. Department of Agriculture has something special for brides as part of the Department's Centennial program in 1962.

It is a packet of USDA publications that will help new homemakers in buying, preparing, and protecting food, and in the protection and care of fabrics.

Contained in an attractive folder entitled "Packet for the Bride," the assortment of publications ranges from recipe

booklets to tips on home laundering. Others tell how to buy foods by USDA grades.

Send for Copies
The packet is the latest innovation in the Department's effort to make its consumer services more readily available and widely known.

Single copies of "Packet for the Bride" will be sent free to brides who request it from the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

Nut Stuffing

Rock Cornish Hens are perfect for small dinners — and they are especially festive with GOURMET PINEAPPLE-MACADAMIA NUT STUFFING.

Melt ¼ stick butter in ¼ cup hot water and stir lightly into a mixture of 1 slightly beaten egg, 1 cup undrained crushed pineapple, ½ cup chopped Macadamia Nuts, ½ teaspoon salt, and 4 cups stuffing mix.

Makes enough to stuff 4 hens.

Flesh Is White, Blush Is on The Cheek!

Now is the time for Bartlett pears and the 1962 crop is unusually fine quality.

Bartletts are creamy yellow when ripe and may have an attractive red blush. But to become meltingly smooth, sweet and juicy they must ripen off the tree.

So growers pick pears when they are mature—in a hard stage and then the fruit is conditioned on the way to market or in storage. Tree ripened pears do not develop

these fine qualities; they become coarse and some even become gritty.

Bartletts are ready to eat when the skin shows golden yellow color. For immediate use, select golden pears with a slight softness at the base of the stem end.

There is a point to keep in mind when making your selection of pears at market: please be kind to this perishable fruit. Handle it carefully as you would want the home-maker ahead of you to do.

If you want to hold pears for a few days, select fruit that is firm and condition it in your own home. Pears ripen best in a fairly tight container — the paper bag for instance.

Keep them at about 60 to 70 degrees and check them daily for some will ripen faster than others. Ripe pears, of course, are refrigerated. Don't plan to keep ripe pears long — they will lose some of their delicate flavor.



A NEW KIND
OF MARGARINE
for people
who enjoy
good food
and good
health

GOLD-N-SWEET SAFFLOWER MARGARINE

Adds more poly-unsaturates to your diet than regular margarines
WITHOUT ADDING EXTRA CALORIES



Good health is your family's most precious possession. To help you guard it, a new kind of margarine was created... as good for you as it is delicious. Many doctors as well as the American Heart Association believe that meals should include foods high in poly-unsaturates... to help "balance off" the saturated fats in our diet.

Just one pat of new Gold-N-Sweet Safflower Margarine adds as many vital poly-unsaturates to your diet as three pats of regular margarine... without adding extra calories. Try delicious new Gold-N-Sweet... the margarine for people who enjoy good food and good health.

This U.S. Department of Agriculture chart proves that the ratio of poly-unsaturates to saturates of safflower oil is nearly twice that of corn oil and four times that of cottonseed oil. That's why Gold-N-Sweet products are made with safflower oil.

RATIO OF POLY-UNSATURATES TO SATURATES:

SAFFLOWER OIL	9.0 TO 1
CORN OIL	5.3 TO 1
COTTONSEED OIL	2.0 TO 1

(Figures from U.S. Dept. of Agriculture Home Economics Report No. 7)

NEW! YOUR GROCER NOW HAS GOLD-N-SWEET SAFFLOWER SALAD OIL AND SHORTENING.

No other type of salad oil or shortening contains as many healthful poly-unsaturates.

