



DAIRY MONTH

All-Year Favorites
Highlighted in June

Teenagers love "floats" the year 'round, but what better time to call their attention to the nutritional value of milk and ice cream snacks than during June Dairy Month.

Let them have this favorite often since their need for dairy foods is greater than for older members of the family.

Since floats are easy to prepare and so satisfying to consume, keep a good supply of milk and ice cream on hand at all times for all refrigerator-raiders.

June is here and California-grown strawberries are at their luscious best, and few drinks could be more flavo-

some than fresh strawberry floats.

It goes without saying that other seasonal berries and ice creams make good combinations, too.

STRAWBERRY FLOAT

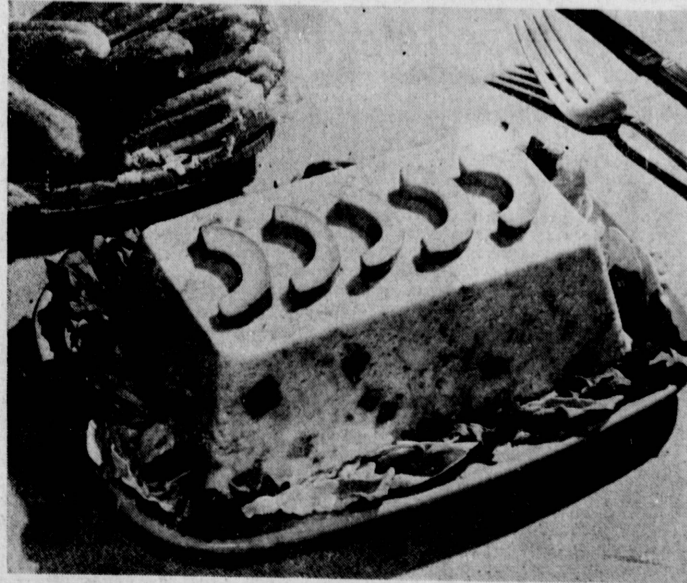
- 1/4 cup sugar
- 1 pint strawberries, hulled, rinsed and sliced
- 1 qt. milk
- 1 qt. strawberry ice cream
- 1 tsp. vanilla

Add sugar to strawberries and let stand 15 minutes. Combine milk, half the ice cream and vanilla.

Beat with rotary beater or in blender until well blended. Add strawberries.

Pour into tall glasses and top with scoops of ice cream. Garnish glasses with whole strawberries. 6 to 8 servings.

Add your own flavor to frozen peas or corn: To the boiling salted water, add one teaspoon of honey.



MOLDED SALADS are a must item for a buffet party where dishes readied in advance free hostess to enjoy her guests. The soufflé salad pictured here combines meat with vegetables and avocado in lemon base for salad of substance.

Molded Salads Bring Buffet Party Delight

Salads and summer are life partners.

They can be light enough for the calorie-counting girl friends or can have more substance and be used as a dish for buffet dinner get-togethers with the men.

Today's suggestion should please everybody. It is made with one of the new pourable salad dressings now available.

This dressing, mayonnaise flavor, combines with meat and vegetables in lemon gelatin base for a soufflé salad of note.

HAM AND AVOCADO SOUFFLE SALAD

- 2 cups boiling water
- 2 pkgs. (3-oz. each) lemon flavored gelatin
- 1 cup cold water
- 1/4 cup vinegar
- 1 cup Best Foods mayonnaise flavor pourable dressing
- 1 tsp. salt
- 2 medium avocados
- 3 cups diced cooked ham
- 1 cup diced celery
- 2 tsp. finely chopped onion

Pour boiling water over gelatin in bowl; stir until gelatin is completely dissolved.

Add cold water, vinegar, mayonnaise flavor pourable dressing and salt; blend with rotary beater.

Pour into metal loaf pan. Chill in freezing unit until firm about 1 inch from edge of pan but still soft in center, about 20 to 25 minutes.

Peel and mash avocado. Turn chilled gelatin mixture into bowl and whip with rotary beater until fluffy and thick.

Fold in ham, avocado, celery and onion. Pour into 9x5x3-inch loaf pan.

Chill in refrigerator (not freezing unit) until firm, about 45 to 60 minutes. Unmold.

Serve garnished with salad

Add Lemon Juice

Saute instant minced onion gently in butter, then add a squeeze of lemon juice. Wonderful on new potatoes, asparagus, green beans and cauliflower.

greens and avocado wedges, if desired. Makes 8 servings. For half quantity: Pour mixture into 1 quart mold or individual molds. Makes 4 servings.

Small Fruits Indicate June Is Here

When "small fruits" displace some fruits in the market stalls, "June is busting out all over."

We are a fickle people and excitement runs high with each new month when seasonal foods are ready for harvest.

Apricots are beginning to roll in. Make your plans for canning, drying and freezing, for June and July are apricot months.

California's 1964 crop of nectarines, beginning in early June, is expected to be the largest on record, with quality excellent. Almost all nectarines are varieties developed in the last 20 years.

Springtime and Robin peaches are in market with yellow-fleshed ones to appear shortly. Freestone peaches will follow—both white and yellow-fleshed.

Indications point to a tremendous plum crop with Beauties here now from Kern County. Strawberries are in heavy supply and joining them in lesser amounts are raspberries, boysenberries and olallies.

Bing cherries are here with Beaumont crop in markets until mid-July. Some "U-Pick" still provided in that area. This week introduced the 1964 grape crop with Pearllettes from Imperial Valley.

Cantaloupes are finally coming in from Imperial Valley. Some show wind damage but this is only skin deep.

Watermelons are not quite ready to be picked.

Use Almonds for Flavor and Texture

Upside-down cakes have unusually high appeal to a lot of people, so here is still another one—easy-do Almond Upside-Down Cake.

Crunchy toasted slivered almonds make a world of difference in the flavor and texture of this inviting dessert.

Salads gain new interest with almonds, too. Stir almonds into your next Waldorf salad and enjoy extra flavor dividends.

UPSIDE-DOWN CAKE

- 1/2 cup butter
- 1/2 cup toasted slivered almonds.
- 1 1/2 cups sugar
- 1 tsp. rum extract
- 1/4 cup shortening
- 2 eggs, slightly beaten
- 1 tsp. vanilla
- 1 1/2 cups sifted cake flour
- 1 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 cup milk

Spread 1/4 cup butter over bottom of 8-inch square cake pan. Sprinkle almonds, 1/2 cup sugar and rum extract over butter.

In mixing bowl cream shortening with remaining butter and sugar. Blend in eggs and vanilla.

Sift together baking powder, flour and salt. Add to



TEENAGERS will love celebrating California's bounty during June Dairy Month with delectable floats of all kinds. With strawberries at their luscious best what could be sweeter than a fresh strawberry float such as this one.

cream mixture alternately with milk, beginning and ending with flour mixture.

Pour over almond-sugar mixture and bake at 350 de-

grees about 45 minutes.

Invert onto cake plate, leaving pan in place. Remove pan after 3 or 4 minutes.

Are Large Quantities Your Buy?

A 50-quart size package of nonfat dry milk is available in markets. It weighs 10 pounds and is packaged in a carrying carton. This size brings nonfat dry milk to us at a cost of seven and one-half cents a quart.

But if your family is small and your storage space is limited you may not find this milk the "buy" for you.

Since 1955 the sale of nonfat dry milk in home-size packages has almost doubled and these packages are getting larger, so there are families who find this their buy.

Another economy-size package is fresh milk sold in 10-quart home dispenser. It is available from some dairies on home delivery.

This is an interesting package. The milk is held in a polyethylene bag in a corrugated box and sits on the refrigerator shelf. There is no need to remove the container for pouring.

A twist of a cap or lever turns the milk off and on. This package provides a money-saving arrangement for the family which can use milk in these amounts.

The price comes down to a bit less than the same quality of milk picked up at the markets.

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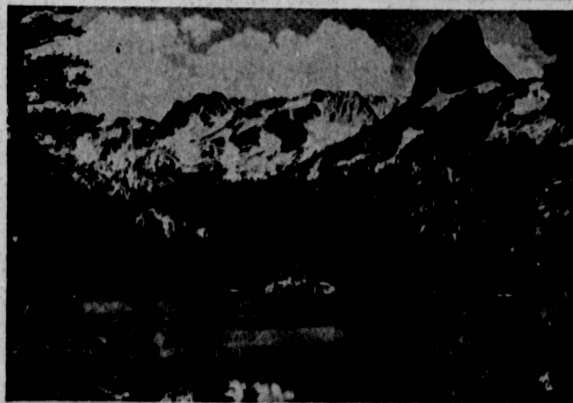
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