

Bee Wise--Use Honey in Meals

How clever would you be, were you to choose a slogan to express your liking for Honey? You've seen the ads "Eat Honey for Goodness Sake. Honey, the Multi-Purpose Food; Honey, the Nectar of the Gods; Honey, A Taste Treat."

Any or all of these may be eye-catchers, and they all seem to ring true.

"Eat Honey for Goodness Sake" — Is it good to eat? Yes, according to honey lovers. They maintain that about seventy-five per cent of extracted honey is sugar, in the form of simple sugars, dextrose and levulose, which gives an energy-producing value second to few foods. Little digestion is necessary, since absorption takes place quickly. In addition, there are certain amounts of minerals and vitamins in honey.

As for taste, there is mild-flavored honey for bland dishes and stronger flavors for highly flavored products. There is honey to suit every taste.

Is "Honey the Nectar of the Gods?" — It is written that "Ancient stories and legends speak of honey as the Nectar of the Gods; and Aristotle, the Greek Philosopher, a bit mystified by its goodness, referred to it as 'dew distilled from the stars and the rainbow.'" Honey is the oldest sweet, according to history.

All of these slogans ring true, so that if we add another "Bee Wise, Use Honey in Your Meals," we too can prove its worth in a Pineapple Winter Cocktail.

WINTER COCKTAIL

1 package frozen fresh or canned pineapple in broken slices

1 medium size avocado

2 large grapefruit

Partially thaw the frozen pineapple. It should still be slightly frosty. Drain. Pare the grapefruit with a sharp knife, cutting off all the outer membrane. Then slip out the sections from between the membrane walls. Peel and dice the avocado. Combine the fruits, heap lightly in sherbet glasses and cover with this dressing.

1/4 cup syrup from the pineapple

1/4 cup lemon juice

1/4 cup honey

Blend ingredients together. Garnish with sprigs of mint or water cress, or with sliced raw cranberries or cubes of bright jelly. Serves 6 to 8.

March Lunches Call for Soups

Luncheons during March can feature delicious tempting food, despite the fact that you might want to keep meatless.

With the help of frozen condensed soups . . . which are superb served as soup and ideal as sauces or in casserole and skillet dishes . . . you can turn your entertaining menus into delightful fare. At your next noon social please your guests with savory Stuffed Green Peppers. The filling is a flavorful mixture of rice, celery, onion, and seasonings combined with a sauce of frozen condensed cream of shrimp soup and Cheddar cheese. It's really good!

Pass a bowl of crisp potato chips and serve, too, a colorful midwinter treat . . . a citrus salad. Simply arrange orange and grape fruit sections on a bed of lettuce and endive.

Stuffed Green Peppers
3 large green peppers
1 can (10 ounces) frozen condensed cream of shrimp soup

3/4 cup milk

3/4 cup chopped celery

1/4 cup onion

2 tablespoons butter or margarine

2 cups rice

Dash salt and pepper

1/2 cup shredded Cheddar cheese

Cut peppers in half lengthwise; remove seeds. Cook in boiling water for 5 minutes; drain. Place, hollow side up, in shallow baking dish (13" x 2"). In saucepan, combine soup and milk. Heat until soup thaws; stir often. In another saucepan, cook celery, and onion in butter until tender; combine with rice, salt, pepper, tarragon and all but 2 tablespoons of cheese.

Add 1/4 cups sauce; blend. Spoon rice mixture into pepper shells; sprinkle tops with remaining cheese. Pour 1/4-inch hot water into bottom of baking dish. Bake in moderate oven (350 deg. F.) about 45 minutes, or until peppers are tender. Heat remaining shrimp sauce. Serve over peppers. Makes 3 to 6 servings.



MAGIC CHEF

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HIT THE JACKPOT WITH THESE SPECIALS AT YOUR MAGIC CHEF

Here is just a note to remind you that those wonderful Blue Chip Stamps are waiting for you at Magic Chef. At Magic Chef you save twice, first with low prices and again with Blue Chip Stamps.

4 Magic Sale Days
Thursday Through Sunday
March 23, 24, 25, 26

CHIFFON FACIAL TISSUE
200 Count Box **10¢**

M.J.B. COFFEE
All Grinds One Pound Can **49¢**

C.H.B. SALAD SOY OIL
Full Quart **39¢**

Here is a savings on one of the most delicious and nutritious drinks there is. Full Quart.

HUNT'S TOMATO JUICE 5 Cans **\$1**

For delicious coffee in a hurry try our own brand of instant coffee it's wonderful! 6-oz. Jar

MAGIC CHEF INSTANT COFFEE 69¢

Cadiz Brand, for flavor that is out of this world and taste that is unbeatable. Full Quart

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Try this out of this world maple syrup on french toast. Price includes 4c off. 24-oz. Bottle.

VERMONT MAID SYRUP 59¢

OSCAR MAYER **LUNCH MEAT PORK**
12-oz. CAN **39¢**

ORE-IDA **MASHED POTATOES**
Regular Package **10¢**

FLAV-R-PAC Frozen **FRUIT PIES**
Apple Boysenberry Cherry Peach 8-in. Pie **39¢**

CAL FAME **FROZEN DRINKS**
Assorted Flavors 6-oz. Cans **\$1**

MA PERKINS **KIDNEY BEANS**
Tall 303 CAN **10¢**

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For a different dinner tonight have pancakes their delicious and fun. 2-lb. Package.

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Ma Perkins Brand, the brand that is just out of this world with flavor. Tall 303 Can.

FRUIT COCKTAIL 19¢

Del Monte Brand for the drink that just can't be beat for flavor. 29-oz. Can.

PINEAPPLE GRAPEFRUIT 5 Cans **\$1**

Magic Chef Brand. For sparkling dishes in half the time try this 22-oz. Jar Soon.

LIQUID DETERGENT 49¢

CREME PAK **ICE CREAM**
1/2 Gal. Carton **59¢**

MAGIC CHEF QUALITY LIQUOR **YOUR CHOICE**
ROCKINGHAM **BLENDED WHISKEY**
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TIFFANY TAVERN **LONDON DRY GIN**
Your Choice **\$2.98** Full Fifth

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EXTRA FANCY **DELICIOUS APPLE** 2 lbs.
CRISP & CRUNCHY CELERY LARGE STALK **10¢**