

BEAT THE HEAT! *

Crisp, crunchy lettuce, juicy, ripe tomatoes, and a delicate, interesting salad dressing are all refreshing "heat beaters." And that's what your hometown newspaper's FOCUS: Suburbia section turns to this coming weekend, June 23. Nobody likes to spend much time in the kitch-

en when the mercury heads for the 90 degree mark, so we thought we'd serve up some interesting menu ideas that will make life more fun for the family chef. Don't miss "SALAD DAYS" when it's tossed on your doorstep by your Observer Carrier next weekend!

FOCUS *Suburbia*

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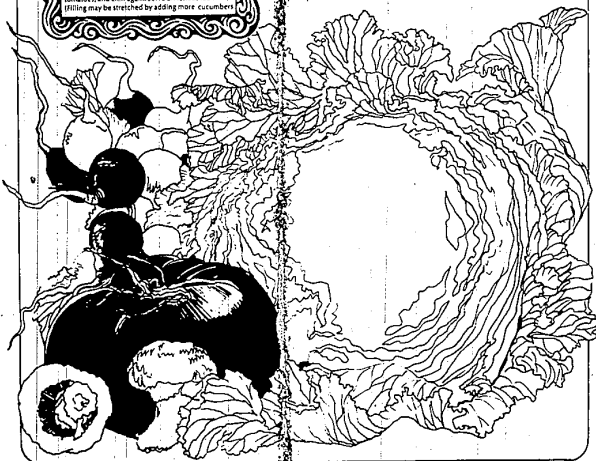
(Summer Food & Beat-The-Heat Meals)

WEEKEND FEATURE SUPPLEMENT/OBSERVER NEWSPAPERS

TOMATOES STUFFED WITH SOUR CREAM
Serves 4-6 (Depending on the size of tomatoes used)

- 4 medium sized tomatoes
- or four large sized tomatoes, cut in half
- 2 1/2 cup chopped cucumber, well-drained
- 3 tablespoons chopped green onion
- salt and pepper to taste
- 1 cup sour cream

Peel the tomatoes. (For easy peeling, pour boiling water over tomatoes, let stand a few seconds, pour off boiling water and cover with cold water. Cut out core then skin will peel off easily.) Scoop out center, invert and drain. Mix filling, put in center of tomatoes, and chill again. Serve on lettuce leaf. Filling may be stretched by adding more cucumbers.



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If you are in business and would like to place an advertisement in FOCUS: Suburbia--call your Observer Advertising Representative at 261-8600. Ad deadline is 3 p.m. Thursday.