Here's A **Democratic** Party

By ELLY
Convention time, and here's
a whole dinner to get you into
the mood, one dish from each
of the Democratic candidate's
home state. Of course, if you
really want to get into the
political spirit and make it a
bi-partisan affair, how about
sipping scme California wine
ALABAMA OKRA SOUP
2 lbs. lean, raw chuck beef,
diced

diced
4 lb. butter or margarine
12 large tomatoes, peeled,

12 large tomatoes, peeted, diced diced 1½ lbs. fresh or frozen okra, cut into thin slices, crosswise boiling water 2 c. cooked Lima beans 1 lb. boiled, cured ham, diced

Salt and pepper to taste Toasted croutons or bread cut

san and pepper to usate Tosasted croutons or bread cut into small squares. In deep kettle, brown meat in butter. Add tomatoes and othera. Cover with boiling water and simmer, covered, over medium heat for one bour. Then add four cups boiling water. Bring to boiling point. Lower heat and simmer, covered, sitring frequently. Skim soup as it, boils. Cook until okra and tomatoes are soft. Add the cooked Limas beans and diced ham. Season with salt and pepper. Serve in plates with croutons floating on top. Makes eight to ten servings.

on top, Makes eight to ten servings. SOUTH DAKOTA CHEYENNE REVER BEAN SALAD 3 c. leftover boiled beans 4 green optical beans 4 green pepper, diced ½ cucumber, diced ¼ cucumbe

2 slices crisp bacon, crumbled Mix all ingredients except cabbage and bacon. Refrigerate one bour. Serve on shredded cabbage and garnish with bacon bits. Makes four servings.

MINNESOTA WILD RICE CASSEROLE

c. wild rice

1 c. wild rice
¼ c. butter
3 T. chopped onion,
3 T. chopped orion,
4 T. chopped orion,
4 T. chopped orion,
5 T. chopped orion,
6 T. chopped orion,
7 T. chopped orion,
8 T. chopped orion,
9 T. chopped orion,

vings. NEW YORK ROAST LONG ISLAND DUCKLING

LONG ISLAND DUCKLING
Allow one large or two small
ducklings for four servings.
Wash and dry ducks. Rub well
with cut 'ohion, salt and
pepper. Sprinkle with.
crumbled rosemary inside
and out. Put one-half orange in
each cavity. Place ducks,
breast side up, on a rack in
open rosating pan. Rosat in
pre-heated oven (25% degrees)
allowing about 1% hours for
small ducks and 2 to 2% bours
for large duck. Drain drippings from pan every 30
minutes to get duckling crisp
on all sides. Cut into halves or
quarters for serving. Makes
four servings.

MAINE BLUEBERRY BETTY

6 T. butter or margarine
2 c. ½-jach white bread cubes
2 c. blueberries
4 t. fresh lemon juice
4 c. firmly packed dark
brown sugar
Whipped cream

Melt butter and mix with bread. Put one-third of bread in baking dish and top with one cup berries. Sprinkle with half the lemon juice and half the brown sugar. Repeat, ending with bread Bake in prehead oven (550 degrees) for 20 minutes. Top with wilpod cream. Makes four servings.

Salad Time

Summer time, when the livin' is easy, is the best time to swing the family diet to fresh fruits and vegetables—at least it is the cheapest time. Lots of salads and little saturated fat and cholesterol is the answer to a diet that will help keep the hearts of adults and children healthy, says the Michigan Heart Association, a Michigan Heart Association, a Michigan United Fund



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LIFORNIA	EACH TO	.99°
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	Peaches	49¢
	Fresh Mushrooi	nsLB 79¢
	Sunkist Lemons	EACH 10¢
411	200 SIZE Fresh Limes	EACH 5¢

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50 GOLD	CREST GUM CANDY			100 HORMEL CANNED HAM	o `}
25 SALTI	NES OR GRAHAMS		-	50 FRYER BREASTS OR LEGS	
	I-02 PKG COUNTRY OVEN PRTED SUGAR WAFERS		VALUE	PRODUCE	
25 MINU	I'1-02 CAN JTE MAID LEMONADE			SO LETTUCE	
50 KROC	UART CTH GER SHERBET			SO ONIONS	
50 ICE C	REAM NOVELTIES			HEALTH & BEAUTY AIDS	
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