

● Fresh Oranges

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- juice
- 2 tablespoons salad oil
- 1 tablespoon sugar
- ½ teaspoon salt
- ½ teaspoon tarragon or thyme leaves
- 1 pound tender fresh spinach, cleaned, torn into bite-size pieces
- 3 to 4 green onions, sliced
- 1 cup sliced celery
- 3 oranges peeled cut into bite-size pieces (1-½ cups) Coarsely ground pepper

Fix bacon until crisp, drain on paper towel reserving 2 tablespoons fat in skillet. Stir lemon juice, oil, sugar, salt and tarragon leaves into fat in skillet, bring to boil. Pour over spinach onion and celery in large salad bowl, tossing to coat evenly. Add orange pieces and crumbled bacon over top of salad, toss lightly. Serve at once with coarsely ground pepper. 6 to 8 servings

SNAPPY ORANGE SLAW

Peel and cut 1 medium orange into bite-size pieces. Combine with ½ cup finely chopped cabbage, 1 tablespoon chopped parsley, 2 tablespoons cut raisins and 1 teaspoon prepared mustard mixed with 2 tablespoons mayonnaise.

AMBROSIA DESSERT CUP

Cut slice from top of 1 orange. Carefully remove orange meat with sharp knife, keeping orange shell intact. Cut orange meat into bite-sized pieces, mix with a little flaked coconut and cut maraschino cherries. Spoon into orange shell.

ORANGE HONEY SHAKE

In electric blender, blend 1 orange, cut into bite-size pieces, until smooth. Add 1 to 2 tablespoons honey and ½ cup milk. Blend again until smooth. Makes 1 cup.

FRESH ORANGE SANDWICH FILLINGS

Combine 1 fresh orange, peeled and cut into small pieces, with each of the following:

- 1) ¼ cup peanut butter, 2 tablespoons jelly or jam. Makes ½ cup.
- 2) 1 3-ounce package soft-

ened cream cheese, 2, table- spoons chopped nuts. Makes ¼ cup.

3) Drain orange pieces and combine with ½ cup flaked

tuna, 3 tablespoons finely chopped parsley and 2 table- spoons mayonnaise. Makes 1 cup.

cooked eggs, 2 tablespoons finely chopped green pepper, 1 teaspoon prepared mustard and 2 tablespoons mayonnaise. Makes 1 cup.

FEEDER CATTLE and CALF SALES

AT

SOUTH BRANCH STOCKYARDS, Inc.

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State Feeder Calf Sale — Tuesday, Oct. 16

Tri-State Feeder Calf Sale — Tuesday, Oct. 23

Third Hereford Feeder Steer Sale — Tuesday, Oct. 30

Feeder Pig Sale (1000 Graded-Vaccinated) — Tues., Nov. 13

All pigs will be vaccinated for Cholera, Wormed, and De-Loused. They will be officially graded by Virginia Division of Markets and will be weighed-in and sold at 3:00 P.M. on sale date.

PIG SALE STARTS AT 3:00 P.M.

Hereford Heifer & Cow Sale — Tuesday, Nov. 20

1000 Bred Cows/Heifers.

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CATTLE SALES START PROMPTLY 1 P.M.

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PHONE 982-9921

Sale Every Mon. — All Classes of Livestock

Tazewell Feeder Calf Sale — Wednesday, Oct. 17

800 Native Steer and Heifer Calves

All cattle in the sales at both markets will be officially graded by Virginia Division of Markets and will be weighed-in on the day preceding the sale date. Check with your County Agent, the Sales Committee or the Markets for further information.

CATTLE SALES START PROMPTLY 1 P.M.

FOR ADDITIONAL INFORMATION WRITE OR CALL

Abingdon Livestock Market, Inc.

ABINGDON, VA.

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