

Ground Beef Takes on More Festive Form When Shaped, Broiled in Small Cakes

- MENU**
- Fiesta Patties
 - Boiled Potatoes
 - Carrots, Peas
 - Mixed Green Salad
 - Hard Rolls
 - Refrigerator Cake
 - Coffee - Milk

When is a hamburger not a hamburger? When it's a beef patty.

That's a simple enough answer to a complicated sounding riddle. Vary the dear old beef cakes by broiling them and serving with spring vegetables.

You'll find the fiesta patties a bit different from your usual ground meat mixture. Crushed corn flakes are an ingredient, and the liquid in this recipe is canned tomatoes. The patties are broiled, neatly wrapped with bacon strips.

Broiling Is Good

Use a moderate temperature in broiling the patties. Place them on your broiler rack so that the top surface of the patties is about 2 inches from the heat. Broil for about 10 to 12 minutes, then turn and broil the patties on the second side. This takes about 8 minutes or a total cooking time of 18 to 20 minutes. From one pound of ground beef you can expect from 4 to 6 servings with the recipe below.

Numerous other ingredients may be added to your meat patty or meat loaf mixtures for new flavors. The same as crushed corn flakes, finely crushed cracker crumbs, whole wheat or white bread crumbs may be used. Other ingredients to vary texture and flavor include rolled oats, rice, ground peanuts, grated raw potato, grated tart apple, mashed sweet potatoes or mashed white potatoes.

Here is the recipe for the Fiesta Patties:

- FIESTA PATTIES**
- 1 pound ground beef
 - 8 slices bacon
 - 1 cup crushed corn flakes
 - 1 cup cooked or canned tomatoes
 - 1 egg
 - 1 small onion, minced
 - 1 teaspoon salt
 - 1/2 teaspoon pepper

Combine beef, corn flakes, tomatoes, egg and seasonings. Shape into patties 3/4 to 1 inch thick. Wrap slice of bacon around each patty and fasten with a wooden pick. Place patties on broiler rack and insert broiler rack and pan so the top surface of the meat is 2 to 3 inches from the heat. When the patties are nicely browned (10 to 12 minutes) turn and continue broiling until other side is browned, about 8 minutes. 4 to 6 servings.

Fish Fillets in Noodle Specialty

Frozen or fresh fish fillets begin this main dish for the family dinner.

- FISH AND NOODLES AMANDINE**
- 4 ounces broad noodles
 - 1/2 cup enriched bread crumbs
 - 1 tablespoon flour
 - 1/2 cup melted butter or margarine
 - 1/2 teaspoon salt
 - 1/2 cup milk
 - 4 fish fillets
 - Salt and pepper
 - 1/2 cup sliced almonds
 - 1 tablespoon lemon juice

Cook noodles in boiling salted water until tender (about 5 minutes). Drain and rinse. While noodles are cooking, combine bread crumbs, flour and salt. Mix in 2 tablespoons butter or margarine. Add milk and fold in noodles. Place in greased 1 1/2 quart casserole. Arrange fish fillets on top. Season with salt and pepper. Brown almonds lightly in remaining butter or margarine. Add lemon juice to almonds and spoon over fish fillets. Bake in hot oven (425°) about 25 minutes or until fish is tender. Makes 4 servings.

Yeast Breads Give Style to Cooking

Homemade yeast breads only take a few hours to make and they taste so good they are well worth the effort. This yeast bread is light and tender and accented with orange raisins and walnuts. Cut it into thin slices, butter and serve with currant jam and coffee for a between-meal snack for guests.

- RAISIN NUT YEAST BREAD**
- 1 cup seedless raisins
 - 1 cup milk
 - 1 cake compressed yeast
 - 1 egg
 - 2 tablespoons melted shortening
 - 1/2 cup granulated sugar
 - 1 1/2 teaspoons salt
 - 1 tablespoon grated orange rind
 - 3 1/4 to 3 3/4 cups sifted all-purpose flour
 - 1/2 cup chopped walnuts

Rinse raisins and drain. Scald milk and cool to lukewarm. Stir in crumbled yeast and lightly beaten egg, mixing thoroughly. Blend in shortening, sugar, salt and orange rind. Add half the flour and beat until smooth. Stir in raisins and nuts. Add remaining flour gradually, using enough so dough is not sticky. Shape into loaf, place in oiled loaf pan and brush with oil. Cover and let stand in warm place until doubled in bulk, 1 to 1 1/2 hours. Bake in moderate oven (350 degrees) 50 to 60 minutes. Turn out on wire rack and brush top crust with melted butter. Makes 1 loaf.



There's good eating ahead for those who dine on broiled Fiesta Beef Patties. Wrapped in bacon and cooked under the broiler, the meat retains its very best flavor. Here it's served with new potatoes, peas and carrots.

Minimum of Plans Make Family Traveling More Fun

By JANE EADS

WASHINGTON — The Richard Riddells don't let four young children keep them from indulging their yen to travel. When they want to see the world they just pack up their brood and take off. "The secret is not to worry," Mrs. Riddell, wife of a Washington real estate man, told me, "and don't plan too much if you want to see everything and enjoy yourselves."

Two years ago the Riddells, with Joan, now 15, Roland, 14, Marise, 10 and Sally, 9 traveled for two months by train, motor and boat across the United States and back. Last year, the family went by freighter on a two months' trip to South America.

The youngsters learned a lot and had fun. So did their parents. Mishaps were minor. Sally picked up a "bug" and got dehydrated in 11,500-foot high Cuzco, the ancient Indian capital in Peru, but a few days in bed fixed that. While on land they couldn't drink milk, and the water had to be boiled. They couldn't eat raw vegetables or fruits except bananas and oranges. "The children were all overweight anyway, so that didn't matter," Mrs. Riddell said. "When they got back on the boat they made up for it."

Mrs. Riddell, a patrician, dark-haired, serenely-confident woman, learned how to travel with youngsters the hard way. Joan

and Roland were mere babies when war broke out in Europe and they had to flee Hungary. They had been living in Budapest, where Mrs. Riddell's father, John F. Montgomery, was serving as U. S. Minister. Her husband was his secretary.

"We boarded a ship at Genoa, but the sailing was canceled," she recalled. "We finally got to Paris by train and crossed the channel to England, where we waited until we could get a ship back home." Mrs. Riddell says the family is now discussing plans for a trip next summer. Roland wants to go to Mexico, but the rest of the Riddells want to go to Europe. "We don't want to take any chance on an European trip if trouble is going to break out," she said. "I managed with two children before, but I don't think it would be easy with four."

Mrs. Riddell says she planned the family wardrobe for both trips so they'd have as little to carry as possible. She took mostly clothes made of nylon, light in weight and easy to launder. "The children wanted to wear clothes that most resembled what children in South America wore, as they didn't like being stared at," Mrs. Riddell explained. "Actually, I think the merchants in Lima, Peru should give us a bonus. Every time the family stopped to look in a window people thought something had attracted a crowd and joined us."

Peach Dessert Has Summertime Flavor

For a delightful dessert with summer-fresh peach flavor, try marlow.

- FROZEN PEACH MARLOW**
- 2 packages frozen peaches
 - 1/2 cup peach juice
 - 1/2 pound marshmallows (about 32)
 - 1 tablespoon lemon juice
 - 1/2 cup evaporated milk
 - 1/2 cup fine graham cracker crumbs (about 6 crackers)

Defrost and drain peaches, saving 1/2 cup juice. Heat juice and marshmallows in top of double boiler until marshmallows have melted. Stir occasionally so juice will blend thoroughly with melted marshmallows. Set aside to cool. Chop peaches in small pieces, add lemon juice, and cooled marshmallow mixture; blend well. Thoroughly chill the evaporated milk, mixing bowl and beaters. Whip the chilled milk until consistency of whipped cream; fold into the peach mixture. Line the bottom of an 8x8x2 pan with graham cracker crumbs. Pour mixture over crumbs. Chill in refrigerator several hours until set. Amount: 6 to 8 servings.

NOONTIME SALAD

A colorful whole-meal luncheon salad to serve with crisp pieces of melba toast goes together like this. Line a soup bowl with a crisp lettuce and center with a large scoop of cream style cottage cheese. Around the edge stand up 2 canned peach halves and 5 large cooked prunes. Serve plain or with your favorite dressing.

Italian Style Spaghetti Good

Tomatoes and parmesan cheese, with a generous dash of garlic make sauce for spaghetti in the Italian manner.

- SPAGHETTI A LA RUSTICA**
- 1 pound spaghetti
 - Few sprigs parsley
 - 1 can tomatoes
 - Grated Parmesan cheese
 - 2 cloves garlic
 - 1/2 cup of olive oil
 - Salt and pepper
- Chop garlic and parsley very fine, and cook with oil. When well browned, add tomatoes, salt, pepper. Continue cooking for about 40 minutes. Pour sauce over cooked spaghetti. Sprinkle with grated Parmesan cheese. Serves 4 to 6 persons.

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Family Finds Soup Best Bet For Noontime

With a can of evaporated milk and the contents of another can or two, a fine main dish soup can be put together quickly. When children or husbands are home for lunch there's need for something filling, and soup's the answer.

A vegetable team that has been a longtime favorite is lima beans and corn. This same vegetable combination goes into a wonderfully flavorful and hearty chowder, that is easy to prepare. Its basic ingredients are a can of limas, a can of corn and a tall can of evaporated milk. Diced celery and onion lend a crisp touch as well as flavor to this milk rich vegetable soup.

SUCCOTASH CHOWDER

- 3 tablespoons butter
- 1/2 cup diced celery
- 1/2 cup sliced onion
- 1 pound can lima beans (about 2 cups)
- 1 12-ounce can niblets corn (about 2 cups)
- 1 tall can evaporated milk (1 1/2 cups)
- 1/2 teaspoon salt
- Few grains pepper
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon powder sage

Melt butter in large saucepan. Add celery and onion and cook gently until onion is soft. Add beans, corn, milk and seasonings and stir to blend well. Heat to serving temperature and serve at once. Makes 6 servings.

A smooth and satisfying luncheon soup is this creamy mushroom one. The mushroom stems and pieces are browned in butter with onion and serve to give texture

interest as well as flavor to the soup. Evaporated milk provides creaminess and smoothness.

CREAM OF MUSHROOM SOUP

- 1 4-ounce can mushrooms (stems and pieces)
- 1/4 cup butter
- 1/4 cup minced onion
- 1/2 cup flour
- 1 chicken bouillon cubes
- Mushroom liquid and boiling water to make 2 cups
- 2 cups evaporated milk
- 1/4 teaspoon dried tarragon (optional)

Drain mushrooms and save liquid. There will be about 1/2 cup liquid. Melt butter in large saucepan. Add drained mushrooms and saute until mushrooms are lightly browned. Add onion and cook until onion is transparent. Blend in flour. Add bouillon cubes to the mushroom liquid and water, and stir until cubes are dissolved. Add gradually to the butter-flour mixture, stirring constantly to keep smooth. Cook until mixture is about the consistency of thin cream sauce, stirring constantly. Stir in milk and tarragon. Heat to serving temperature but do not boil. If necessary, season with salt and pepper to taste.

Makes 1 quart (4 servings).

MEAT-FRUIT PATTIES

Sausage and apple patties make extra good eating at this time of the year. To prepare, crumble a slice of bread and mix with one pound pork sausage. Add one lightly beaten egg, one-half cup grated red apple and one-half cup spoon salt. Shape into small cakes and bake in 350° oven for 1 hour.

STUCK WITH IT

If you're painting, glue a paper plate to the bottom of the paint can to catch the drops. It's easier than a newspaper which must be moved everytime the paint can is!

TOPS HOT BREAD

Here's a good topping for coffee cake. Combine 1/2 cup sugar with 2 tablespoons brown sugar, 1/2 teaspoon cinnamon and 2 tablespoons melted butter or margarine and 1/4 cup chopped walnuts. Sprinkle over batter before baking.

FILLING LUNCH

A good lunch for the children and the whole family, is creamed tuna on ready-to-eat corn soya cereal. The cereal gives a crunchy contrast to the tuna mixture. The combination is especially high in protein.



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