



Best of combinations is the favorite team of steak and mushrooms and here it comes in the form of slow-braised round steak and fresh button mushrooms. Good beef dressing made from the drippings.

MENU
Country-fried Steak
Mushrooms
Brown Gravy
Fresh Green Peas
New Potatoes
Sliced Tomato Salad
Strawberry Sundae
Coffee

Anybody's Choice — Steak, With Mushrooms, Gravy

Favorite food with many men and, women too of course, is steak, which when combined with mushrooms seems out of this world. Here's a braised version, country-fried steak with mushrooms, which doesn't take the most expensive cut.

Like all braised steak, the meat (arm or round steak) is slowly braised for a delightful table appearance. After browning a little liquid is added, the meat covered and allowed to cook until it is tender. This takes about 1 1/2 hours. Fresh mushrooms or canned button mushrooms are added to the meat during the last 30 minutes of cooking. A wonderful gravy can be made with the drippings to serve with the meat.

Different Servings
The steak with mushrooms makes a grand choice for Sunday. Here's what you can do. Brown the meat, then use canned condensed mushroom soup as the cooking liquid. Or you can top individual servings of the browned steak with green pepper rings, onion slices and use cooked tomatoes for liquid. A seasoning of chopped onion and celery seed gives an interesting flavor change for this beef dish. Or you might season the meat with a bit of paprika and cook it in sour cream.

BRAISED STEAK WITH MUSHROOMS
1 beef arm or round steak, cut 1/2 inch thick
1/4 cup flour
1 teaspoon salt
1/4 teaspoon pepper
4 tablespoons lard or drippings
Flour
1 1/2 cups milk
1 pound fresh mushrooms or 1 can button mushrooms
Cut steak into 4 or 5 individual servings. Add salt and pepper to 1/4 cup flour and pound into steaks. Brown steaks in lard or drippings, cover and cook slowly about 1 hour. Add mushrooms, cover and continue cooking for 30 minutes or until meat is tender. Add enough flour to seasoned flour to make 8 tablespoons. Remove steaks, stir flour into drippings, add milk, stirring constantly until gravy is thickened. 4 to 6 servings.

Fresh Apricots In Sherbet Mix

For the perfect finish to any meal or to combine with your favorite dinner salad plate try this new sherbet recipe.

FRESH APRICOT SHERBERT
3 cups coarsely cut apricots
1 cup water
1 cup sugar
1/2 cup light corn syrup
1/4 cup milk
Wash, pit and coarsely cut apricots, add 1 cup water. Bring to boil and simmer for one minute. Put through coarse sieve or colander. While still hot add corn syrup and sugar and stir until sugar is dissolved. Cool. Add lemon juice. Stir mixture into the milk. Place in freezing trays with the refrigerator set at the coldest point. When partially frozen, remove to a chilled bowl and beat until light and fluffy. Return to refrigerator to freeze. Serves six.

Salad Starts In Mornings

Prepare this hearty salad in the cool of the morning and slip it into the refrigerator until serving time. Drain syrup from canned peach slices, add water to make 2 cups and heat to boiling. Dissolve a package of lemon-flavored gelatin in the hot liquid and chill until slightly thickened. Fold in 1 cup each peach slices and cottage cheese and 1/2 cup mayonnaise. Pour into individual molds and chill until set.

A well-chilled fruit salad is one of the most appealing luncheons a person can eat on a hot day. Place a thick ring of cantaloupe on each garnished salad plate and fill with a mixture of cottage cheese and chopped celery. Sprinkle the cheese generously with sliced salted almonds and garnish each salad with 3 plump cooked prunes.

An avocado dressing will give a new taste treat to a mixed green salad. Simply combine 1/4 cup sliced avocado with 1 tablespoon vinegar, 2 tablespoons cream, 1/2 teaspoon salt, 1 teaspoon prepared mustard and 1/2 teaspoon dill seed. You'll find all the summer varieties of avocado in the markets now.

Small Tarts Start Same as Large Pies

Something baked, a pie or cake, adds a touch of elegance to quick and easy summer meals. Actually, many baked desserts fit into the quick and easy category, too. Among the favorites are individual tarts, easily made, and filled with the fresh fruits or berries of the season, or with a pudding that's a bit on the tart side.

If you can bake a pie, you can bake a tart. Your pastry recipe for one 9-inch shell or two 8-inch shells will make six tarts. As in making pastry for pie shells, the finished product will be more tender and flaky when you use as little water as possible and handle the dough a bare minimum.

After rolling six individual pieces of the dough into circles 1/8 inch thick, fit them into tart pans or over the cups of inverted muffin tin. Prick with a fork. The tart shells will bake in a hot oven (450 degrees) in 12 to 15 minutes.

Here are complete instructions for making the tart shells and a lemon filling with bits of tart lemon rind. They are guaranteed good eating.

PASTRY FOR 6 TART SHELLS
1/2 cup shortening
1 1/2 cups sifted flour
1 teaspoon salt
2 to 3 tablespoons water
Sift flour with salt into a bowl. Cut in pastry using a pastry blender or fork until the mixture is the consistency of cornmeal and small peas. Sprinkle cold water, a little at a time, over different parts of flour mixture. Toss together lightly with a fork. Use as little water as possible; just enough to make dough hold together. Place dough on waxed paper. Knead 3 times. Press gently with the paper into a ball. Let stand at room temperature for 15 to 20 minutes. Lightly flour pastry cloth or board and covered rolling pin.

Divide dough into 6 equal portions. Roll each portion into a circle 1/8-inch thick. Use light strokes working out from center. Lift rolling pin as it nears edge (to measure, invert tart pan on dough; cut 1/4 inches beyond edge of pan). Fold pastry in half, lay fold in center of pan; unfold. Fit pastry into pan. Do not stretch pastry. Press with fingertips from center out to remove air bubbles. Fold edge of pastry under to fit rim of tart pan. Flute edge with fingertips. Prick pastry with fork. Bake in a hot oven (450 degrees) 12 to 15 minutes.

LEMON TARTS
Yield: 6 tarts
1 tablespoon butter or margarine
1 1/4 cups sugar
3 tablespoons cornstarch
1 cup boiling water
2 eggs, separated
1/4 cup lemon juice
1 tablespoon shredded lemon peel
6 baked tarts
Sift 1 cup sugar and cornstarch together. Stir in the boiling water. Stir and cook until thick. Add butter and beaten yolks. Cook 1 minute. Add lemon juice and peel. Cook slightly. Put into baked tart shells. Top with meringue made by beating egg whites until stiff. Beat in remaining 1/4 cup sugar. Bake in a moderate oven (350 degrees) 10 to 15 minutes, or until slightly browned.

Good Hot Dish

If you're the cook, give yourself a vacation during summer weather and prepare easy menus. Here's the way to make a delicious t-male casserole. Empty into a casserole, 2 small cans chicken tamales, 1 can chili con carne without beans, 1 (4 1/2-ounce) can chopped ripe olives and 1 No. 308 can whole kernel corn. Bake in a moderate oven about half an hour.

HAM, CARROT ROLLS
Cut carrots into long, thin strips and cook, then roll in "boiled" ham slices. Fasten with wooden picks and thoroughly heat in a moderate oven.

Jellied Salad has Fruit, Macaroni

Another jellied salad recipe takes macaroni as an ingredient.

GOLDEN SALAD RING
1 package lemon gelatin
2 cups boiling water
1/4 teaspoon salt
4 ounces shell or elbow macaroni
3 ounces cream cheese
2 tablespoons milk or cream
2 teaspoons lemon juice
1 cup crushed pineapple (8-ounce cans)
1/4 cup chopped nuts
Dissolve gelatin in boiling water. Add salt. Let cool until slightly thickened. Cook macaroni in boiling salted water until tender (about 10 minutes). Drain and rinse in cold water. While macaroni is cooking, soften cream cheese with milk or cream. Add lemon juice, crushed pineapple and nuts. Blend well. When gelatin is slightly thickened fold in macaroni and cream cheese-pineapple mixture. Pour into greased 9-inch ring mold. Chill until firm. Makes 1 9-inch ring.

Chicken Merengo Requires Thyme

Mushrooms, chicken and interesting seasonings go into this recipe for Chicken Merengo.

CHICKEN MERENGO
3 to 4-lb. chicken, cut up
salt and pepper
1/4 cup olive oil
1 small onion, chopped
2 tablespoons flour
1/4 cup broth
4 tablespoons tomato paste
3 sprigs parsley
2 sprigs thyme
1/4 to 1/2 lb. mushrooms, sliced
1 cup croutons
Sprinkle chicken with salt and pepper. Heat olive oil in heavy frying pan. Add chicken and cook until lightly browned. Add onion and cook until golden brown. Sprinkle with the flour and stir to blend thoroughly. Add broth, tomato paste, parsley, thyme and bay leaf. Cover and cook gently until chicken is almost tender, 45 to 60 minutes. Add mushrooms, cover and continue cooking until chicken is tender, 10 to 15 minutes. Remove bay leaf and serve on hot platter garnished with croutons.

Salmon, Spaghetti In Summer Salad

Elbow spaghetti and salmon are combined to make a filling salad suited to outdoor or indoor dining.

SPAGHETTI SALMON SALAD
4 ounces elbow spaghetti
2 cups flaked salmon (1 1-pound can)
3 hard cooked eggs, diced
1 cup cooked peas
1 cup diced celery
1/4 cup chopped green pepper
1/4 cup mayonnaise
1/4 cup French dressing
1 tablespoon Worcestershire sauce
1 tablespoon lemon juice
1 teaspoon salt
1/4 teaspoon pepper
Cook spaghetti in boiling, salted water until tender (about 7 minutes). Drain and rinse. While spaghetti is cooking, combine salmon, eggs, peas, celery, and green pepper. Add spaghetti. Mix salad dressings, Worcestershire sauce, lemon juice, 1 teaspoon salt, and pepper. Fold into spaghetti mixture. Chill well. Serve in lettuce cups. Makes 4 servings.

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Fresh Fruit in Raisin Breads

Bananas are a good buy right now. Raisins and bananas make an ideal bread to serve with summer fruit salads. Slice it very thin and spread with soft cream cheese. It's a simple, easily put together recipe which tastes superb.

BANANA RAISIN LOAF
1 cup seedless raisins
2 eggs
2 tablespoons milk
1/2 cup mashed banana
1/4 cup melted shortening
2 cups sifted all-purpose flour
1 teaspoon salt
1 teaspoon baking powder
1/4 teaspoon soda
1/2 cup granulated sugar
Rinse and drain raisins. Beat eggs lightly and combine with milk, banana and shortening. Add raisins. Sift together all remaining ingredients and stir into first mixture. Turn into greased loaf pan (about 8 1/2 x 4 1/2 x 2 1/2 inches). Bake in moderate oven (350 degrees F.) 60 to 70 minutes. Turn out on wire rack to cool. Makes 1 loaf.

STORE RICE
For real convenience and economy of time and effort, keep unused rice in the refrigerator in a covered container at all times. Use it for many, quick, delicious and inexpensive soups, salads, casseroles, hot breads and desserts.

The Statesman's FOOD SECTION

Shrimp, Rice in Vegetable Salad

The combination of rice and shrimp is an old one, but when made into a salad it is something new. Here is one to show what we mean:

SHRIMP-RICE SUMMER SALAD
1 pound cooked, chilled shrimp
2 cups cooked, chilled rice
1/4 teaspoon salt
1 tablespoon lemon juice
1/4 cup chopped scallions
1/4 cup sliced stuffed olives
1 cup diced raw cauliflower
Dash pepper
1/4 cup French dressing
1/4 cup mayonnaise
Cut medium-sized or large shrimp in two or three pieces. (Leave small shrimp whole). Combine all ingredients in large mixing bowl. Chill about one half hour. Serve in lettuce-lined bowl or in individual lettuce cups. Makes 4 generous servings.

Saucy Chicken Summer Recipe

Saucy chicken sports tangy flavor for summer meals. Try this one on your next fryer.

BROILED CHICKEN BARBECUE
Yield: 4 servings
2 to 3 pound cut-up chicken
1/2 cup salad oil
1/2 teaspoon salt
1 tablespoon Worcestershire sauce
1/4 teaspoon pepper
2 tablespoons vinegar
1/2 cup catsup
1 tablespoon chopped parsley
Rinse chicken pieces in cold water. Dry. To make barbecue sauce, combine salad oil, salt, Worcestershire sauce, pepper, vinegar, catsup and parsley. Place chicken pieces in a flat pan one layer deep. Pour sauce over chicken. Allow chicken to stand in sauce in the refrigerator 1 to 2 hours. Turn chicken in sauce once or twice. Place chicken on broiler pan. Broil 5 to 7 inches from heat source. Turn every 10 or 15 minutes and brush with barbecue sauce. Repeat for 30 to 40 minutes or until tender.

SAUSAGE, BEAN CASSEROLE
Top a casserole combination of kidney beans and tomatoes with little browned sausage links. Season with a bit of chopped onion and cook covered in a moderate oven for 20 to 30 minutes.

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