

Mrs. McBurney Uses Freezer Foods in Planning Menus

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economy unit in your home, for nothing ever needs to be wasted. "It's economical to freeze leftovers and convenient to have them on hand," she explains. "For instance, last Christmas when we'd grown a little tired of turkey, I put what was left in a big plastic bag and into the freezer. Later on we all enjoyed having turkey again."

GRINDS MEAT CUTS

When the McBurneys order a half beef, she has the butcher cut the choice roasts and pot-roasts and the steaks, then grind the rest of the meat twice to use in a variety of dishes. This, she finds, is more convenient and economical than having a lot of irregular cuts. In addition, she watches for specials on choice cuts of meat, poultry and frozen vegetables, which are cheaper, if bought by the case.

There are few foods Mrs. McBurney hasn't frozen successfully with the exception of potato dishes. The one way to find out if something will freeze, she points out, is to try it. She freezes left-over egg whites and yolks, and even whole eggs (broken into a container), if she has extra eggs on hand or the family is going on a trip.

"The only limit to the possibilities for your freezer is with you," she said. "I'm constantly finding new ones."

As she talked in the sunny yellow kitchen of her Charmington St. home, Mrs. McBurney prepared a hurry-up luncheon (partly from the freezer, of course—spaghetti, salad, cookies and milk) for Mike, 11, and his 5-year-old sister, Nancy. As energetic as his mother, Mike is spending a summer crammed with activities—swimming, camping, baseball, Scouting, plus the daily three-hour summer athletic program at the University of Oregon.

BUDDING SCIENTIST

A budding scientist, he had spent part of the morning chloroforming a bee for his sister who took delight in exhibiting on a wad of cotton "my very own bee." Later the pair examined the bee under Mike's microscope.

While Mrs. McBurney devotes considerable time and thought to cooking and homemaking, her interests are by no means confined by the walls of her beautifully appointed home. She spent two years as a Boy Scout den mother, is active in church and Sunday School work, plays bridge with the neighborhood bridge club and is to serve as secretary of Francis Willard School P.T.A. She's turned out a number of handsome knit sweaters and dresses.

A graduate of the University of Washington, Mrs. McBurney spent a year of graduate study at Women's Educational and Industrial Union in Boston, Mass., later managed the Town Room of the Biltmore Hotel in Providence, R. I. She resigned that job to come home and be married to Mr. McBurney whom she'd known at the University.

Her friends agree Mrs. McBurney is the kind of homemaker no home should be without. Here are some of her favorite recipes:

Chop Suey
Cook over slow heat 4 slices minced bacon. When brown and crisp, add 3 cups chopped celery and 1/2 cup chopped onion, and brown slightly. Add 1 teaspoon salt, 3/4 cups water, 1/4 cup soy sauce, 4 cups cubed left-over roast lamb and any left-over lamb or beef gravy. Add 2 2-ounce cans mushrooms (pieces and stems) and simmer for 25 to 40 minutes. Thicken mixture with paste made by adding 1 cup of water



OUT OF THE FREEZER—Five-year-old Nancy McBurney takes a package of her mother's home made cookies out of the freezer, while Mrs. John D. McBurney and Mike, 11, look on.

to 1 cup of flour and beating until smooth. Simmer for several minutes over moderate heat until flour mixture has cooked.

Serve chop suey over hot boiled or steamed rice or chinese noodles.

Additional soy sauce should be available at the table when serving chop suey for those who wish to add more.

Spaghetti with Beef

Mince 3 slices bacon and cook slowly.

Add: 1/4 cup chopped onion, 1 pound ground round.

Cook until the meat is nearly done. Add:

2 1/2 cups tomatoes (No. 2 can), 1/2 cup chopped green pepper.

1 No. 1 can chopped mushrooms or pieces and stems and mushroom liquid. Salt to taste.

1/2 pound (2 cups) grated cheese.

Add 6 ounces (1 1/2 cups) spaghetti cooked, drained and rinsed. If mixture is dry, add 1/2 cup stock or canned bouillon. Simmer or steam mixture for 1 hour.

This dish can be baked: Reserve the cheese; place spaghetti mixture in baking dish, sprinkle the cheese over it and bake for 15 or 20 minutes in a moderate (375 degree) oven.

Chicken Rice
Brown 1 cup of brown rice and a handful of vermicelli (broken) in a cube of margarine.

Add 3 large stalks of celery, cut up. (1 cup).

Add 1 small onion, chopped. Place in a casserole or baking dish and add 4 cans of chicken rice soup and the contents of a 2 1/2 size jar of chicken, cut up. (3 cups chicken). Bake 1 1/2 hours at 350 degrees.

Leona's Swedish Pie Crust
Sift together: 3 cups sifted flour, 1 teaspoon salt, 1 teaspoon baking powder.

Cut in 1 full cup of shortening. Add: 1 beaten egg, 1 tablespoon vinegar, 4 tablespoons water.

Work together lightly until mixture adheres to form a ball. Let stand awhile in refrigerator. (It will keep for some time in the refrigerator, if desired.) Roll out on a lightly floured board.

Cowboy Coffee Cake
2 1/2 cups sifted flour
2 cups brown sugar
1/2 teaspoon salt
1/2 cup shortening
2 teaspoons baking powder
1/2 teaspoon each of cinnamon, nutmeg, soda
1 cup sour milk
2 eggs, well-beaten

Put flour, sugar, salt and shortening in bowl and mix to fine crumbs. Remove 1/2 cup crumbs to use on top.

To remaining crumbs add blended spices, soda and baking powder. Add eggs to sour milk and pour into dry ingredients. Mix well. Turn into greased baking pan. Sprinkle with crumbs to which has been added 1/2 teaspoon cinnamon and 1/2 cup chopped nuts. Bake at 375 degrees for 25 to 30 minutes.

Chocolate Chip Layer Cake
1/2 cup shortening
1 1/2 cup sugar
2 1/4 cups cake flour
3 teaspoons baking powder
1 cup milk
1/4 teaspoon vanilla
2 squares chocolate, shaved
1/2 teaspoon salt
3 egg whites
Cream shortening and add 1 cup of the sugar gradually. Cream thoroughly. Sift flour, baking powder and salt, and add to creamed mixture alternately with milk. Blend in vanilla. Fold in shaved chocolate. Beat egg whites until stiff. Then gradually beat in remaining 1/2 cup sugar. Fold into batter. Bake in moderate (350 degree) oven. Chocolate Filling: between cooled layers, Use White Mountain Frosting to cover cake.

Banana Bread
3 or 4 ripe, bananas (depending on size—4 for average), washed
1 scant cup sugar
pinch salt
1 egg
1 teaspoon soda
1 teaspoon baking powder
1 1/2 cups bread flour
1/2 cup melted butter
1 teaspoon vanilla
1 1/2 cups chopped nut meats
Mix ingredients together in order given. Turn into greased loaf pan and bake in moderate oven (350 degrees) until done (1 hour or more).

Chocolate Filling
1 1/2 cups confectioner's sugar
3/4 teaspoon salt
5 tablespoons cocoa
2 1/2 tablespoons flour
1 1/2 tablespoons butter
1/2 cup milk
Mix sugar, salt, cocoa and flour. Add butter and milk. Boil slowly over low heat until very thick, stirring constantly. Cool. Spread between layers of Chocolate Chip Cake.

Surprise Meringues
(Makes 2 dozen)
2 egg whites (1/4 cup)
1/4 teaspoon salt
1/4 teaspoon cream of tartar
1 teaspoon vanilla
1/4 cup sugar
1 6-ounce package chocolate bits
1/4 cup chopped nuts
Beat whites, salt, cream of tartar and vanilla until soft peaks form. Add sugar gradually, beating until stiff. Fold in chocolate and nuts. Drop by teaspoonfuls onto cookie sheet lined with heavy brown paper. Bake at 300 degrees for 25 minutes.

Soft Date Cookies
(Like Macarons)
4 egg whites
pinch salt
1/2 cup cake flour
1 cup powdered sugar
1 pound cut dates (weigh with pits)
1/2 pound pecan nut meats
1 teaspoon vanilla
Put nuts and dates in bowl. Add flour and sugar and stir well. Add vanilla and fold in egg whites beaten stiff. Drop by spoonfuls on greased cookie sheet. Bake at 330 to 325 degrees.

Jumbo Raisin Cookies
Add 1 cup water to 2 cups seedless raisins and boil for 5 minutes. Cool. Cream 1 cup shortening and add 2 cups sugar. Add 3 eggs and beat well. Add 1 teaspoon vanilla and cooled raisin mixture. Add 1 cup chopped nuts.

Sift together:
4 cups sifted all purpose flour
1 teaspoon baking powder
1 teaspoon soda
2 teaspoons salt
1 1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon allspice
Add to raisin mixture and blend. Drop by teaspoonfuls on greased cookie sheet. Bake at 400 degrees for 12 to 15 minutes. Makes 60.

This Supper Quick 'n' Easy

When it's too hot to give much thought to cooking prepare this "Quick 'n' Easy Supper." Simply fill luscious canned cling peach halves with mint jelly and broil along with slices of canned spiced luncheon meat. With a bowl of crisp cole slaw, that's all you need.

• Quick 'n' Easy Supper
1 (12 ounce) can spiced luncheon meat
Mint flavored jelly
6 or 8 canned cling peach halves

Cut meat into 6 or 8 slices, and lay in shallow pan. Spread lightly with mint jelly. Drain peaches well and arrange cup side up in pan with meat. Fill centers with spoonful of mint jelly. Place pan under broiler and broil until meat is browned; turn and broil second side. Serve at once, 2 slices of meat and 2 peach halves to a serving. Serves 3 or 4.

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