

Beef, Fresh Vegetables Combined in Delicious Loaf

Everyone likes a good meat loaf, and here's a good one in which beef is combined with fresh vegetables. It's delicious served with parsley carrots, stuffed potatoes and grated beet relish. Try cantaloupe balls in sour cream for dessert.

The grilled scallions on toast or waffles make a wonderful lunch or supper dish.

Fresh Vegetable and Beef Loaf
(Yield: Ten 1/2-inch slices)

Two pounds ground chuck, 1 cup fine dry bread crumbs, 2 eggs beaten, 1 1/2 teaspoons salt, 1/2 teaspoon ground black pepper, 1/4 cup chopped fresh parsley, 2 1/2 cups finely chopped green pepper, 1 1/2 cups finely chopped onion, 1 1/2 cups finely diced fresh tomatoes, 2 medium fresh mushrooms, sliced (optional), 2 teaspoons butter or margarine (optional).

Thoroughly mix all ingredients except mushrooms and butter or margarine. Pack firmly into a paper-lined, greased 9 x 5 x 3-inch loaf pan. Bake 75 minutes in a preheated moderate oven (350 degrees F.). Turn out onto a serving platter. If desired, saute mushrooms in butter or margarine and place over top. Serve with buttered parsley, fresh carrots.

Grilled Scallions on Toast or Waffles
(Yield: 6 servings)

Five to six bunches scallions, 1/2-inch boiling water in pan, 1/2 teaspoon salt, 3 tablespoons butter or margarine, 3 tablespoons flour, 1 1/2 cups milk, 1/4 teaspoon salt, 1/2 teaspoon ground black pepper, 6 waffles or 6 slices toast, 2 fresh medium tomatoes, 1/4 cup grated sharp Cheddar cheese.

Peel scallions leaving on 2 inches of the green tops. Place, whole, in saucepan. Add boiling water and salt. Cover. Boil 3 minutes or until tender, lifting the cover one or two times during cooking period. Remove from water. Drain. In the meantime, melt butter or margarine in a saucepan. Blend in flour. Stir in milk, salt and black pepper. Cook until medium thickness, stirring constantly. Place cooked scalloped onions on toast or waffles, over which pour 1/4 cup cream sauce. Top each with a 1/2-inch slice tomato. Sprinkle with grated cheese. Broil until brown.

Family 'Quicknic' Fixings are Easy

Ever heard of a quicknic? It means a family picnic that can be made ready on the spur of the moment. A well-stocked shelf of canned foods makes it possible.

Here's a quicknic menu that's ready to serve just minutes after you set out the picnic cloth. You will need a small fire over which to heat the tamales and chili, but everything else can be chilled and prepared on the spot.

- 1 15 1/2-ounce can chili con carne
- 1 15 1/2-ounce can tamales in chili gravy
- 2 1-lb. cans mixed vegetables
- 1 4-ounce jar mayonnaise
- 1 3-lb. can potato chips
- 1 2-lb. can sliced pickles
- Canned beverages
- Melon

The chili and tamales can be heated by placing the unopened cans in a pan of boiling water for about 15 minutes. If you wish you may open cans first and heat contents together in a saucepan. For a variation on the vegetable salad, try using canned asparagus, green beans or beets separately or combined with mayonnaise or your own favorite salad dressing.

If you would like to dress up the tamale-chili combination, try adding a 1 1/2-ounce can of meat balls to the dish for a really hearty main dish.

Chinese Quickie for four: Chicken chow mein, crisp noodles, soy sauce, spiced peaches or pears, pineapple and coconut, iced tea with lemon, cookies.

There are many variations possible with a Chinese Quickie. The chow mein can contain several different ingredients or just a basic few. We are listing all of them for your pantry shelf though you may want a less elaborate dish:

- 1 2 1/2-pound can chicken chow mein
- 1 12-ounce can baked chicken
- 1 2-ounce bottle soy sauce (used to taste)
- 1 5-ounce can water chestnuts
- 2 3-ounce cans sliced mushrooms
- 1 3-ounce can crisp Chinese noodles

- 2 No. 2 cans spiced peaches or pears
- 2 No. 2 cans crushed or sliced pineapple
- 1 4-ounce can shredded coconut
- Tea bags, canned lemon juice and sugar
- Tin of assorted cookies

The chow mein is easily prepared by just heating the first five ingredients together in a saucepan and serving over the noodles. If you prefer, you may substitute canned shrimp for the chicken in the recipe. You may also wish to season the dish with garlic or onion salt if the family enjoys more highly flavored food.

For a different and inexpensive vegetable which is quick and hot but doesn't heat up the kitchen place tomato slices on a mixture of cooked rice, chopped green pepper and Tabasco sauce in a shallow baking dish. Add some water and top the tomatoes with some mayonnaise. Broil until mayonnaise browns.

Five presidents of the United States were named James: Madison, Monroe, Polk, Buchanan, and Garfield.

WASHINGTON (UP) — Folks who work at the U.S. Copyright Office generally can tell what's on the public's mind without looking at the papers or listening to the radio.

Last year, it was the Army-McCarthy hearings which inspired amateur song writers to go to work. The pros, too. One ditty called "Point Of Order" finally broke out on wax and made somebody a bundle.

Hurricane Hazel made her influence felt, too. The big wind came in for copyright consideration dressed in such titles as "She Blew And She Blew" and "Whither Now, Hazel?"

Now Davy Crockett has captured the nation's fancy. Kids mostly. There are Davy Crockett coonskin toppers, which no six-year-old boy would be without even in the sweater of summer. Also Davy Crockett bonnets, also with tails, albeit white ones, grace the heads of little girls.

Some of the titles are rather interesting. Some will be copyrighted by Uncle Sam; some won't. Paul Lasky and Jack Liebmann came up with a song titled "Davy Crockett And The Liberty Bell," which probably will be accompanied by the ringing of a mallet on brass.

Others have broken through the bonds of song. It was inevitable that Davy, mule and all, should invade the somewhat crowded field of cereals. Most youngsters won't eat their oats unless they can put the box on the kitchen table and look at a cow poke.

The Old Virginia Packing Co., Inc., has registered copyright claims on labels with these exciting titles: "Davy Crockett in a Jam With Congress," "Davy Crockett in a Jam at the Alamo," "Davy Crockett in a Jam With a Bear."

The box tops doubtless will be returnable, along with two bits or so, for some trilly memento of "The King of The Wild Frontier." A man can get rid of a lot of oats and puffed rice that way.

The now famous original "Ballad of Davy Crockett" was copyrighted by Wonderland Music. Lives there a soul with a gramophone, radio or TV set who hasn't by now heard it?

The Crockett craze has even reached Zippy, the chimpanzee of the Howdy Doody show. He used to dress like a civilized ape, in the modern manner. But now the

WINN TITLE
NEWPORT, Wales (UP)—Maria Weiss of Argentina won the women's singles title of the Welsh Lawn Tennis Championships yesterday by defeating 16-year-old Ann Haydon of England, 1-6, 6-1, 6-2.

To make a pound of butter requires the use of 9.77 quarts of milk.

rubber replicas of Zippy, which are on sale in toy stores come in buckskin britches and a coonskin hat, wardrobe copyrighted by the Rushton Co.

But what stopped me was a copyright application by the Robert H. Clark Co. This outfit dabbles in smelly stuff for the bath.

STARTLED
ST. PETERSBURG, Fla. (UP) —Patrolman Paul Roberts said he was more than startled when he arrested two "hot rodders" en gaged in a "drag race"—a short speed run from a standing start.

Roberts said he arrested Pinellas County Prosecuting Attorney Emerson Parker in one car and his brother, Traffic Court Judge Carl Parker, of Madeira Beach, as the other driver.

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