

Drumsticks Of Ground Beef Good

Drumsticks are fun to prepare and fun to serve. This time they're made of ground beef, one more tempting use of this versatile meat. All you need to prepare them is a few round wooden skewers which may be obtained from many meat dealers.

In buying ground beef for any serving, ask your market man to grind boneless beef stew meat, says Reba Staggs, meat expert. She points out that too many women regularly ask for ground round steak. Actually, round steak is too lean for this purpose. It is recommended that ground beef contains 25 per cent fat for a juicy, flavorful serving. This is the approximate proportion you'll have with beef stew meat. Usually this meat retails for several cents per pound under round steak. It's wise to save the latter for Swiss, country-fried and the many other tempting braised steak dishes.

To prepare the drumsticks for 6 to 8 servings, combine 1 1/2 pounds of ground beef with 1/4 teaspoon salt, 1/4 teaspoon of pepper. Then simply shape this mixture around the wooden skewers so they resemble drumsticks. If you like, roll them in fine bread crumbs or crushed cornflakes.

In cooking, brown in a small amount of drippings, then add 1/4 cup of water. Cover the meat closely and slowly simmer on top of the range or in a slow oven (300 degrees F.) for 45 minutes. Tomato or mushroom soup may be used in place of the water.

These Quick Pickle Sauces Provide Flare

It's the little things that count in food, as with everything else. Try these two quick recipes recommended by the home economists of the National Pickle Packers association and further your fame for fixing food with a flare.

Pickle Barbecue Sauce
(Makes 1 1/2 cups sauce)
1 tablespoon butter or margarine
1/4 cup finely chopped onions
1 8-ounce can tomato sauce
1/4 cup chopped dill pickles
1/4 teaspoon salt
Pepper
1 teaspoon sugar
1 teaspoon Worcestershire sauce

Tomato Pickle Dunk
(Makes 1 1/2 cups)
1 8-ounce package cream cheese
2 tablespoons milk
1/2 cup tomato paste
1/2 cup chopped sweet gherkins
Garlic salt to taste
Potato chips or crackers
In a small bowl, soften cream cheese with milk. Add tomato paste and chopped gherkins; mix until well blended. Season to taste with garlic salt. Serve as a dunk for potato chips or crackers.

Asparagus Dish For Low Salt Diet

"Asparagus Imperial" is as good as the name sounds and it falls into the category of a low salt vegetable. That's because the asparagus is canned without salt, of course. It's a boon to people who have to have their salt restricted. This vegetable preparation really makes dieting a delight.

Asparagus Imperial
1 (No. 2) can unsalted asparagus
2 tablespoons unsalted butter
2 tablespoons flour
1 tablespoon lemon juice
Dash cayenne pepper
Toasted unsalted bread
Drain liquid from asparagus and measure. Melt butter and blend in flour. Stir in 1 cup liquid from asparagus, adding water if needed. Cook and stir until mixture boils and is thickened. Blend in lemon juice and cayenne. Add well-drained asparagus and heat thoroughly. Serve on crisp hot toast.
Makes 4 servings.

Read Can Labels And Find Out How Many Cupfuls Listed

There are several good reasons for reading labels on canned foods. One is that today's cans usually indicate contents in terms of cupfuls so we can better judge size that best serves our purpose.

Eight ounce cans contain 1 cupful; No. 1 picnic can contains 1 1/4 cupfuls; No. 300 can, 1 1/2 cupfuls; No. 1 tall contains 2 cupfuls; No. 303 contains 2 1/2 cupfuls; No. 2 can contains 2 1/2 cupfuls; No. 2 1/2 can contains 3 1/2 cupfuls; No. 10 can contains 13 cupfuls.

Franks and Cheese Make for Good Party Dish; Quickly Done

Food fixing for any party is a foregone success when you simply combine frankfurters and cheese. Family or guests, this tray of easily fixed "frankwiches" will satisfy hungry folk of all ages.

A generous number of packaged frankfurters, good stout or partly cooked fresh bacon and split frankfurter buns.

To combine, stack a split frank on half a toasted bun, cover generously with shredded cheese, then sprinkle with bacon bits. Season with oregano, thyme or mustard, if desired. Broil a few minutes to melt and blend flavors. Plan on seconds and thirds.

Salad greens with sliced tomatoes and a zesty dressing, much coffee and a dessert. There's your meal.

Liver and Carrots Combined

Liver and carrots combined—there you really have a healthy dish.

Liver Loaf With Carrots
2 pounds sliced beef liver
2 tablespoons lard or drippings
1 small onion
1/2 cup pork sausage
2 eggs, slightly beaten
1 cup milk
1 1/2 cups soft bread crumbs
1 teaspoon salt
2 large carrots, cooked

Remove membrane from liver and cook in hot lard or drippings until lightly browned on each side, about 5 minutes. Grind liver and onion, combine with sausage, eggs, milk and bread crumbs. Season. Cut each carrot into 3 lengthwise strips. Pack a layer of the liver mixture on the bottom of a greased loaf pan 5x9 inches. Lay 3 strips of carrot lengthwise on top. Cover with another layer of the liver mixture, 3 more carrot strips and top with the remaining liver.

Caramel Topped Rice for Dessert

Caramelized sugar can make even a plain-Jane dessert like rice custard into a French-chef creation! It makes no difference whether you use beet or cane sugar for your caramel-magic, as both sugars are the same and the produce the same winning results.

Caramel
Caramelize 1 cup beet or cane sugar in 1 1/2-qt. saucepan on medium high heat—stirring constantly with a wooden spoon until the sugar becomes a golden amber liquid; carefully add 2 tablespoons hot water at the side of pan, stirring well until the sticky mass becomes liquid again.

Coat sides and bottom of loaf pan (9x5x3-in.) with caramel, using back of spoon to make it spread evenly; chill in refrigerator.

Custard
3 eggs
1/2 cup beet or cane sugar
1/4 teaspoon salt
1 teaspoon vanilla extract
3 cups milk, heated
3 cups cooked white rice
Beat eggs slightly; gradually add sugar, salt and vanilla, beating until well combined. Slowly mix in heated milk (speeds up the cooking), then cooked rice.

Ladle into caramel-coated loaf pan. Place in a larger baking pan set on center rack in oven and pour hot water around loaf pan.

Bake in a mod. oven (350 F.) for 50 minutes or until silver knife inserted at edge of custard comes out clean. Remove from oven. Chill. Spoon into serving dishes. Serves 6 to 8.

Come to Breakfast

With sausage and pancakes on the range there's no coaxing the family to breakfast. For sausage patties at their best, place them in a heavy frying-pan with 2 or 3 tablespoons of water. Cover and simmer 10 minutes. Then uncover and cook until brown on both sides, pouring off fat as it accumulates.

Swiss Loaf

Ingredients: One 1-pound loaf unsliced bread, 1/4 cup butter or margarine, 1/2 cup finely diced onion, 1/4 cup chili sauce, 1 tablespoon celery seeds, 8 slices (1/2 pound) Swiss cheese.
Method: Using a sharp knife, cut 8 equal diagonal slits almost through to bottom crust of bread to give 9 slices. Melt butter in a skillet; add onion and cook lightly about 5 minutes. Stir in chili sauce and celery seeds and heat 5 minutes longer. Remove from heat. Spread half of onion mixture and 1 slice of cheese between each slice of bread. Place loaf on cookie sheet. Pour remaining onion mixture over top. Bake in moderate (350F) oven 20 minutes. Makes 8 servings.

Bittersweet Frosting Idea

Easy, new and good. Just stir up a batch of any of the cake mixes, pour into cupcake or muffin tins, bake and then top with this unbelievably good mocha frosting. No testing necessary. Just keep it over heat until glossy and thick. Then cool, spread and devour. Serve with plenty of steaming hot coffee for the grownups, milk for the children.

Creamy Bittersweet Frosting

1 cup sugar
1 cup cocoa
1/4 teaspoon salt
1/2 cup strong coffee
1/2 cup broken nutmeats
1/2 teaspoon vanilla
Combine sugar, cocoa and salt in saucepan. Blend in coffee. Cook over low heat until smooth and glossy, stirring

Refrigerator Cake Is Colorful One

With whipped cream, flavorful apricot whole fruit nectar and dainty lady fingers, it's no wonder this "Golden Refrigerator Cake" is something special. It looks elaborate enough for your fanciest spring party. Best of all, it's one of those wonderful make-ahead desserts so there's no last minute fussing. We like to serve it either at dessert and coffee get-togethers or as a delicious finale to a dinner party.

Golden Refrigerator Cake

4 teaspoons plain gelatin
1 (12-ounce) can apricot whole fruit nectar
1/2 cup granulated sugar
2 eggs
1 tablespoon lemon juice
1/4 teaspoon salt
1 cup whipping cream
2 dozen small lady fingers
Soften gelatin in 1/4 cup nectar. Heat remaining nectar

Soybeans Important

Soybeans are the fourth largest cash grain crop in the United States, yet are seldom seen as finished food products. Principal uses of this important crop are as follows: soybeans are an important ingredient of a high-protein flour used by commercial bakers. Soybean oil precedes 53 per cent of the vegetable oils used in making shortenings and 44 per cent of that used in margarine. Soybean oilmeal is an ingredient of many animal feeds.

Spicy Fish Fillets Good

Frozen fish fillets are plentiful and reasonable. There's no better way to fix them than simply to brown and season with salt and pepper. But if you're looking for something different, we're here to supply suggestions like this:

Spicy Fish Fillets

1 package frozen fish fillets
1/4 cup olive oil
1/4 cup vinegar
1/4 teaspoon thyme
1/4 teaspoon tarragon
1 bay leaf, crumbled
1 small onion, minced
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup flour
2 tablespoons butter or margarine
Thaw fish at room temperature until fillets can be separated. Place olive oil and vin-

Tasty Stew

Make a beef stew the California way—the less expensive cuts of beef will be simply elegant when marinated in burgundy or claret wine for a few hours before cooking. Cook the beef slowly in the marinating wine until almost tender. Add vegetables, seasonings, a little water if necessary, and cook until beef and vegetables are tender. Never have you tasted a stew equal to this.

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