



Delicious Swiss steak is made in an easy way here.

Enjoy Those Artichokes

Fewer and fewer of these wonderful thistles, artichokes, are being grown. So we suggest you try them while they are still around. How to cook: Allow one artichoke per serving. With sharp knife, cut off one inch of top and cut the stem leaving about 1 inch. Pull off any loose leaves. With scissors clip off thorny ends or tips of leaves. Rinse thoroughly then drop into boiling, salted water to cover. For extra seasoning you might like to add a few pickling spices or 1 tablespoon salad or olive oil, a small clove of garlic and a thick slice of lemon for each artichoke. Cover and cook until stem can be pierced easily with a fork, 20 to 45 minutes. Remove from water; drain; cut off remaining stem. Serve hot or cold, either whole or cut in half. If you cut in half remove the tiny thorns by cutting a shallow half moon into the heart.

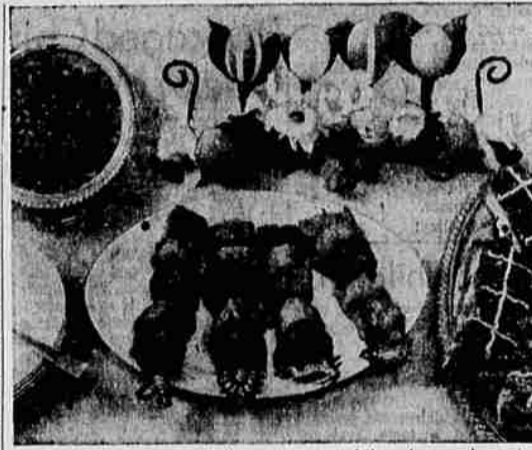
How to eat: These instructions are for the novice and surprisingly enough there are many. This is one time when fingers are the rule. Tear off the leaves and dip in melted butter, lemon butter or mayonnaise. Eat as far up the leaves as you can. When the leaves are gone you have reached the heart, and we're among those who think this is the tenderest, best eating of all. However, it is time to reach for your fork.

Easy Way Told for Swiss Steak

Here's a trick to make an easy Swiss steak entree. And here's what you do: **Easy Swiss Steak** Dot the center of 2½ feet of heavy duty aluminum foil with 1 tablespoon butter or margarine. Shake half the contents of 1 envelope onion soup mix on the foil. (Use the soup mix dry and mix the ingredients so the concentrated bouillon and dehydrated vegetables will be evenly blended. Over this place 1½ pounds chuck steak, without bone, cut 1 inch thick. Top steak with remaining soup mix and 1 tablespoon butter or margarine. Add ½ pound fresh mushrooms, sliced around steak. Bring roll up over meat and double fold edges to seal tightly. Place in a shallow baking pan. Bake in a moderate oven (375 degrees F.) 1 hour.

For Barbecue

Barbecue season is here soon. Marinate one-inch cubes of lamb shoulder in a blend of sherry, moisture-free instant minced onion, salt, pepper and oregano. Cover and refrigerate overnight. Skewer meat and cook over charcoal.



Along with your special dinner try some of these ham and sweets on skewers.

Ham, Sweets On Skewers Tasty Bits

Broiled ham and sweet potatoes on skewers make up a satisfying and tasty dish for an informal gathering. Hearty cubes of ham and sweet potatoes are seared, then dipped in a sauce that is compounded from canned apple

sauce, molasses, brown sugar and mustard. **Broiled Ham 'n Sweets On Skewers** 1 tenderized ham slice cut 1½" thick (approx. 1¼ lbs.) 8 small or 4 large cooked or canned sweet potatoes ½ cup canned apple sauce 2 tablespoons molasses ¼ cup light brown sugar 1 tablespoon prepared mustard Alternate cubes of the tenderized ham and small whole or cubed sweet potatoes on skewers, start-

Chocolate Squares Suggested for Cookie Fanciers

Chocolate fanciers will go for these squares: **Congo Squares** 2¼ cups sifted flour 2½ teaspoons baking powder ½ teaspoon salt ½ cup shortening 1 pound brown sugar 3 eggs 1 cup nuts, chopped 1 7-ounce package chocolate bits Sift together flour, baking powder and salt. Melt shortening and stir in brown sugar. Cool slightly. Add eggs, one at a time beating well after each addition. Add flour, nut meats and chocolate bits. Pour and spread in pan 10½" x 15½" which has been lightly greased and lined with paper. Bake in moderate oven 350 degrees, 25 minutes. Cut in squares when cool. Topped with meringue, chopped nuts, and tart pineapple filling this short crunchy cookie is for spring parties.

New Meat Relish

Brisk and tasty for a springtime meal is this new meat relish, and could anything be easier! To ½ cup canned apple sauce add ½ cup drained pickle relish and ¼ teaspoon powdered ginger. Then just mix well and spoon out generously.

TO STEAM FISH

Fish may be steamed in a colander over boiling water. Cover the colander during the steaming.

ing and ending with ham. Combine apple sauce, molasses, brown sugar, and prepared mustard; pour over skewered foods. Broil 3" from heat until apple sauce mixture is glazed and golden brown. Serve hot. Yields 4 servings.



The after-school snack crowd will go for this drink.

Canned Corned Beef Hash Popular Meat

A top seller in canned meat is corned beef hash. Here's a quick dinner dish featuring this tasty item. Firmly pack two cans corned beef hash into a well greased square baking dish. Make 6 indentations in top of the loaf with the back of a spoon. Place 6 peach halves in indentations and fill with catsup. Bake in moderate, 350 degree, oven for 45 minutes. Let stand about 10 minutes before serving.

After-School Drink That Will Please

Fine as an after school beverage is this "Cuban Special." **Cuban Special** 1 banana 1 grapefruit, juice Few drops maple flavoring Black cherry beverage Mash banana or put through sieve or food mill. Add grapefruit juice and maple flavoring. Divide among 3 tall glasses. Fill each glass with ice cold cherry soda. Stir gently to mix. Cut carrots into toothpick size pieces and add to cole slaw.

Shrimps Are Featured in Rich Bisque

For something a bit on the elegant order for a Sunday supper try this shrimp bisque: **Shrimp Bisque** 2 lbs. fresh or frozen shrimp Water to cover shrimp 1 tablespoon salt 1 tablespoon chopped onion 2 bay leaves, crushed 1 tablespoon vinegar 1 stalk celery with leaves, chopped 2 tablespoons rice 3 tablespoons butter or margarine 3 carrots, sliced 1 onion, thinly sliced 3 sprigs parsley, chopped 1 bay leaf ¼ teaspoon thyme 2 teaspoons salt ½ teaspoon fresh ground black pepper ¼ cup cream ½ cup Rhine wine Drop shrimp into boiling water to cover; add next 5 ingredients. Bring to boil; boil 5 to 7 minutes. Drain shrimp, saving 4 cups strained broth. Remove shells and black veins from shrimp. Set aside 12 whole shrimp for garnish. Dice remaining shrimp. Cook rice in 2 cups shrimp broth until tender; set aside. Melt butter in large saucepan; add carrots, onion and parsley; brown slightly. Add 2 cups clear shrimp broth with all remaining ingredients except cream and wine; simmer 23 minutes. Add diced shrimp and shrimp-ice stock; simmer 10 minutes longer. Add cream and wine. Serve very hot, garnished with whole shrimp. Makes 6 servings.

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