



VACATION FARE — A hearty supper dish for summer, this meat-and-bean sandwich packs a surprise punch. A slice of sugared pineapple is tucked inside each bun. The meal is complete, with relishes, potato chips and simple dessert.

Easy does it —

Tasty summer meal-in-a-bun features bologna, baked beans

By Ila Grant Hopper
Bulletin Staff Writer

Summertime, and the livin' is easy! Meal preparation should be easy, too, to give the queen of the kitchen an at-home vacation, before the time comes for back-to-school and the more demanding schedule of fall.

Here is a surprise meal-in-a-bun that's just right for a mid-day picnic, or a casual supper at end of day. The first surprise is a slice of pineapple hidden beneath the beans and bologna.

If you're not familiar with Lebanon bologna — the spicy variety the recipe calls for — you're in for a second, most pleasant, taste surprise.

You can put these buns-ful together in next to no time. Serve with potato chips, a relish tray and strawberry sundaes for an easy, delectable meal.

Tempura dish gives variety to seafood

Seafood and vegetables get an oriental touch, batter-dipped and deep fried. The foods can be prepared in advance and cooked right on the table, in the deep fryer or electric skillet.

Scallop Tempura

- 1 1/2 pounds sea scallops, fresh or frozen
- 1 pound shrimp, fresh or frozen
- 1/2 pound string beans
- 1 small head cauliflower
- 2 or 3 summer squash
- 2 or 3 zucchini
- Flour, for dusting
- Tempura batter, for dipping
- Corn oil, for frying
- Thaw scallops and shrimp if frozen. Remove shell particles from scallops; wash and drain. Remove shells and devein shrimp.
- Separate cauliflower into florets. Slice summer squash and zucchini. Dust scallops and shrimp lightly with flour.
- Pour corn oil into fry pan or sturdy flat bottomed kettle, filling utensil 1/2 full. Heat over medium heat to 375 degrees F. or until a 1-inch cube of bread browns in about 40 seconds.
- Dip vegetables and prepared scallops and shrimp into Tempura Batter and place in hot fat. Fry food, turning as needed, until tender. 1 to 2 minutes. Drain on absorbent paper. Serve hot. Makes 6 to 8 servings.
- Tempura Batter: Sift 1/2 cup flour and 1/4 cup corn starch together into bowl. Stir in 1 cup water and 1 egg. Beat with rotary beater or wire whisk until smooth and frothy.

- Bologna-Bean Surprise**
- 1/2 pound Lebanon bologna, cubed
 - 1 large can Boston baked beans
 - 2 tablespoons chili sauce
 - 1 tablespoon grated onion
 - 2 teaspoons prepared mustard
 - 6 canned pineapple slices
 - 1/4 cup brown sugar
 - 8 round buns

Easy skillet meal pleases campers

For campers or stay-at-homes, canned and packaged convenience foods go together for a gourmet dish, easily prepared over an open fire or a single burner.

With this meal-in-one-dish, open up some canned baked apples to serve hot or cold, topped with thin cinnamon candies. And of course, brew a big pot of coffee.

Camper's Paella

- 1 can (1 1/2 ounces) onion dry soup mix
- 3 cups water
- 1 can (8 ounces) stewed tomatoes
- Generous dash garlic powder
- 1 package (5 ounces) precooked rice
- 1 can (5 ounces) boned chicken
- 1 can (4 1/2 ounces) shrimp, drained
- 1 can (8 ounces) peas, drained
- In heavy skillet, combine soup mix, water, tomatoes, and garlic powder; bring to boil. Partially cover; simmer for 10 minutes on grill close to heat, stirring now and then. Stir in remaining ingredients; return to boil. Cover; remove from heat. Let stand for 5 minutes. Makes 6 servings.

Macaroni salad gets new flavor

A flavorful macaroni salad is always good. This one gets a gourmet touch from a dash of beer or ale in the dressing.

- Macaroni Salad**
- 1 package (8 ounces) elbow macaroni
 - 1 cup mayonnaise or salad dressing
 - 1/2 cup beer or ale
 - 1/2 teaspoon Tabasco
 - 1 teaspoon salt
 - 2 tablespoons minced onion
 - 1/2 cup diced celery
 - 1/2 cup sliced radishes
 - 1/2 cup diced green pepper
 - Cook macaroni according to directions on package; drain and cool. Combine mayonnaise, beer, Tabasco, salt and minced onion. Add to macaroni. Stir in celery, radishes and green pepper. Chill well. Yield: 6 servings.

- Toast halves of buns under broiler while mixing sandwich filling. Combine first five ingredients. Place a pineapple slice on lower halves of toasted buns.
- Sprinkle pineapple with brown sugar. Add generous scoop of bologna-bean mixture and broil until sandwiches are bubbly. Top with upper halves of buns. Serves 6.

Use avocados in new salad

A salad combining potatoes and avocado is a welcome change. The extra flavors of crisp bacon, cucumber, pimento, onion and celery add interest. This is delicious served with cold meats and heated rolls. A cup of hot clear soup might be appropriate as the first course.

Avocado Potato Salad

- 4 slices crisp bacon, crumbled
- 1 cup sliced celery (and a few minced leaves)
- 1/2 cup chopped onion
- 3 cups cubed cooked potatoes
- 1 can (2 oz.) sliced pimento
- 1/2 cup chopped cucumber
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 to 3 teaspoons vinegar
- 1 California avocado
- 1/2 cup Italian or French dressing
- Combine all ingredients except avocado and dressing. Cut avocado lengthwise into halves; remove seed and skin. Slice enough avocado for garnish; dip into dressing, then drain.
- Cube remaining avocado; add to salad with remaining dressing. Toss lightly. Garnish with avocado slices. Chill and serve. (6 to 8 servings.)

Pears, cukes, blend prettily in cool salad

The hot weather appetite turns naturally to cooling, eye-pleasing salads. Here's one with fresh pears and cucumbers and other ingredients most homemakers keep on hand.

Pear-Cucumber Aspic

- 2 packages unflavored gelatin
- 1 cup cold water
- 1 cup hot water
- 1/2 cup sugar
- 1/2 cup fresh lemon juice
- 1/2 teaspoon salt
- 1 cup diced cucumbers
- 2 cups diced fresh pears
- 1/2 cup thinly sliced cucumbers
- Cottage cheese
- Fresh parsley for garnish
- Soften gelatin in cold water. Add hot water and stir until dissolved. Stir in sugar, lemon juice and salt. Pour 1/4 cup mixture into bottom of a 5-cup ring mold. Chill until partially set.
- Chill remaining mixture in bowl until as thick as fresh egg whites. Arrange fresh pear balls on partially set gelatin, lightly pressing balls into gelatin to hold them in place. Fold diced pears and cucumbers into remaining mixture. Pour into mold.
- Arrange sliced cucumbers around outside edge of mold. Chill until firm and ready to serve. Unmold on serving plate and fill center with cottage cheese. Garnish with fresh parsley. (6 to 8 servings.)

AMENDS FOOD PLAN

WASHINGTON (UPI) — A special House food stamp subcommittee has approved several amendments to an administration bill to expand the present pilot food stamp program on a nationwide basis.

The amendments include one to broaden the definition of food to include all food products except tobacco, alcohol and items marked on the package as being imported.

Coffee, favorite American brew, delicious iced for summer meals

Americans are coffee drinkers. Hot or cold, it is served with most of our meals. In hot weather, the trend, however, is toward tall, tinkling glasses of strong iced coffee — with or without sugar or cream, depending on the drinker's degree of calorie consciousness. The calories, remember, are in the sugar and cream. Not in the coffee itself.

For one quick serving of iced coffee place in a tall glass about twice as much instant coffee as you would use for a cup of hot. Add a little cold water and stir until the coffee powder dissolves. Then fill up the glass with ice cubes, add more cold water and stir.

To serve several persons, there are two speedy ways to make a

pitcherful of iced coffee.

1. Make excellent iced coffee using coffee ice cubes with regular coffee. To make the cubes, brew a little extra breakfast coffee. Cool it, then pour the cooled coffee into your refrigerator ice tray. Turn the temperature control high for quick freezing. At serving time, brew regular strength coffee and pour it over the coffee cubes. The melting ice adds flavor, rather than diluting it.

2. To make iced coffee even faster, use instant coffee powder. For 6 tall glasses, measure 6 level measuring tablespoons of coffee into a pitcher and add 1 cup warm water. Stir to dissolve the coffee. Add 3 cups cold water and stir. Chill the beverage with plenty of ice in the pitcher, then pour into glasses, making sure that each contains its generous share of ice.

However you fix iced coffee, there are two serving hints you should heed. Use the richest cream you can find because the cream makes a big difference in the flavor of the coffee.

For a sweetener, make a simple sugar syrup that goes into solution quickly and evenly. Simply stir and boil together, for 7 minutes, equal quantities of sugar and water. Cool and store in the refrigerator between uses. It keeps indefinitely. Note: The calorie conscientious can use any of the many non-caloric sweeteners on the market.

Easy sherbet uses frozen orange juice

On a dazzling midsummer day, what looks cooler or tastes more refreshing than orange sherbet — especially when it's homemade and rich in pure, natural orange flavor. And this delicious sherbet, with its old-fashioned richness, is simple to make.

Easy Orange Sherbet

- 2 eggs, slightly beaten
- 1/2 cup sugar, divided
- 1 cup heavy cream, whipped
- 1 can (6 ounces) frozen orange juice concentrate, thawed, undiluted
- 1/4 teaspoon salt
- Combine milk, eggs and 1/4 cup of sugar in top of double boiler over hot water. Cook, stirring constantly, until mixture coats spoon. Cool. Mix in remaining 1/4 cup sugar, orange juice concentrate and salt.
- Pour into refrigerator tray and freeze until ice crystals form around edges. Remove from freezer and fold in whipped cream. Return to freezer until firm, at least 3 hours or overnight. Yield: 1 quart.

Meatloaf cakes fine picnic fare

Ham and beef muffins, tanged with beer or ale, are as neat a meat trick as you can bake. Chill and wrap them in clear plastic until you're ready to repack them in the tins for easy transport to the picnic site.

Picnic Meat Muffins

- 2 eggs
- 1/2 cup beer or ale
- 2 1/2 cups soft bread crumbs
- 1/2 cup pickle relish
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 teaspoons dry mustard
- 1/4 cup finely chopped onion
- 1 pound ground chuck
- 1 pound ground uncooked (cook-before-eating) ham
- Beat eggs slightly in mixing bowl. Stir in beer. Add bread crumbs, pickle relish, seasonings and onion. Stir in meat and mix thoroughly. Pack into 3-inch muffin pan cups and bake in moderate oven (350 degrees F.) 45 minutes. Serve hot or chill before in muffin pans, then wrap individually for picnics. Yield: 18 3-inch meat muffins.

Watermelon-Citrus Punch

- 1 1/2 quarts diced fresh watermelon
- 1/2 cup fresh lime juice
- 1/2 cup fresh lemon juice
- 1 cup fresh orange juice
- 1/4 cup sugar
- 1/4 teaspoon salt
- Ice cubes
- Put watermelon through a medium-fine strainer. Add lime, lemon and orange juices, sugar and salt. Stir until thoroughly dissolved. Chill and serve over ice cubes. Float fresh lime and orange slices over the top. (Approximately 2 1/2 quarts.)

SUMMER LEFTOVERS

What is the best manner of serving leftover meats in the summer? Cut the chilled meat into cubes or strips and feature a cold meat salad as your main entree on a hot evening. Combine the meat with fresh vegetables or fruits and a dressing. Ready-to-serve meats are also delicious in meat salads.

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Chicken, fruit, combine in salad Tapioca parfait elegant dessert

Salads that combine lettuce, fruit, cheese and poultry make welcome summertime main courses.

Sarasota Salad Bowl

- 1 medium head lettuce
- 2 cups fresh orange sections
- 2 1/2 cups cooked, diced chicken
- 6 tablespoons Roquefort cheese, crumbled
- 1/2 cup fresh lemon juice
- 1/4 cup salad oil
- 2 1/2 teaspoons salt
- 1/2 teaspoon paprika
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- Wash lettuce, pat dry and tear leaves into small pieces. Place in a salad bowl along with orange sections, chicken and Roquefort cheese.
- Combine lemon juice, salad oil, salt, paprika, ground black pepper and garlic powder. Pour over salad and toss lightly. Serve as a main-dish luncheon or supper salad. (6 to 8 servings.)

Grapefruit goes in seafood salad

Here's a perfect summer luncheon salad, to serve with hot rolls and a beverage.

Grapefruit-Crab Salad

- 2 cups cold cooked crab meat
- 1 cup diced celery
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup mayonnaise
- 1 1/2 cups diced fresh grapefruit sections, drained
- Head lettuce
- Fresh grapefruit sections for garnish
- Combine first 5 ingredients. Add grapefruit sections and toss lightly. Serve on a bed of lettuce. Garnish with fresh grapefruit sections. (6 servings.)

Honey frosting fluffy for cake

Fluffy Honey Frosting

- 1/2 cup honey
- Dash of salt
- 1 egg white
- 1/2 teaspoon grated orange rind (optional)
- Bring honey just to a boil. Meanwhile, add salt to egg white and beat until stiff enough to stand up in shiny peaks. Slowly pour hot honey in a thin stream over egg white, beating constantly. Add orange rind. Continue beating about 4 minutes, or until frosting holds its shape. Spread over top and sides of wedding cake.

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