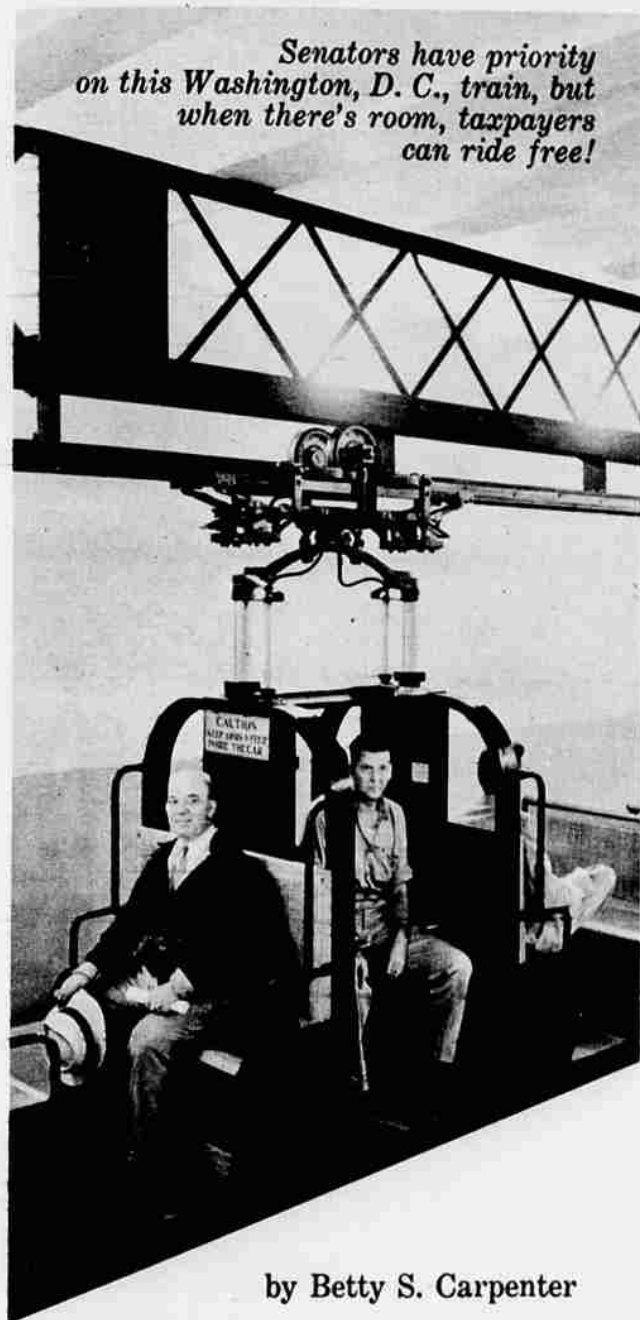


Senators have priority
on this Washington, D. C., train, but
when there's room, taxpayers
can ride free!



by Betty S. Carpenter

Uncle Sam's Underground Railroad

If you think Uncle Sam took you for a ride at income-tax time, visit Washington and have a free ride on the 780-foot underground railroad connecting the Capitol with the Senate Office Building. No tickets are required—the 90-second trip is available gratis as long as there's room.

The double-track railway was built (by the Navy!) in 1914 to save Senators time in reaching the Capitol. Electrically operated, the cars carry 18 passengers plus the operator, who rides in the center. Congress appropriates \$3,500 a year for the line.

The timetable calls for the train to run from 8:45 a.m. to 6 p.m., but it may continue all night if the Senate remains in session. The little wheels keep rolling as long as the big wheels keep talking!



BUTTERSCOTCH TOASTED OATS

Use as delicious topping and easy pie crust

4 cups Quaker Oats
(quick or old
fashioned, uncooked)

1 cup brown sugar
½ cup melted butter or
margarine

Topping: Mix all ingredients together until crumbly. Place in shallow pan. (Do not pack down.) Toast in moderate oven (350°F) 10 minutes, stirring occasionally. Cool 15 minutes, then toss lightly with a fork to form crumbs. Store in covered jar in refrigerator; use as needed. Stir with fork before using. Serve as topping on ice cream, puddings, baked desserts.

Easy Pie Crust: For 9-inch crust, combine 1¾ cups oats topping and 2 tablespoons melted butter or margarine. Pack on bottom and sides of pie plate. Place another pie plate on top of crust; chill. Remove plate and fill crust with desired filling.

High-protein Quaker Oats

adds nut-like goodness to desserts and cookies—
extra juiciness to meat dishes



LOW CALORIE—HIGH PROTEIN OATMEAL BREAKFAST

High-protein Quaker Oats sticks to your ribs—supplies strength and energy all morning long. That's because a piping hot bowl of creamy-delicious Quaker Oats gives you 9 grams of protein. In fact, oatmeal is the richest in protein of any whole-grain cereal. Yet (weight watchers, please note) your good hot Quaker Oats breakfast—including milk and sugar—is only 210 calories.

Note for fast breakfasts: Quick Quaker Oats requires only 1 minute of actual cooking. Or, if you prefer the flavor and texture of old-style oatmeal, try Old Fashioned Quaker Oats.

JUICY HAMBURGER SANDWICHES

1½ pounds ground beef
¾ cup Quaker Oats
(quick or old
fashioned, uncooked)

¼ cup chopped onion
2 teaspoons salt
¼ teaspoon pepper
1 cup tomato juice

Combine all ingredients thoroughly. Shape into 8 hamburgers; chill. Pan-fry in hot fat and serve on buns with favorite garnish.

Juicy Meat Loaf: Combine all ingredients thoroughly, adding 2 beaten eggs. Pack firmly into a loaf pan. Bake in a moderate oven (350°F) 1 hour. Let stand 5 minutes before slicing. Garnish with pickled peaches and parsley. Makes 8 servings.

