

**BLENDING INFLUENCES**—Tacos and Paradise Mexicali is a blending of South-of-the-Border and North-of-the-Border influences in an exciting idea for informal suppers and luncheons. Many good Mexican food items are included in today's food columns.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Tacos and Mexicali Salad Answer to Our Hamburger

From down Mexico way comes an exciting idea for informal luncheon and supper parties popular with people of all ages. Tacos and Mexicali Salad! It's an idea likely to be sweeping the country, vying with Italy's pizza and challenging America's hamburger. If you like to be first with such things, better read on and serve it soon.

In keeping with its Mexican companion, the salad is a combination of unique flavors; the spiciness of canned Bartlett pears contrasts with the buttery avocado, the tangy orange or grapefruit segments and tantalizing saltiness of olives. All a perfect complement to hot and chewy tacos, the sandwiches of Mexico.

**Tacos Tempters**  
Tacos are tortillas stuffed with various fillings. Today's Mexican cooks, like Americans, usually buy the tortillas ready for frying, grilling or baking. They come frozen and canned; also fresh in some areas. They are filled, then folded like our picture today or rolled; eaten like sandwiches.

1 tablespoon cooking oil  
1 1/2 pounds ground beef  
1 medium onion, finely chopped  
1/4 teaspoon salt  
Few drops Tabasco  
1 1/2 teaspoons Worcestershire sauce  
12 tortillas  
1/4 head lettuce  
2 medium tomatoes  
3/4 cup grated cheddar cheese

Fry meat and onion in oil until browned lightly; add seasonings and set aside to keep hot. Shred lettuce and chop tomatoes. Brown tortillas in moderately hot ungreased skillet until golden brown in spots, turning once and being careful not to break air bubbles. Fold each tortilla through center; fill with layer lettuce, chopped tomato and grated cheese. Some add oil, vinegar and salt to the lettuce and tomatoes; others add dash of hot sauce. Twelve tacos; six average servings.

### Paradise Mexicali

6 canned Bartlett pear halves  
1 avocado  
Orange or grapefruit segments  
Assorted olives  
Salad greens  
Line large salad platter with crisp lettuce leaves or other salad greens. Place canned pear halves in circle on lettuce. Between pears, place slices of avocado with section of orange or grapefruit. Fill center of platter with assorted olives. Some like to sprinkle this will oil and vinegar. Six servings.

### Chile Con Queso

Elena, Queen of Mexican cookery, says of Chile Con Queso, "My friends are mad for it and to tell the truth, so am I. It's delightful for breakfast or lunch with refried beans and tortillas, but it's also wonderful for a cocktail dip with tostaditas." Tostaditas are tortillas cut in wedges and fried crisp.

1 small onion, minced  
2 tablespoons butter  
1 cup solid-pack tomatoes  
1 can peeled green chiles, chopped  
3/4 pound Monterey cream cheese, cubed (Monterey Jack)  
1 cup cream  
Salt and pepper  
Wilt onion in butter; add tomatoes, chiles, salt and pepper; simmer for 15 minutes, then add cubed cheese. When cheese begins to melt, add cream. Four servings.

### Elena Talks Lovingly Of Mexican Foods

Elena says "Mexican dishes may be served harmoniously with American ones. Mexican cuisine isn't always searing hot, exotically and overly spiced and heavy. Tamales and enchiladas, good as they are, are not the only dishes

Mexican cooks know how to prepare."

Elena is Elena Zelayeta, "America's best-selling authority on Mexican food." And I took that straight from the cover of her newest book "Elena's Secrets of Mexican Cooking" recently released by Prentice-Hall, Inc. I hasten to say that I concur heartily.

Yet Elena has been sightless for more than 20 years; has raised a family; dedicates her newest book to Elena, a beloved granddaughter.

Hearing my voice in greeting on Thursday, Elena said, "The last time I saw you, we were on the station platform at Portland, and we talked of so many things."

### Safaracho Is Easy Pork and Rice Dish

This recipe brings back (to her) memories of Elena's childhood days. Of it she says, "whenever we would bring home unexpected company, mother was never upset. She would just say 'Don't worry, just run to the butcher to get me some pork chops and I'll make Safaracho'."

For each four servings:  
1 tablespoon oil  
4 loin pork chops  
1 medium-sized onion, chopped  
1 medium-sized green pepper, coarsely chopped  
1 cup uncooked rice  
1/3 cup catsup  
1 teaspoon Worcestershire sauce

Salt and pepper  
2 1/2 cups boiling water or broth  
Pour oil in skillet and arrange meat on it; add onion and green pepper. Sprinkle on the rice; add catsup, Worcestershire sauce, salt and pepper. Pour boiling water or broth over all, cover and simmer for 45 minutes. Allow to stand 15 minutes before serving.

### Cocada Is Mexican Coconut Pudding

From "Elena's Secret of Mexican Cooking," we also garnered this coconut pudding of which she says, "The Mexicans go for this, and so will you."

1 cup sugar  
1 cup water  
2 large cinnamon sticks  
1 3/4 ounce package shredded coconut  
1 quart milk  
3 egg yolks, well beaten  
1/4 cup cold milk  
Boil sugar, water and stick cinnamon together for 10 minutes. Remove cinnamon, add coconut and cook until coconut absorbs all of the syrup and is dry. Bring the quart of milk to a boil over low heat in deep saucepan; add coconut and cook mixture until of custard consistency, stirring frequently to prevent sticking. Mix eggs with cold milk, add to pudding and continue cooking slowly, stirring constantly until thick. Pour onto a buttered platter and allow to cool before refrigerating. This may be decorated with toasted almonds. Serves six to eight.

### Mexican Chocolate

Season hot chocolate with cinnamon and you have an idea of the deliciousness of real Mexican chocolate, the national drink.

### Tobacco Tax Due GOP House Backing

Salem - (UPI) - House minority Leader Robert E. La Follette, Jr., said today that GOP House members will throw their support behind a tobacco tax in order to provide a means of increasing basic school support \$10 per census child.

Elfstrom said the decision was made at a Republican caucus Wednesday.

House bill 576, which would impose a three cent tax on cigarettes and a 15 per cent tax on tobacco products, is expected to come to the floor of the House at the end of the week.



**SAFEWAY**



### Calling All Cheese Lovers

We think our cheeses are tops . . . you will too. Here are just a couple of Safeway fine cheeses.

#### Mild Cheddar Cheese

Snack Bar. Approx. 12-oz. pkg. **65¢** lb.  
Approx. 20-oz. 20-oz. loaf **63¢** lb.

#### Sharp Cheddar Cheese

Snack Bar. Approx. 12-oz. pkg. **79¢** lb.  
Approx. 20-oz. loaf **75¢** lb.

EXTRA VALUE

### Franco-American SPAGHETTI

**8** **\$1.00**  
15 1/2-oz. cans

SAFEWAY BUY

### Snow's MINCED CLAMS

**4** **\$1.00**  
7 1/2-oz. cans

YOU SAVE 24¢

EXTRA VALUE SAVINGS

### SPAM

A Tasty Meat for Lunches

**39¢**  
12-oz. can

YOU SAVE 10¢

# EXTRA-VALUE

... a golden opportunity to ease

Here's Your Chance to Really Save on

## KLEENEX

America's favorite facial tissue. Your choice of white, pink, or yellow. Stock up now and save at Safeway.

**4** **\$1.00**  
Boxes of 400's

Extra Value Saving

## Dole's PINEAPPLE JUICE

Your Favorite from Hawaii

**3** **89¢**  
46-oz. cans

## Green Beans Chopped Beef Margarine Fresh Eggs

Dole brand, fancy cut or French style. Save at Safeway.

Wilson's "Bif." No fuss, no bother. Just open the tin, heat 'n serve.

Another great money saver - Coldbrook brand. Fine quality for all baking and frying.

AA EXTRA LARGE Cream of Crop

**6** **\$1.00**  
303 tins

**39¢**  
12-oz. tin

**7** **\$1.00**  
1-lb. pkgs.

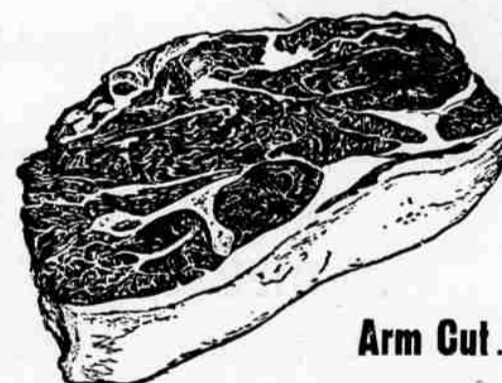
**2** **89¢**  
doz.

Safeway Sells Only the Finest, Tender, Juicy

## POT ROAST



Plus proper "aging" assures you of the finest beef that money can buy.



Every beef pot roast Safeway sells is properly trimmed of all excess bone and waste (before weighing), so you get more good eating meat for your money.

Arm Cut . . lb. 59¢ - No. 7 Bone Cut . . lb. 55¢

Blade cut

**49¢**

### Brighten your Breakfast with Del Monte "Sweetheart" SLICED BACON

Here's fully smoked bacon at its finest. Add appetizing appeal to your breakfast eggs.

**59¢**  
1-lb. package

### Save on the family budget with Tender Plate Cuts BOILING BEEF

Meaty "USDA CHOICE" beef, properly aged for extra flavor and tenderness.

**19¢** LB.

## Rath's Chopettes

Save at Safeway on 5¢ off deal pack Pork or Beef. 8-oz. pkg.

**39¢** ea

## Ground Beef

Fresh ground daily from finest tender-lean beef

**59¢** lb

**\$1.75** 3 lbs. for

## Halibut

Fresh Frozen Here's a real money saver

**39¢** lb

**49¢** lb

### The Most with Pot Roast CRANBERRY SAUCE

OCEAN SPRAY Jelly or Whole

ea. **25¢**



**SAFEWAY**