## New Meat Dish Thrifty, Delicious

Something new and special in the way of a thrifty, flavorful main dish is Rokaburgers, made from lean ground chuck and so good to taste you'll want to serve this often for family luncheons and dinners. With a green salad, rolls and a beverage, Rokaburgers offer a complete, easy-to-prepare menu that's easy on the budget, too.

The magic ingredient given in the recipe below which transforms this simple meat dish into festive fare is called pure monosodium glutamate and may be purchased at any grocery store, packed in red and silver canisters, or in a four-ounce glass shaker with a red plastic top. Pure monosodium glutamate is a vegetable derivative in the form of white crystals and it's been hailed as the newest discovery in the food field. Used in foods the same way seasonings are used, monosodium glutamate does not add any flavor, color or aroma. Instead, this unique cooking aid accentuates and dramatizes all the good, natural flavor of the food itself. It makes chicken taste more like chicken, carrots taste more like carrots and is good on meats, poultry, vegetables and fish. In homemade soups, gravies and sauces, or in casserole dishes and leftovers, monosodium glutamate brings out the flavor and enriches the taste appeal.

ROKABURGERS
(Makes 6 servings)

1¼ lbs. lean ground chuck
½ teaspoon pure monosodium glutamate
1 tablespoon butter or margarine
Salt and pepper
1 cup sliced mushrooms
2 tablespoons chopped onion
2 oz. bleu cheese or
5 tablespoons bleu cheese spread
1 cup light cream or top milk
½ cup milk
¼ teaspoon pure monosodium glutamate
⅛ teaspoon pepper
6 hamburger buns

Sprinkle ½ teaspoon pure monosodium glutamate over the ground meat and mix thoroughly. Shape meat into six patties. Heat butter or margarine in heavy skillet; and saute meat patties, turning once to brown evenly. Remove from skillet, sprinkle with salt and pepper and keep warm. Brown the mushrooms and onion lightly in meat drippings. Add cheese or cheese spread and stir until softened. Stir in the light cream and milk and add ¼ teaspoon pure monosodium glutamate and pepper. Bring to a boil, then reduce heat and simmer 2 to 3 minutes.

Cut hamburger buns in half, spread cut sides with butter (rub with garlic if desired) and toast under broiler. Place toasted bun halves on each serving plate, top with Rokaburgers and sauce. Garnish with piece of sliced mushroom or sprig of parsley. New peas and onions may be served with Rokaburgers if desired.

## Mill City

Alice Rupp, past worthy matron of Marilyn Chapter, O. E. S., and appointed Grand Representative for the State of Louisiana, was honored with a special degree at the regular meeting Monday evening. Fern Shuey, worthy matron, and Wilson Stevens, worthy patron presided.

Other distinguished guests included Rex Hartley, Junior Past Worthy Grand Patron of Oregon; Celeste Dickinson, Grand Representative for Massachusetts; Vernita Cooley, Grand Representative for Wyoming; Phyllis Agnew, worthy matron from Albany; Virginia Plagman, worthy matron from Jefferson; Bess Miller and Rollie Shelton, worthy matron and worthy patron from Scio. A group also attended from St. Mary's chapter of Corvallis. Ruth Drew, a past matron of Roosevelt chapter in Portland, was a special guest of the W. B. Shueys.

During the degree honoring Mrs. Rupp, special music featuring the songs of Carrie Jacobs Bond was furnished by Doris Sheythe, Maxine Hill and Mary Kelly. Mrs. Sheythe later put on a musical skit called, "Christopher Columbus," which she originated. Gifts were presented to Alice Rupp, Ed Rupp, and Eva Beck, who lives in Eugene.

..It was announced that the Novem ber meeting will honor the Master Masons, a practice session to be held the afternoon of November 13. Also at that meeting gifts of canned vegetables and fruits are to be gathered for the Masonic and Eastern Star Home at Forest Grove. Appointed to serve on the refreshment committee were Margaret Liberty, Mary Toman, and Virginia Robison. Mildred Allen was appointed historian for the chapter.

At the close of the evening, a delightful lunch was served in the dining room by a group of members from Idanha, including Zoe Chestnut, LaVelle Haseman, Gladys Alvin, Merle Palmerton, Doris Haseman, and Katherine Slater. About 75 were served at the tables, which were beautifully decorated in the Hallowe'en motif. Fall leaves of brilliant color were effectively used about the rooms.

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Mr. and Mrs. John Plambeck of Mill City recently received a clipping and picture from an Army newspaper in Germany telling of the wedding on September 8 of their younger son, Sgt. Otto Plambeck, and Miss Liesbeth A. Kasper. It was a double ceremony, with another Sergeant and a German girl being married in the Chapel at the same time.

The service, performed at 11:00 a. m., was followed by a reception at the new Mrs. Plambeck's home. The two couples left for 10-day honeymoons shortly after the ceremonies, the Plambecks going to Hamberg, the bride's home-town as well as the place where Sgt. Plambeck was born. They also visited at the homes of relatives whom he had not seen since coming to the United States in about 1923.

Sgt. Plambeck, who attended the Mill City grade and high schools, is an X-ray Technician with the U. S. Army, and was stationed in Texas for quite some time before going over-seas, where he has been for almost four years. He is now connected with a hospital at Garmisch- Partenkirchen, a famous resort. The young couple plan to be in Mill City in time for Christmas.

Mr. and Mrs. Lee Bassett, Earl Bassett, Mr. and Mrs. Webb Johnston, Mr. and Mrs. Ralph Johnston and Earl Glover returned from Ochocho National Forest with three deer for their party.

The Rev. Stanley Knott, former Presbyterian minister in Mill City, has accepted a charge at the Sunnyside Congregational church in Portland. He came to Portland from Newport, Washington after being in Boston for several years.

Mr. and Mrs. Frank Barney's infant child was buried Tuesday, services being held at the Presbyterian church.

Miss Mary K. McClain, daughter of Mr. and Mrs. R. B. McClain is taking post graduate work at Oregon State College. She also plans to get her bachelor of education degree. Miss McClain is graduate counselor at Waldo Hall.

Mr. and Mrs. Bill Pritchard and family of Lyons stopped to see his sister, Miss Zeta Prichard Sunday.

Mrs. Stephen Beck of Eugene, wife of the former Mill City High School football coach, visited in Mill City Tuesday.

Mrs. Edith Brandeberry of Palo Alto, California, cousin of Miss Daisy Hendricson, and Mrs. Brandeberry's daughter and son-in-law, Mr. and Mrs. Bob Spence of Salem visited in Mill City Tuesday.

Mr. and Mrs. George Veteto were guests of Mr. and Mrs. Jim Lundall and family, and John Johanson of Silverton for dinner at Manoulis' Cafe Sunday.

The Three Links Club had a hard times party at the home of Mrs. John Nelson Tuesday evening.

Mr. and Mrs. V. J. Digerness of Salem and Mr. and Mrs. John Muir had dinner Saturday at Manoulis' San tiam Cafe on Saturday.

Mr. and Mrs. Clarence Rosheim and Mr. and Mrs. Dave Epps were in Mill City Tuesday. Both are former residents.

Shirley Veness celebrated her fourth birthday Saturday afternoon with a party in her home. The children played with toys and listened to stories befor refreshments were served and the gifts opened. Attending were Sharyn Cribbs, Ellena Nelson, Rodney Syverson, Stevie McClintock and Carol and Shirley Veness.

The Rev. and Mrs. L. C. Gould of Redmond are now residents of Mill City, living in the apartment at the Free Methodist Church where he is minister. Rev Hinkle has been transferred to a charge at Klamath Falls.