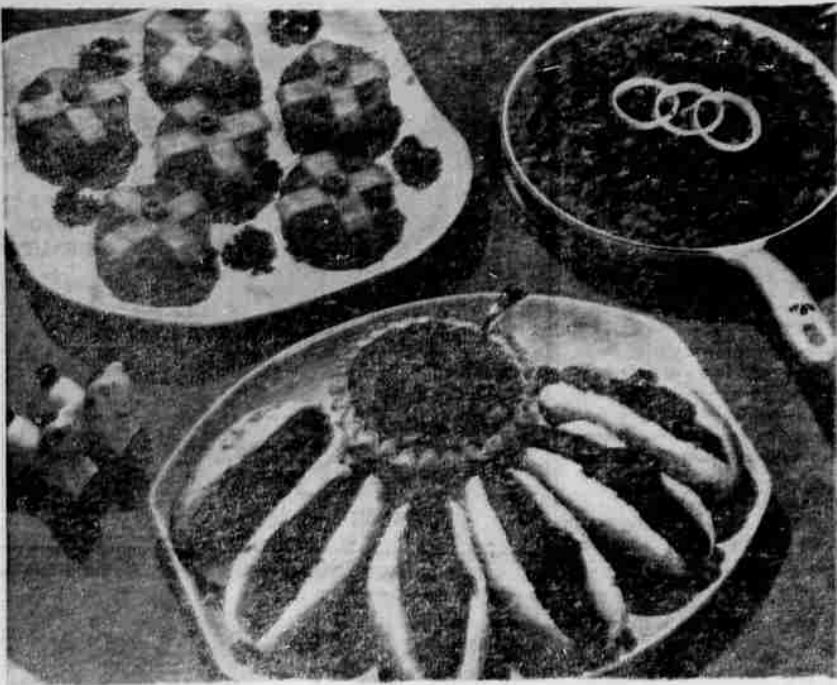




MINIMUM EFFORT and maximum goodness are represented in these three summer main dish quickies. They are, from left: corned beef hash, hamburger skillet dish and Texas hot dogs. Besides being easy to prepare, they're economical.

—Photo Courtesy American Meat Institute

SUMMER QUICKIES

CORNED BEEF HASH

2 (1 pound) cans corned beef hash
Catsup or chili sauce
12 (1/2-inch) strips processed cheese
4 stuffed olive slices
Chili hash then remove both ends from can. Push out hash and cut each piece into 2 slices. Place patties on a shallow pan and broil until lightly browned. Spread each patty with chili sauce or catsup and top with two strips of cheese. Place olive slices. Broil until cheese is slightly melted. Garnish.

EASY-TO-SEW



9135 SIZES 2-10

by Marion Martin

Skirt! Blouse! Waist! They're all SEW-EASY — and so popular with the younger set! For school days and Sundays, she'll mix-match this trio many ways. Make waist and skirt in corduroy, velvet, or wool-blouse in cotton. Pattern 9135. Children's Sizes 2, 4, 6, 8, 10. Skirt 6 blouse 14, yards 35-inch; skirt 1 1/2 yards 35-inch nap, waist, yard. This easy-to-sew pattern gives perfect fit. Complete. Illustrated Sew Chart shows you every step. Send thirty-five cents in coins for this pattern—add 5 cents for each pattern for 3rd-class mailing. Send to Marion Martin, care of Herald and News, Pattern Dept., P.O. Box 6741, Chicago 86, Ill. Print your name, address, size, size, style number.

HAMBURGER SKILLET DISH

1 pound ground beef
1/2 cup uncooked rice
1/2 cup chopped onion
1/2 cup chopped celery
2 cups tomatoes (No. 2 can)
1/2 teaspoon pepper
2 teaspoons salt
1 teaspoon sugar
1 tsp. Worcestershire Sauce
1 cup scalloped or cream stock
Brown rice slowly in 2 tablespoons hot fat in a heavy skillet, stirring frequently. Add onion, celery and ground beef; brown lightly. Add rest of ingredients. Cover and simmer until rice is tender, about 45 minutes. Season to taste. Makes 4 servings.

TEXAS HOT DOGS

Cut slices in long buns and spread bun with butter or margarine. Fry frank in a little hot fat until lightly browned and place in bun. Top with hot chili con carne, either with or without beans.

MELON TREAT

Here's a special summer sherbet from the Amana Freezer home economist. Using a very ripe watermelon, cut meat away from rind, force through a sieve and sweeten to taste. Pour into an ice-cube tray or freezer container and freeze. It makes an unusual accompaniment to the main course or topping for fruit salads or can be used for dessert.

ICE CREAM RIDDLE

Fill an ice cube tray with soft-ened vanilla ice cream. Open a can of concentrated fruit juice, take a knife and streak the juice through the softened ice cream. Stir just enough to get a marbled effect, then freeze. You have your own ice cream riddle made to order.



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BOW BEAUTY

The ribbon bows for your gift packages, even the simplest kind should be fashioned separately from the ribbon used for the package, according to Kaye King, gift wrapping stylist. By attaching the bow separately, says the Hallmark consultant, you can place it in any position desired.

GARNISH PIES WITH CHOCOLATE

Sprinkle grated unsweetened chocolate on bottom of baked pie shell while it is still warm. Turn vanilla or butterscotch cream or custard filling into crust. Sprinkle with grated chocolate. Place under broiler for two minutes or until chocolate is melted.



By BESSY, The Bessy Bessy
Frankly, I couldn't believe it. But it must be true, 'cause those were awful big-sounding people who say so. They say our kids just aren't getting enough of the right foods to eat.
Then they list lots of what the youngsters need.
Take it from me, it was the same things that fresh, pure, Grade A milk is full of — minerals, vitamins, proteins, carbohydrates.
Now a little more milk in each diet, and our youngsters will be getting what they must have to grow normally and healthily to live the lives they were meant to live.

One way to do it... more milk in the meals you prepare.
And here's one that does just that...

Cheese Spoon Bread
You'll need 1 cup of corn meal, 1 teaspoon of salt, 1/2 teaspoon of dry mustard, 1/2 teaspoon of cayenne, 2 cups of scalded fresh milk, 1 cup of grated American cheese, 6 beaten eggs.
Mix corn meal, salt, mustard and pepper together. Add to milk and cook, stirring constantly until mixture thickens. Add cheese, cook and stir until cheese melts, about 2 or 3 minutes. Add to eggs and mix thoroughly. Pour into greased baking dish and bake on moderate oven (350 d. F.) until puffy and browned; about 45 minutes.

This will make a fine bread to serve 12 persons, and will provide added milk for diets to a tasty, different way.
You can take it from me.
—BESSY

Henley Sheep Club Assembles Recipes

The 30 members of the Henley Sheep Club, directed by Dale Fleming, prepared recipe booklets containing recipes for the preparation of lamb and mutton.

More than 500 copies of the booklet were given out at the 19th annual Junior 4-H Fall Fair which ended Tuesday evening.

LAMB STEW

1 clove garlic
2 tablespoons fat
1 1/2 lbs. lamb
Flour
2 tablespoons chopped parsley
2 teaspoons salt
Pepper
1 bay leaf
1 tomato
Meat stock
3 small onions
4 carrots
4 medium potatoes
Cold water
Mince garlic; saute in fat in heavy skillet. Cut lamb in 1/2-inch

cubes and dredge with flour. Brown in fat; add parsley, salt, pepper and bay leaf. Cut tomato in wedges; add. Cover meat with boiling stock, cover tightly and simmer 1 1/2 hours. Add onion. Cut carrots into thirds and add; simmer 15 minutes then add potatoes, quartered; simmer 25 minutes or until potatoes are cooked. Drain, measure liquid, adding 1 tablespoon flour mixed with 1 tablespoon cold water for each cup. Cook slowly, stirring, until thickened. Add to stew. Serves four.

LAMB CURRY WITH RICE

Two-third cup diced onion
Two-third cup diced celery
1/2 cup chopped green pepper
1 clove garlic, minced
2 tablespoons fat
2 cups dried cooked lamb (more if desired)
1 1/2 teaspoons curry powder
1 tablespoon Worcestershire sauce

1 one-third lamb gravy or stock

Cook onions, green pepper, celery and garlic in fat. Add remaining ingredients. Cover and cook about 30 minutes over low heat. If stock is used, thicken with 2 table-



spoons flour blended with 1/4 cup cold water. Serve with a border of hot fluffy rice, with chutney. Serves six.



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Paper Towels Zee Brand 2 rolls **29c**

Peanut Butter Swift's 12-oz. Glass **25c**

Tomato Sauce Hunt's can 5c

Corn Royal Club - Cream Style or Whole Kernel No. 303 tins 2 for **35c**

Margarine Del Rich, Colored Cubes lb. **25c**

Catsup Hunt's - Chili Pepper 14-oz. bottles 2 for **35c**

Pyrex Bowl Set of 4—3.98 Value **\$1.89**

Corned Beef Fry Bents 12-oz. tin **39c**

CRACKERS 1-lb. pkg. **35c**

SUGAR WAFERS 7 1/4-oz. pkg. **29c**

AERO-WAX Double Rich in wax Quart **59c**

CORN STARCH 1-lb. pkg. **15c**

LAUNDRY STARCH pkg. **19c**

FACIAL TISSUE 2 pkg. **45c**

TOPPING 2 8-oz. cans **29c**

BEEF STEW 22-oz. tin **39c**

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