

With summer and vacation time here, the family routine changes, meals are sometimes everyone-for-himself affairs, the family is scattered and coming in at different times. Or it is too hot and appetites are off. You, as custodian of the family's nutritional needs, may wonder if they are getting proper foods. One way to be sure of one body-building meal is to include beef in the breakfast menu. Among the ways this can be done are chipped beef on toast, cube steaks, or the ground beef patties found in frozen form in all the markets. Some markets feature small steaks they call "breakfast steaks." There is also beef bacon and beef sausage, much like their pork counterparts.

- 4 or 5 minute or cube steaks
(about 1½ lbs.)
- ½ cup salt butter or margarine
- 1 tablespoon finely chopped onion
- 1 teaspoon chili powder or dried chili
- 4 or 5 slices French or other bread
- Hickory smoke salt
- Pepper
- Sliced tomatoes

Blend butter, onion and chili powder (or dill) together. Grill steaks until desired degree of doneness. Be careful not to overcook them; two or three minutes on each side is sufficient. Toast bread to golden brown under broiler; spread one side with seasoned butter (using about two-thirds the amount) and place on hot platter. As steaks come from broiler, season lightly with smoke salt and pepper and roll loosely. Place on buttered toast; spread remaining butter over top of each steak. Garnish platter with sliced tomatoes. Serve with eggs, the way you like them best.

- 1 lb. ground beef
- 1 small chopped onion
- 1 package frozen spinach
- 1 small can mushroom slices
or ¼ lb. sliced fresh
mushrooms
- 6 well-beaten eggs
- 3 tablespoons olive oil
- Salt and pepper to taste

While the spinach is cooking, saute ground beef, onion and fresh mushrooms in olive oil. If canned mushrooms are used, add to skillet mixture with spinach when onions become transparent and beef has browned. Pour in beaten eggs, stirring until eggs become firm. Serves six.

(4 servings)
2 tablespoons butter or margarine
1 package dried beef
6 eggs
6 tablespoons milk
Melt butter in heavy skillet. Cut dried beef into small pieces; fry for a few minutes in butter. Beat eggs slightly; stir in milk. Pour over beef. Stir gently while cooking.

Give fresh snap beans the parmesan cheese treatment. Wash 1 pound of beans, cut off tips and cut into 1-inch pieces. Place in a saucepan with 1 inch of boiling water, $\frac{1}{4}$ teaspoon of salt and $\frac{1}{2}$ teaspoon of sugar. Bring to boil, uncovered, and boil 5 minutes.

Cover and cook 10 to 16 minutes more, or until crisp-tender. Drain if necessary. Add 1-1 $\frac{1}{2}$ teaspoon of ground black pepper and 2 tablespoons of butter or margarine. Sprinkle with parmesan cheese. Serves 6.



Next in the
JUNE 23RD
Weekend Issue

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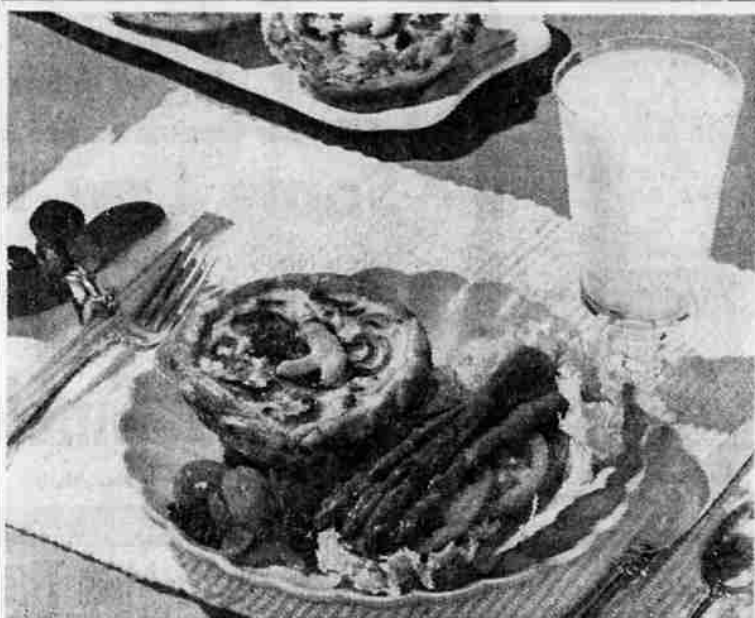
SUNDAY

Herald and News

HERALD AND NEWS, Klamath Falls, Ore.

Thursday, June 20, 1963

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TASTY TARTS FOR LUNCHEON — These may be prepared ahead of time, ready to be popped into the oven to leave you free to greet your luncheon guests. For those who do not like curry, nutmeg flavor may be substituted.

June is dairy month, but how many housewives or boys or girls or metfolk in the family, think about where milk and milk products come from, when they open the door early in the morning to bring in a carton of milk or a pound of butter - and probably few who drink a glass of creamy milk (unless they live on a farm) could name half a dozen breeds of dairy cattle. It goes back to the beginnings of civilization itself. Prehistoric drawings of cattle date back 9,000 years or more and an ancient mosaic frieze found in a temple near Babylon depicts a dairy scene showing milk containers and strainers. The Bible contains many references to the land of "milk and honey." Even the word "milk" is derived from the Sanskrit word "mṛjati" used to

The cow has an interesting history. From an oral exercise in reading aloud, to an ice cream float, to an expelctive of astonishment, a cow has become an integral part of Americana.

"How now, brown cow" is a vocal exercise at any speech school. Purple cow has moved from poetic imagery to a happy marriage of ice cream and grape soda pop and "Holy cow" is an age-old expression of wonder.

And, even in this jet propelled age, when orbital flights around the earth arouse the excitement of a rousing ping pong game, the cow is still news. In fact, a cow is said to be the first astronaut with its historic "over the moon" jump.

The story of cows and milk

For a summery salad, serve cucumber in sour cream. Peel and slice 3 large cucumbers paper thin. Soak 2 hours in 2 tablespoons of salt and ice water to cover. Drain and press dry. Blend into a combination of 1 tablespoon of sugar, 1/2 teaspoon each of salt and powdered mustard, 1 teaspoon of finely chopped onion, 3 tablespoons of cider vinegar and 1 cup of sour cream. Garnish with paprika. Serves 8.

1998

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tomers at Rickys.
Street, downtown

Here's an all-in-one meal that's perfect for your next bridge luncheon, or a light summer supper. Crisp little pastry tarts filled with a luscious mushroom-and-custard mixture are served with a tangy salad and tall glasses of milk.

These Mushroom Tartlets are simple to make. For the crust, use your own pastry recipe or a time-saving packaged pie crust mix. Trim and slice a pound of fresh mushrooms to be sautéed in butter and lemon juice, with minced shallots. To spice the custard, add ¼ teaspoon of curry powder, just enough to give it zest. For people who are less fond of curry, or for a pleasing variation, you can use nutmeg instead of curry, and add ¼ teaspoon white pepper.

To save time when you have guests, prepare your Mushroom Tartlets in advance. Line the individual pans with pastry, sprinkle in the sautéed mushrooms and refrigerate, along with the milk-egg mixture in a separate pan. When ready to bake, pour about ½ cup of the milk-egg mixture into each prepared pan and place pans on a baking sheet. If you have extra dough left over, you might cut out six individual mushroom shapes to garnish the top of the little pies. Allow about 25-30 minutes for baking if the Tartlets have been refrigerated; otherwise they bake in 20-25 minutes. Serve them piping hot, with icy cold milk and a salad of chilled marinated asparagus over juicy tomato slices or crisp lettuce. It's a luncheon that's colorful and satisfying, too!

- 1/4 cup butter
- 1/4 cup finely minced onion
- 1/4 cup flour
- 3 cups milk
- 1 cup shredded American cheese (3 1/2 lb.)
- 1 2-ounce can mushroom bits and pieces, undrained
- 8 ounces spaghetti or fine noodles
- 2 6 1/2-ounce cans chunk style tuna
- 1/4 cup finely chopped parsley
- 2 tablespoons melted butter
- 1/2 cup fine, dry bread crumbs or shredded cheese

Melt butter in saucepan, add onion and cook 5 min. until transparent, but not brown, stirring constantly. Add flour and blend. Add milk and cook until smooth and thickened. Add cheese and mushrooms and liquid; stir over low heat until cheese is melted. Meantime, cook spaghetti only until barely tender in boiling, salted water; drain and rinse with cold water. Combine with sauce, tuna, and parsley. Transfer to a buttered 2-quart baking dish. Combine butter and crumbs; spread over top of casserole or sprinkle with cheese. Bake in 350° oven for 20 to 30 degrees, for 25 to 30 minutes. until thoroughly heated. Makes 4 servings.

Arthur (Ricky) Rickbeil has disposed of all other interests and is now available full time to friends and customers at Rickys Jewelers, 700 Main Street, downtown Klamath Falls.

ARMOUR STAR FRANKS—This is the mighty meat—one pound is as nourishing as one pound of the finest sirloin steak.

Prepare pastry for a double crust pie, or follow package directions for a pie crust mix, using milk instead of water. Roll out dough very thin, cut into circles $\frac{1}{2}$ inch larger than pans; press firmly onto bottom and sides of pans. Fold under dough and flute edges, or with leftover pieces of dough roll into thin strips, braid and attach to edges firmly. Leftover dough may also be used to cut out 6 individual mushroom shapes to garnish tops of Turtlets.	with lemon juice; stir in shallots and mushrooms; sauté 4-5 minutes. Separate 3 eggs, reserving yolk to brush edge of pastry; combine egg white with remaining 3 eggs and beat slightly. Gradually stir milk into eggs; add salt and curry powder. Spoon about 1-3 cup mushrooms into each Tartlet. Brush edges of pastry with reserved egg yolk, then add any remaining to the milk-egg mixture; pour about $\frac{1}{2}$ cup into each Tartlet. Place pans on a baking sheet and bake 20-25 minutes. Custard mixture is done if melted; when knife comes out clean when placed near center. Remove from	oven and let stand in pans 5-10 minutes. Meanwhile, bake pastry mushrooms 3-5 minutes. Tartlets may be removed from pans to serve, or left as is. Garnish tops with parsley and pastry mushrooms, if desired. Flavor variation: Substitute $\frac{1}{4}$ teaspoon nutmeg for curry powder and add $\frac{1}{4}$ teaspoon white pepper.
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Note: Mushroom Turtlets may be prepared in advance. Line pans with dough; sprinkle in mushrooms and refrigerate along with the milk-egg mixture separately. Allow about 3 extra minutes for baking.

fresh fruit
jam

WITHOUT COOKING



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ARMOUR STAR FRANKS—This is the mighty meat—one pound is as nourishing as one pound of the finest sirloin steak.

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