

Hints for Homemakers

by SONDRA REID

BUT STUFFINGS VARY

Stuffed Peppers

Meal in One Dish

Stuffed peppers are a meal in one dish.

Different sized peppers can be picked for different appetites, and other vegetables can be included in the stuffing or as a side dish.

Stuffings vary from cook to cook, too, and one can be found to suit almost

- 1 cup finely chopped celery
- 2 tbsp. oil
- 1 1/2 cups cooked rice
- 1 1/2 cups grated Cheddar cheese
- 2 tsp. celery seed
- Salt and pepper
- 10 1/2-oz. can tomato soup
- 1/4 cup water
- 1/2 cup Burgundy

Cut tops off peppers, remove seeds, parboil 5 min. Turn peppers upside down to drain. Saute beef, onion and celery in oil until meat is no longer red, stirring with a fork so that meat is separated into small bits. Add rice, 1 cup cheese, celery seed, salt and pepper. Stuff peppers. Arrange upright in a greased baking dish. Mix soup, water, wine and remaining 1/2 cup cheese. Pour over peppers. Bake at 350 deg. 45 min., basting peppers several times with sauce. Makes 6 to 8 servings.

TUNA PEPPERS

- 4 large green peppers
- 2 7-oz. cans tuna
- 1/2 cup sauterne
- 8-oz. can tomato sauce
- 3/4 cup uncooked rice
- 1/4 cup chopped onion
- 1/2 cup minced celery
- 1 tsp. salt
- 1/4 tsp. oregano
- 1/8 tsp. pepper

Cut tops off peppers.

French Toast Variation Is Eye Opener

Eating a satisfying breakfast can make the whole day seem brighter. This variation of French toast, sweet and spicy, is a perfect eye opener.

HAWAIIAN TOAST

- 4 eggs
- 1 tsp salt
- 3/4 tsp. cinnamon
- 3 tbsp. brown sugar
- 1 cup pineapple juice
- 8 slices slightly stale bread

Beat eggs until light and fluffy. Add salt, cinnamon, brown sugar and pineapple juice and beat thoroughly. Dip bread in egg mixture until just soaked through. Fry in lightly greased skillet over low heat until golden brown on both sides. Makes 4 servings.

Versatile Spread

Equal parts butter or margarine and blue cheese make a versatile, easy spread for quick snacks, party tray spread or topping for burgers and baked potatoes.

remove seeds. Parboil 5 min. Drain and arrange in baking dish. Flake tuna. Combine with wine, tomato sauce, rice, onion, celery, salt, oregano and pepper. Stuff peppers. Cover and bake at 350 deg. 40 to 45 min. or until rice is just tender. Makes 4 servings.

FIESTA PEPPERS

- 6 medium green peppers
- 1/2 cup chopped onion
- 1/2 cup minced celery
- 2 tbsp. butter or margarine
- 1-lb. 3-oz. can tomatoes
- 8-oz. can tomato sauce
- 1 clove garlic, crushed
- 1 tsp. basil
- 1 tsp. oregano
- 2 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 egg
- 1 tsp. Worcestershire
- 1 1/2 lb. ground beef
- 1 1/2 cups riced potatoes
- 1/2 cup cooked corn

Cut tops off peppers, remove seeds. Parboil 5 min. Drain. Saute onion and celery in butter until tender. Add tomatoes, tomato sauce, garlic, basil, oregano, salt and pepper. Simmer for 10 min. Beat egg with Worcestershire sauce. Add meat, potatoes, corn and 1 cup of tomato mixture. Stuff peppers. Pour remaining tomato mixture over peppers and bake at 350 deg. for 1 hr. Makes 6 servings.



SHRIMP PIZZA—Garnished with lemon and mushrooms, this pizza is a special treat for guests, particularly teens. It is as quick and easy to make as it is appetizing.

SHRIMP PIZZA

- 14 1/2-oz. can refrigerated pizza dough with sauce or package pizza mix with sauce
- 1/4 cup chopped celery
- 1 tsp. grated lemon peel
- 2 tbsp. lemon juice
- 1/2 tsp. onion powder
- 4 1/2-oz. can shrimp
- 4-oz. can mushrooms

1/4 lb. Mozzarella cheese which has been chopped. Spread sauce evenly over pizza dough and top with chopped mushrooms, thinly sliced Mozzarella cheese and remaining whole shrimp. Sprinkle with grated Parmesan cheese. Bake at 425 deg. 20 to 25 min. Makes 4 to 6 servings.

Prepare and roll pizza dough according to package directions. Shape into pizza pie pan. Combine sauce in package with celery, lemon peel and juice, onion and half the shrimp,



Sondra Reid

every appetite. Old favorites can be changed according to the cook's whim without hurting the essential quality of the peppers.

Two of these recipes use ground beef as a stuffing base and the third tuna. Other popular stuffings are cheese and noodles.

CHILEAN

STUFFED PEPPERS

- 6 large or 8 medium green peppers
- 1 lb. ground beef
- 1 medium onion, chopped

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