

# Hints for Homemakers

by SONDRA REID

## Fast Bread Mixes Are Boon to Busy Cooks

Home-made quick bread mixes are a boon to busy cooks with an eye for thrift.

Corn bread and oatmeal mixes combine the basic dry ingredients and shortening for corn bread, corn bread meat balls, banana bread, biscuits and muffins. Stored in a cool place, mixes keep for a month.

Each mix recipe makes several batches of bread at about half the cost of commercial mixes. Preparation for both mixes and breads takes only minutes, saving up to half the preparation time.

Since mixes are basic, use them for other favorite corn bread and oatmeal recipes.

### CORN MEAL MIX

- 4 cups yellow corn meal
- 4 cups sifted flour
- 1 1/2 cups dry milk
- 1/4 cup baking powder
- 1 tsp. salt
- 1 1/2 cups shortening

Sift corn meal, flour, dry milk, making powder and salt together three times. Cut in shortening until well blended. Place in a glass jar, tin can or plastic container and store tightly closed in a cool place. Use mix within a month. Makes 3 qt. mix.

### QUICK CORN BREAD

- 4 1/2 cups corn meal mix
- 1 1/3 cups water
- 2 eggs, beaten

Combine mix, water and eggs, stirring just enough to moisten. Pour into a greased 8-in. sq. pan. Bake at 425 deg., 25 min. Makes 12 servings.

### CORN MEAL MEAT BALLS

- 2 1/2 cups corn meal mix
- 2 tsp. finely chopped onion
- 1 egg, beaten
- 1/2 cup water
- 1/2 cup chopped canned meat or ground beef

Combine mix, onion, egg and water, stirring just enough to moisten. Add meat. Drop by teaspoonfuls into deep fat heated to 360 deg. and cook 5 min., or until golden brown. Makes 24 small meat balls.

### OATMEAL MIX

- 4 cups sifted flour
- 1 1/2 cups nonfat dry milk
- 1/4 cup baking powder

- 1 tbsp. salt
- 1 1/2 cups shortening
- 4 cups oatmeal

Sift together flour, dry milk, baking powder and salt. Cut in shortening until well blended. Add oatmeal and mix well. Place in a glass jar, tin can or plastic container and store tightly closed in a cool place. Use mix within a month. Makes 2 1/2 qt. mix.

### BANANA OAT BREAD

- 3 cups oatmeal mix
- 2/3 cup sugar
- 1 cup mashed bananas
- 1 egg, beaten

Combine mix, sugar, bananas and egg until well moistened. Pour into greased 9 x 5-in. loaf pan and bake at 350 deg. 50 to 60 min. Makes 1 loaf.

### QUICK OATMEAL BISCUITS

- 2 cups oatmeal mix
- 1/2 cup water

Combine mix and water to make a soft dough. Turn out on lightly floured board and knead a few times. Roll out to 1/2-in. thickness. Cut with floured cutter. Place on greased baking sheet and bake at 425 deg. 12 min. Makes 12 biscuits.

## A Side Dish for Saturday

Prepare this macaroni salad ahead to serve as a side dish for Saturday sandwiches or a Sunday cold-cut supper.

### MACARONI SALAD

- 8-oz. pkg. macaroni shells
- 2/3 cup diced celery
- 2/3 cup diced green pepper
- 1 cup mayonnaise or salad dressing
- 1 tbsp. lemon juice
- 1/4 tsp. hot pepper sauce
- 1 tsp. instant minced onion
- 1 tsp. salt.

Cook macaroni, drain and cool. Combine macaroni, celery and green pepper. Toss lightly. Blend mayonnaise, lemon juice, hot pepper sauce, onion and salt. Add to macaroni mixture and toss lightly until well mixed. Chill until ready to serve. Make 6 servings.



Sondra Reid

## Steak With Vegetable Stuffing

Flank steak stuffed with vegetables makes a meal in a dish. Parmesan cheese adds flavor to the stuffing.

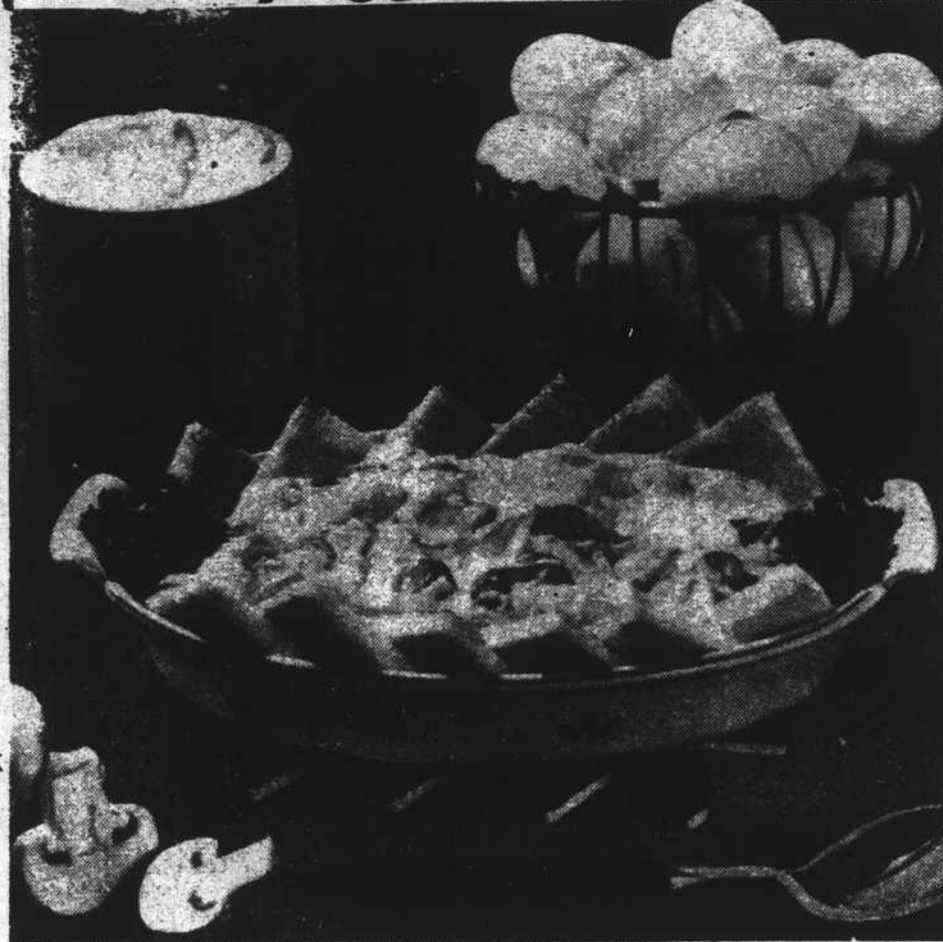
### STUFFED FLANK STEAK

- 1 cup finely chopped celery
- 1 large onion, chopped
- 1 clove garlic, mashed
- 1/2 cup chopped green pepper
- 1 cup grated carrot
- 1/2 tsp. thyme
- 1/2 tsp. rosemary
- 1/2 cup corn flake crumbs
- 1/2 cup grated Parmesan

- Salt, pepper
- 2 eggs, slightly beaten
- 2 tbsp. water
- 1 1/2 lb. flank steak
- 1/4 cup oil

Combine celery, onion, garlic, green pepper, carrot, thyme, rosemary, corn flake crumbs, grated Parmesan cheese, salt and pepper to taste. Mix thoroughly with eggs and water. Spread meat out flat, cover with vegetable mixture and roll. Tie with string. Heat oil in roasting pan and roll meat in oil. Add leftover stuffing to pan. Cover and roast at 350 deg., 2 hr., or until tender. Uncover during last 15 min. of roasting to brown meat. Makes 6 servings.

## Lowly Egg Glamourized



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