

Hints for Homemakers

by **SONDRA REID**

HOW TO STRETCH THAT FAMILY STEAK BUDGET

Stuffing round steak with bread crumbs and mushrooms is one way to

stems and pieces, drained
1/4 cup chopped onion
Shortening or drippings
2 cups soft bread crumbs
1 tbsp. chopped parsley
1 tsp. poultry seasoning
1/4 cup water



Sondra Reid

satisfy steak-hungry families without breaking the budget.

BEEF-MUSHROOM LOGS

2 lb. round steak, 1/2 in. thick
1/4 cup flour
Salt
Pepper
4-oz. can mushroom

Cut steak into six portions. Combine flour, 1 tsp. salt, and 1/8 tsp. pepper. Pound seasoned flour into steak. Cook mushrooms and onion in 2 tbsp. shortening until onion is transparent. Add bread crumbs, parsley, poultry seasoning and salt and pepper to taste. Mix lightly. Spoon onto steak and roll, fastening each roll with wooden pick or skewer.

Brown rolls in 3 tbsp. shortening. Add water, cover tightly and simmer 1 to 1 1/2 hr., or until tender. Or cook in oven heated to 325 deg. Makes 6 servings.

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ANDERSON JOINS UNITY

FRANK ANDERSON, former housing chairman for the Las Vegas NAACP, is now associated with the Unity Capital Corporation of America as a full-time registered account advisor. Anderson, who described Unity Capital as "one of the nation's leading firms devoted to financial planning and retirement counseling," said he is available to those wishing to build and preserve profitable estates at his new office in the Las Vegas Commercial Center,

(WILKINS, from page 2)

Standing there today with his 500 home runs, hit against the best pitchers and the best teams in baseball, in all kinds of competitive situations, Willie Mays is a target for the new Birmingham to shoot for, rather than one to be shot at.

Positive Deserves Expression

He is the kind of American that the emerging Birmingham all over the South (and North) should be beckoning to achievement. Instead of telling him what is forbidden, they should welcome the raw talent and give it free access to all the training and growth and reward it can win.

The pitches come up to the home plate of life hard and letter high, soft and jumpy, fast and on the inside—outside, sliding across the corners and dropping away over the middle. If you want to bet, you have to know, as Willie knew, that the "old" Birmingham was in error, even if it did put its wrong into a law. He had to make himself believe in himself. He had to prove (after he was a grown man) that he could hit them no matter who threw them.

How infinitely better it would be for the Birmingham, for the potential Willies and for our country if the color curtain came down and a lad did not have to journey away from home to nurture and vindicate his spirit and to reap his reward!

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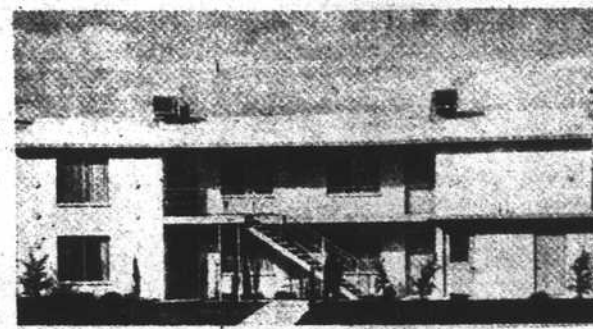
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