

Food Forum

Dorothy Johnson

A taste of spring

MEAT LOAVES

Good cooks count on meat loaves; and with good reason! They please beef-eating families; are quick to put together; take easily to all sorts of platter dress-ups; hold well if dinner is delayed; slice neatly for serving hot, or turning into cold sandwiches; and--a big, big plus--are good to your food budget.

Some are quickies for days when mealtime comes fast; others are stuffed and rolled, baked in layers; sauced simply, or served with perky toppers. Whatever your choices may be, all of them make wonderful eating.

FAMILY-BEST BEEF LOAF

2 lbs. ground beef, 1 cup soft bread crumbs, 1 med. size onion chopped, 1 egg, 1/4 cup chili sauce, 1 teaspoon salt, 1/8 teaspoon pepper, 2 small bay leaves.

1. Mix ground beef lightly with bread crumbs, onions, egg, chili sauce, salt, and pepper until well blended.
2. Shape into a loaf in a shallow baking pan; tuck bay leaf under each end of loaf; bake in moderate oven (350 degrees) 1 hour or until brown. Discard bay leaves before serving.

MOCK POT ROAST WITH VEGETABLES

2 lbs. meat-loaf mixture (ground beef, pork and veal). 1/2 cup quick cooking rolled oats, 2 eggs, 1/2 cup catsup, 1 tablespoon prepared horseradish, 1 teaspoon dry mustard, 3 teaspoons salt, 1/4 teaspoon pepper, 1 teaspoon bottled gravy coloring, 8 small carrots pared, 8 small potatoes pared, 8 small white onions peeled, 1 pkg. 10 oz. frozen peas.

1. Mix meat loaf mixture lightly with rolled oats, eggs, catsup, horseradish, mustard, 2 teaspoons of the salt, and pepper until well blended. Shape into a loaf in a shallow baking pan; brush with gravy coloring.
2. Halve carrots lengthwise; arrange with potatoes and onions around meat. Sprinkle with the remaining 1 teaspoon salt. Cover pan with foil. Bake in moderate oven (375 degrees) 40 minutes, uncover, add peas and cover again. Bake 30 minutes, uncover, baste meat and vegetables with pan juices. Bake 5 minutes longer or until vegetables are tender.

BEEF IN A BLANKET

2 lbs. meat loaf mixture (ground beef and pork, 1 cup ready mix bread stuffing, 1 small grated onion, 1 teaspoon salt, 1/8 teaspoon pepper, 1 egg, 2 cans (about 11 oz. each) mushroom gravy, 1/2 pkg. pie crust mix.

1. Mix meat loaf mixture lightly with bread stuffing, onion, salt, pepper, egg and 3/4 cups of the mushroom gravy until well blended. Shape into a roll about 9 inches long.
2. Prepare pie crust mix, following label directions. Roll out on lightly floured pastry cloth or board into a rectangle. Place meat loaf in center, fold pastry up over loaf; seal edges, but leave ends open. Bake in moderate oven (350 degrees) until meat is done and pastry is brown and crusty.

... DOT'S TIPS ...

Cooksaver Tips

Lots of recipes call for soft bread crumbs, and here's the easy way to fix them: Lay bread slice on a board and cut it in match-like strips lengthwise, then crosswise. One regular slice of bread will give 1/2 cup of crumbs.

A pastry brush is a good investment to short-cut many kitchen jobs. Use it to spread a buttery topper or beaten egg over a pastry crust. It's handy, too, for barbecue cooking.

Best baking potatoes are the big chubby round ones, or thin-skin long or boat-shape varieties. Scrub them, then dry well before baking.

-SOME THOUGHTS FROM-

Dorothy Johnson

A SPRING HOUSECLEANER

DO YOU REMEMBER when all good housekeepers faithfully tore up the house, scrubbing it from top to bottom in a feverish outbreak of spring-cleaningitis? This happened every year at the advent of the first robin, or any of the reliable harbingers of Spring.

Is the event known as spring cleaning a thing of the past? According to statistics, cleaning is no longer done in one all enveloping sweep. Instead, cleaning is a year-round process in most homes and, today, there is more cleaning done in the Fall than in the Spring.

The woman of the house no longer hangs a carpet across a clothesline for the children, or any member of the family who happens to go out of doors, to beat out a year's accumulated dust with a broom. With vacuum sweepers, is there still a broom? Of course, there is a certain amount of refurbishing that has to be done with the change of seasons such as cleaning and re-lining drawers and closets as winter clothes go in storage and spring ones come out.

NOT ONLY HAS THE TIMING of cleaning changed, but so has the approach. Air-conditioning, new (and cleaner) heating systems, self-cleaning appliances, and easy-care fabrics for curtains, draperies and bedding all minimize the need for an annual scrub-down.

I am sure there are many of us who remember the lace curtains, and the curtain stretchers, AND the pins we stuck in our hands. Remember

when Venetian Blinds zoomed into popularity, and the hours spent scrubbing the paint off them when the dreaded day came that cleaning the monsters couldn't be put off a moment longer? Now you have easy-care curtains or drapes that only need to be dipped in suds and hung while wet, or sent off to the cleaners; and there are all those miracle cleaners for the plastic blinds.

HOW ABOUT those slip covers that were supposed to make the house look cooler and protect the furniture from dust?--Mostly, if slip covers are used now, it is because the furniture is worn.

You used to spend an entire day in hated drudgery trying to clean the kitchen range. Now there are all sorts of easy cleaners that unpeel the crustiest of stoves rapidly and thoroughly; or perhaps you are among the fortunate ones who own the new self-cleaning oven.

None of us, who can go back that far, will ever forget the old attic where we saved and stored precious things that went out of style, but a few years later returned to fashion and could be used again.

Mother usually was content to decorate the house once--period. The modern woman expresses her moods with constant changes, and is more likely to spend her springtime hours thinking about new color schemes than about what needs to be polished.

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