

MARY WISE

Wheat Nuts Goes In, Goes With!

Wheat Nuts, the starch-reduced cereal which is stone ground for goodness is a versatile food.

Served for a breakfast eye opener, it offers good nutrition for this important meal of the day.

As an ingredient, it adds goodness and additional nutrients for entrees.



What do you serve for hospitality at the get-togethers which replace the "bee"? Cookies, ices and coffee loom up as favorites now as then. Honey Old Timers are fitting in both name and substance for those who bridge the years from "bees" to clubs.

WHEAT NUTS MEAT LOAF

1 lb. ground beef
3/4 cup diced onions
3/4 cup diced celery
1 egg, slightly beaten
1 cup evaporated milk
1 tbs. oil
1/2 cup Wheat Nuts
1 cup water
2 tsp. salt
1 tsp. poultry seasoning or sage (optional)

Cook Wheat Nuts in water with salt until thickened. Brown onions and celery lightly in oil and mix all ingredients thoroughly.

Bake in loaf pan at 350 degrees for about 40 minutes. This meat loaf may be served cold or reheated by browning slices in butter, if there are leftovers.

HONEY OLD TIMERS

1 1/2 cups sifted flour
1 1/2 tsp. baking powder
1/4 tsp. salt
1/4 tsp. cinnamon
2 tbs. chopped nuts
1/4 cup chopped dried fruit
1/4 cup butter
1/4 cup sugar
1/2 cup honey
1 egg yolk, beaten
1 tsp. vanilla

Sift together flour, baking powder, salt and cinnamon; stir in nuts and dried fruit. Cream butter well, beat in sugar and honey; then egg yolk and vanilla. Gradually stir in flour-nut-fruit mixture. Some honey causes more spreading than others; add more flour if necessary.

Drop batter from teaspoon onto greased baking sheet. Bake at 350 degrees for 10 to 12 minutes.

If desired, mix 1/4 tsp. orange rind with a little sugar and spread on cookies while still hot. Place 3 raisins on each cookie. (2 1/2-dozen cookies).

WHEAT NUTS CREOLE

Brown together 1 lb. ground beef, 1 minced onion, 1 diced green pepper in 3 tbs. shortening.

Mix well with 2 beaten eggs, 1 can corn, 1 can tomato sauce, 1 cup UNCOOKED Wheat Nuts, 2 cups milk, 2 tsp. salt.

Pour into greased casserole and bake at 350 degrees for 1 1/2 hours. Makes 6 servings.

Bride's Guide

For an easy-to-prepare, the working bride might serve Salmon Patties with creamed peas. Remove skin and bones from one 7 1/2-oz. can salmon. Flake salmon in liquid.

Add 12 soda crackers crushed fine, 2 tsp. instant minced onion, 1 egg and 1/2 cup evaporated milk. Mix well and let stand 4 minutes. Shape into four balls.

Melt 1 1/2 tbs. butter over low heat in skillet. Add salmon balls, leaving space between as balls flatten into patties on cooking. Cook about 5 minutes on each side.



TIPS FOR PIE-MAKERS

TEMPERING "TINY'S"
Tarts, patties, shells for easy filling, and cups for flavored ice creams... pie crust baked in muffin tins makes them all... easily.

MEAT "TREATS"
Use pie crust to wrap wieners or sausages for "pigs in a blanket"... or twist bits of spicy meats inside and bake for festive "finger food."

AND PERFECT PIES
With Mrs. Singer's Prepared Pie Crust Mix and a quality filling, you can be sure of a "winner" every time. It's guaranteed on the bag!

Sauced Beets

Hot cooked beets take on excitement when sauced in a combination of 1/2 cup dairy sour cream, 1/4 cup mayonnaise, 1/4 teaspoon dry mustard, juice of 1/2 lemon, 1/2 teaspoon sugar, 1 green onion, chopped.

Simply combine and serve over six or more servings of hot cooked beets.

ZUD

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Students Plan Program On 'American Heritage'

An "American Heritage" program featuring students at Walteria School is planned when the school's Parent-Teacher Assn. conducts its monthly meeting at 7:30 p.m. today.

Mrs. Robert Schrauben, president, said students will give presentations highlighting our nation's history and culture.

Plans for the group's May 1 paper drive will be discussed. Newly elected officers slated to take office next month are Mrs. Claude Creasey, president; Mrs. Schrauben, first vice president; Victor U. Kilburn, second vice president; Mrs. E. W. Lawrence, third vice president; Mrs. Carl Vedborg, secretary; Mrs. Glenn Karhu, corresponding and financial secretary; Mrs. E. B. Pfau, treasurer; Mrs. Herbert Johnson, historian; Mrs. Donald Moore, auditor; and Mrs. William Allen, parliamentarian.

Security First National Earnings in Sharp Drop

Security First National Bank's earnings for the first three months of 1962 were 12 per cent below those of the same period a year ago, Lloyd L. Austin, chairman of the board, reported recently.

"This decline in earnings was expected due to the increased expense of higher savings interest rates which became effective Jan. 1. The bank's earnings were 84 cents a share for the first quarter of 1962, compared with 96 cents a share for the first three months of 1961," Austin said.

THE BANK is paying 3 1/2 per cent daily interest on regular savings accounts and 4 per cent on new 12-month savings accounts. During the same period in 1961, the rate on all savings accounts was 3 per cent.

"Although loan demand has not been sufficiently strong to cause loan rates to rise, Security Bank is making good progress in augmenting income in all phases of its operations," Austin declared.

Resources, deposits and capital funds for the first quarter of 1962 were all well above the same period a year ago, Austin pointed out.

TOTAL resources for the period ended March 31, 1962 were \$3,939,998,747, up to 10 per cent over the 1961 figure of \$3,578,755,417. Total deposits as of March 31 were \$3,606,840,544, 10 per cent higher than the 1961 figure of \$3,264,349,092. Time deposits were \$1,657,888,666, against \$1,417,198,585; demand deposits were \$1,948,951,878, compared with \$1,847,150,507 a year ago. Total capital funds were \$274,508,543, against \$260,074,350 a year ago.

"Natives who beat drums to beat off evil spirits are objects of scorn to smart American motorists who blow horns to break up traffic jams." — Dick Hurley, Buena Park (Calif.) News.

THE TORRANCE HERALD
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CATSUP 2 12-OZ. BOTS. 25¢

CAKE MIXES 29¢ 18-OZ. PKG.

Crackers 23¢ 1-LB. BOX

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LIPTON TEA 23¢ PKG. OF 16 BAGS

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WHITE KING D 49¢ 4-OZ. PKG.

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Woolite 65¢ 1-LB. PKG.

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