OKIE DRNER

Kinslows

WHEAT NUTS

mrs. Singeri

TEMPTING "TINYS"

Tarts, patties, shells for easy filling, and cups for flavored ice creams...pie crust baked in muffin tins makes them all

AND PERFECT PIES With Mrs. Singer's Prepared Pie Crust Mix and a quality

## 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.

WHEAT NUTS
MEAT LOAF

1 B. ground beef

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

HONEY
OLD TIMERS

1½ cups sifted flour

Colubs.

HONEY
OLD TIMERS
1½ cups sifted flour
1½ tsp. baking powder
½ tsp. salt
½ tsp. chanamon
2 tbs. chopped nuts
¼ cup chopped dried fruit
¼ cup sugar
¼ cup sugar
¼ cup boney
1 egg yolk, beaten
1 tsp. vanilla
Sift together flour, baking

- 1 lb. ground beef
- 14 cup diced celery
- 1 egg, slightly beaten
- 1 cup evaporated milk 1 tbs. oil
- 14 cup Wheat Nuts 1 cup water
- 2 tsp. salt

Sift together flour, baking powder, salt and cinnamon; stir in nuts and dried fruit. Cream butter well, beat in 1 tsp. poultry seasoning or sage (optional) Cook Wheat Nuts in water with salt until thickened.

with salt until thickened. Brown onions and celery sugar and honey; then egg yolk and vanilla. Gradually stir in flour-nut-fruit mixture. Bake in loaf pan at 350 degrees for about 40 minutes. This meat loaf may be served cold or rewarmed by browning slices in butter, if there are leftovers.

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.

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 W heart

I can corn, I can tomato sauce,
I cup UNCOOKED Wheat
Nuts, 2 cups milk, 2 tsp. salt.
Pour into greased casserole
and bake at 350 degrees for
1½ hours. Makes 6 servings.

### Bride's Guide

Fride's Guide

For an easy-do supper, the working bride might serve Salmon Patties with creamed peas. Remove skin and bones from one 7%-oz. can salmon. Flake salmon in liquid.

Add 12 s od a crackers erushed fine, 2 tsp. instant minced onion, 1 egg and % cup evaporated milk. Mix well and let stand 4 minutes. Shape into four balls.

into four balls.

Melt 1½ tbs. butter over low Met 1½ tos. 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.

### Sauced Beets

Hot cooked beets take on excitement when sauced in a combination of % cup dairy sour cream, % cup mayon naise, % teaspoon dry mustard, juice of % lemon, % teaspoon sugar, 1 green onlon, chopped.

Simply combine and serve

Use pie crust to wrap weiners or sausages for "pigs in a blanket"... or twist bits of spicy meats inside and bake for festive "finger food." nply combine and serve over six or more servings of hot cooked beets,







# The

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# Students Plan Program On 'American Heritage'

An "American Heritage" to take office next month are program featuring students at Mrs. Claude Creasey, presi-

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.

Same period a year ago, Austin were \$274,568.543, and pointed out.

TOTAL resources for the period ended March 31, 1962 were \$3,939,998.747, up to 10 savings accounts was 3 per cent were \$3.74,568.543.

Security First National Earnings in Sharp Drop

FREEZER STOCKING TIME!

walteria School is planned when the school's Parentbracher Assn. conducts its monthly meeting at 7:30 p.m. today.

Mrs. Robert Schrauben, president; Mrs. Carl Vedborg, secretary; Mrs. Glenn Karhu, corresponding and financial secretary; Mrs. E. W. Lawrence, third vice president; Mrs. Carl Vedborg, secretary; Mrs. Glenn Karhu, corresponding and financial secretary; Mrs. E. B. Pfau, treasurer; Mrs. E. W. Lawrence, third vice president; Wrs. Carl Vedborg, secretary; Mrs. E. W. Lawrence, third vice president; Wrs. Carl Vedborg, secretary; Mrs. Carl Vedborg, secretary; Mrs. E. W. Lawrence, third vice president; Wrs. Carl Vedborg, secretary; Mrs. E. W. Lawrence, third vice president; Wrs. Carl Vedborg, secretary; Mrs. E. W. Lawrence, third vice president; Wrs. Carl Vedborg, secretary; Mrs. E. W. Lawrence, third vice president; Wrs. Carl Vedborg, secretary; Mrs. E. B. Pfau, treasurer; Mrs. E. W. Lawrence, third vice president; Wrs. Carl Vedborg, secretary; Mrs. E. B. Pfau, treasurer; Mrs. E. W. Lawrence, third vice president; Wrs. Carl Vedborg, secretary; Mrs. E. B. Pfau, treasurer; Mrs. Lawrence, third vice president; Wrs. Carl Vedborg, secretary; Mrs. E. B. Pfau, treasurer; Mrs. Carl Vedborg, secretary; Mrs. E. B. Pfau, treasurer; Mrs. Carl Vedborg, secretary; Mrs. E. B. Pfau, treasurer; Mrs. Carl Vedborg, secretary; Mrs. E. B. Pfau, treasurer; Mrs. Carl Vedborg, secretary; Mrs. E. B. Pfau, treasurer; Mr

"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.

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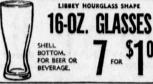
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