

MARY WISE Menu Planners and SHOPPING SUGGESTIONS



EASY ON THE BUDGET is this cheese 'N' Tomato Beef Pie, which uses economical ground chuck. A single pound of ground chuck can be stretched into a satisfying meal for six in this good pie topped with fresh tomatoes and cheese.

Stretch Budget, Try Beef

Battling the budget has its bad moments, but never more than at mealtime. One never wants the family to feel the pinch, but who can be brave and strong on a stewless-stew or a meatless casserole?

Fortunately California beef comes in all shapes, sizes and costs. If you can't afford a big steak, buy a mound of ground chuck and apply the imagination. Lean ground beef is always a good buy. A single pound is infinitely stretchable, has all the good protein of more expensive cuts, and is instantly chewable.

Keep ground chuck only a day or two in the refrigerator, rewrapping loosely when you bring it home from the market, and of course keep it refrigerated until you're ready to use it.

CHEESE 'N' TOMATO BEEF PIE

- 1/2 cup chopped green pepper
- 1 tbs. cooking oil
- 1 lb. ground beef chuck
- 1 10 1/2 oz. can condensed tomato soup
- 1/2 cup bread crumbs
- 2 tbs. instant minced onion
- 1 cup grated cheddar cheese
- 1 beaten egg
- 1/2 tsp. salt
- 1/2 tsp. basil
- 1/2 tsp. pepper
- 1 unbaked 9-inch pastry shell
- 1 large tomato

Cook green pepper in oil until tender. Add meat, cooking until browned. Combine with undiluted soup, bread crumbs, onion, 1/2 cup cheese, egg and seasonings. Turn into pastry shell.

Bake at 350 degrees about 30 minutes. Remove from oven and arrange tomato, cut in wedges over top. Sprinkle with remaining 1/2 cup cheese. Return to oven and bake 3 minutes longer until cheese melts. Makes 4 to 6 servings.

STUFFED BEEF LOAF

- 1 egg
- 1 cup soft bread crumbs
- 1/2 cup milk
- 1 tsp. prepared mustard
- 1 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 1/2 lbs. ground lean beef

Stuffing (use a ready-mix if desired)

Combine lightly beaten



GOOD CALIFORNIA GROUND BEEF rolls up a savory bread stuffing in this novel loaf. This is another good example of beef on a budget.

egg with crumbs, milk, mustard, salt and pepper. Let stand until crumbs absorb milk. Mix in beef lightly with fork. Turn out onto sheet of waxed paper and shape into 8x12-inch rectangle. Spread stuffing evenly over meat. Using paper to lift beef, roll up as for jelly roll, starting from shorter side. Place on shallow pan. Bake at 350 degrees for about 1 hour. Makes about 8 servings.

DRESSING: Combine 4 cups soft bread crumbs with 1/2 cup melted butter, 1 tbs.

instant minced onion, 1/2 tsp. salt, 1/4 tsp. poultry seasoning, 1/4 tsp. pepper and 1/4 cup chopped celery.

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Tom Frandsen to Chair Redondo Beach Salute

Tom Frandsen, popular television personality and veteran yachtsman, will be honorary chairman for the first annual Avalon "Salute to Redondo Beach King Harbor," on April 30, it was announced today.

The event, sponsored by the city of Redondo Beach in cooperation with the Redondo Harbor Lessees Association and the Redondo Beach Chamber of Commerce, will include a two-day sea cruise to Catalina Island. Highlights include a dinner-dance at the Casino Ballroom, a teen-age dance at the El Encanto, a kiddie movie, golf tournament, fishing tournament, and a dance contest for both adults and teenagers.

Participants will be awarded commemorative "Dash Plaques" and will be greeted by Miss Avalon on arrival. Special arrangements for mooring, shore boats, and accommodations have been arranged, according to general chairman Stan Vaughn, Harbor Director Harrison Daigh and Chamber Manager Dick Fitzgerald are coordinating the event.

INVITED GUESTS of the city of Avalon are Mayor William F. Gzuleger and Chamber President Carl L. Rogers of Redondo Beach. Frandsen, who hosts "Frandsen's Feature" on a KNBC (Channel 4) was born in Los Angeles. He began his

career as an announcer and newscaster with radio station KGFI in Los Angeles in 1938. From 1939 until 1941, he was on the staff at KFI and KECA.

During World War II, Frandsen served as a pilot with the Navy, reached the rank of lieutenant commander, and still serves with the U.S. Naval Air Reserves at Los Alamitos. He was recently promoted to captain.

Following the war, he returned to Hollywood, was a top announcer, newscaster, account executive, radio sales manager, and finally vice president of a nationally known advertising agency before joining KNBC.

IN ADDITION to his heavy schedule of Naval duties, Frandsen is a highly sought speaker for civic luncheons and dinners. He is a Master Mason of the Metropolitan Lodge 646, F & A M, a Shriner, and past president of the Los Angeles Masonic Press Club—the first broadcaster to hold this office. He is a past president of the Los Angeles Downtown Toastmaster's Club and first president of the Airmen's Club of California. An avid boater, his yacht is at berth in Portofino Marina in Redondo Beach.

All details and information on the Catalina Island visit "Frandsen's Feature" on a may be secured by calling the Redondo Beach Chamber of Commerce, FR 5-0554.



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