

MARY WISE Menu Planners and Shopping Suggestions



ELEGANT is the word for this fanciful summertime dessert — prune meringues. Make meringues a day ahead of time for best results.

Meringues Are Fancy

Pies and tarts are certainly among the most popular dessert foods. And California prunes in the filling make them even more delicious.

Here in "Elegant Prune Meringue," tarts are the chosen dessert. Meringue tarts are filled with a thin layer of creamy, rich filling and topped with tender, fully plumped prunes.

Plump the prunes by combining with equal amounts of water, bring to boil, simmer covered 10 minutes and cool in liquid. Save the liquid to use on the creamy filling. Make the meringues the day ahead for best results.

ELEGANT PRUNE MERINGUE

2 cups plumped California prunes
3 eggs, separated
1/4 tsp. cream of tartar
1/2 cup granulated sugar

MEXICAN SALAD

1 lb. ground beef
1/2 cup chopped onion
2 cups kidney beans, drained
1/2 cup spicy, sweet tomato-type French dressing
1/2 cup water
1 tbs. chili powder
4 cups shredded lettuce
1/2 cup sliced green onions
1 8-oz. wedge cheddar cheese grated

Brown meat; add onion and cook until tender. Stir in beans, French dressing, water and chili powder; simmer 15 minutes. Combine lettuce and green onions. Add meat sauce and 1 1/2 cups cheese. Toss lightly. Sprinkle with remaining cheese. Serve with crisp tortillas.

BATTER-FRIED ONIONS

1 cup sifted flour
1 tsp. salt
1/2 tsp. pepper
2 egg yolks
1/2 cup beer
2 tbs. salad oil
3 to 4 large Spanish-type onions
2 egg whites
Fat for frying

Sift flour, salt, pepper into bowl. Separately beat egg yolks, beer and oil. Add to flour mixture, stirring only until smooth. Let stand 1 hour. Slice onions 1/2 to 3/4 inch thick; separate into rings. Beat whites until stiff but not dry; fold into batter. Dip onions in batter, coating thoroughly. Fry in 2-inch deep fat without crowding until browned. Serves six.

Mexican Salad Named Winner In Recipe Event

Mrs. Gladys Winkler, who entered "Mexican Salad," is winner of the "My Favorite Salad Recipe" contest sponsored by Mary Wise.

Mrs. Winkler's salad is a hearty one, and judges suggest that it makes a fine luncheon dish when served with a side plate of sliced tomatoes, perhaps, and a dessert.

As winner, Mrs. Winkler receives a \$20 merchandise order from any market advertising in the paper.



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FIREWORKS SHOW ... Pointing to the July 4 date of the 34th annual American Legion fireworks spectacular, to be staged at the Los Angeles Memorial Coliseum, is Leonard P. Hackett, commander of the Legion's Los Angeles County Council. Giving him a hand with the big banner are Peggy Ann Exum, Miss Firecracker; James D. Welch, chairman of the council's ways and means commission; Anastasia Doovas, Miss Skyrocket, and Bob Schwartz, chairman of the fireworks committee. Tickets are available at all Thrifty Drug Stores.

Two Youths Win Grants

Lowell Zelt of San Pedro and David Wood of Torrance have been named recipients of two \$100 safe driving scholarships sponsored by the San Pedro-Wilmington Insurance Association.

They received their awards from Denver Bullock of the sponsoring group at the schools' annual Awards Banquet.

Zelt, a business major, intends to continue his study at California State College at Long Beach. Wood plans to take a pre-law course at UCLA and hopes to join the Foreign Service.

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