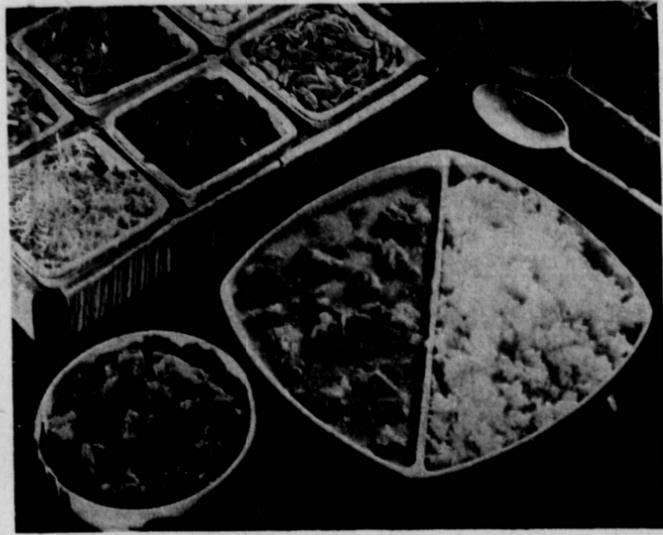


MARY WISE Menu Planners AND SHOPPING SUGGESTIONS



SEVEN BOY Raisin Beef Curry is very much like a beef stew, simmered slowly with vegetables, and brightly flavored at the end with curry and raisins.

Curry Always Exotic

If curry powder is the "salt" of the Orient, raisins are the "sugar". Years ago in Malaya each condiment for a curry was served separately by a boy dressed in his native garb, wearing immaculate white gloves.

This Seven-Boy Raisin Beef Curry is self-explanatory, with the sweet fruit incorporated in the curry. The "boys" are pineapple tidbits, chutney, sliced green onions, bacon bits, flaked coconut and silvered almonds. This is festive fare, can be made the night before, and the curry gains in reheating. Neatly quartered eggs propped up in a heavenly rich sauce of cream and chicken broth fragrant with raisins, apple and lemon make up Bombay Raisin Curried Eggs. Serve English style over crisp English muffins and Canadian bacon.

SEVEN BOY RAISIN BEEF CURRY

- 1 1/2 lbs. lean beef stew meat
- 3 cups boiling water
- 1 1/2 tsp. salt
- 4 tbs. butter or margarine
- 1/2 cup chopped onion
- 1 cup sliced celery
- 5 tbs. flour
- 1 tsp. curry powder
- 1/2 cup California raisins
- Hot cooked rice
- Condiments

Cook beef in boiling water with salt 1 1/2 to 2 hours, or



HARD COOKED EGGS stand to attention in a rich cream sauce made with chicken broth and fragrant with raisins, apples and lemon peel.

until meat is very tender. Melt butter, add onion and celery, cover and cook slowly 10 minutes. Blend in flour and curry powder. Add 2 1/2 cups broth from meat (add water if necessary, to make this amount) and raisins; cook and stir until thickened. Cut meat into bite sized chunks, add to curry and heat thoroughly. Serve on hot cooked rice. Accompany with condiments. Makes 4 to 5 servings.

CONDIMENTS: Set out dishes of dark seedless raisins, pineapple tidbits, chutney, sliced green onions, bacon bits, flaked coconut and silvered almonds.

BOMBAY RAISIN CURRIED EGGS

- 1/4 cup butter
- 2 tsp. curry powder
- 1/4 tsp. ginger
- 1/4 tsp. salt
- 1/4 tsp. garlic salt
- 1/4 cup finely chopped onion
- 1 cup California raisins
- 1/2 cups sifted flour
- 2 cups chicken broth
- 2 cups half and half
- 2 tsp. lemon juice
- 1/4 tsp. grated lemon peel
- 1 peeled and diced tart apple
- 10 hard-cooked eggs
- 8 cooked slices Canadian bacon
- 4 English muffins

Heat together butter, curry powder, ginger, salt and garlic salt until bubbly. Add onion; cook until wilted. Add raisins. Blend in flour, then chicken broth and half and half. Cook, stirring until mixture is thickened. Simmer a few minutes. Stir in lemon juice, peel and apple. Turn into casserole or skillet. Cut cross in top of 8 eggs. Cut a slice from bottom of each; place upright in sauce. Chop remaining 2 eggs and sprinkle in ring around outside edge. To serve, place slice of Canadian bacon on a toasted English muffin half. Spoon egg and sauce over all.

SALAD RECIPE CONTEST DATE IS EXTENDED

"My Favorite Salad" is the topic for the current Mary Wise Recipe of the Month Contest. The contest has been rescheduled because of a typographical error in the original announcement.

Whatever your favorite salad — fruit, vegetable, meat, gelatin, cottage cheese — simply send it in to Mary Wise, care of this paper. Everyone except employees of the paper is eligible to enter; one entry per envelope, please. Entries must be post-marked on or before May 29.



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MAY IDEAS for COOKING WITH BEER!

- #### ECONOMY BEER DIP
- 1 3-oz. pkg. cream cheese
 - 1/2 lb. cottage cheese
 - 1 small onion, finely diced
 - 1 tsp. capers
 - Pinch caraway seeds
 - 1 tsp. paprika
 - 1 tsp. prepared mustard
 - 1 tsp. grated Parmesan cheese
 - 1/4 cup beer
- Blend ingredients together thoroughly. Chill until serving. If softer dip is desired, add another 1/4 cup beer. Makes about 1 cup.

- #### HEARTY POTTED CHUCK
- 3 to 4-lb. bone-in chuck pot roast
 - Cooking oil
 - 1 pkg. onion soup mix
 - 1 8-oz. can tomato sauce
 - 1 cup beer

In heavy pan, brown steak well in hot oil. Combine soup mix, tomato sauce, beer; pour over meat. Cover tightly, simmer over very low heat for 2 1/2-3 hours, or until fork tender. Makes 6-8 servings.

Defense Sirens Sounded Friday

Civil defense throughout the county will be sounded in a combined test of Los Angeles county and city warning systems Friday at 10 a.m. It will be the usual test held on the last Friday of each month, Sheriff Peter J. Pichess announced.

The test will be conducted in the customary manner, beginning with a steady wail for two minutes, followed by 30 seconds of silence and ending with a one-minute undulating tone.

EMPLOYEE HONORED

Robert D. May of 1303 Fern Ave. was one of 55 employees honored by the County of Los Angeles at a special luncheon ceremony. May was presented a 25-year service pin.

32nd District Needs Recreational Facilities

Expanded recreation facilities were called for today by David K. Lyman, Democratic candidate in the 32nd Senatorial District.

"Recreation for our young people is of vital importance if we are to meet the growing complexities of a modern world," said Lyman, himself the father of two children.

Lyman proposed State support for a Harbor Area marine park, and recommended that the state help establish the

Wilmington Drum Barracks as a state park.

"When it becomes apparent that the adults of tomorrow are going to have more free time through automation and other industrial improvements, it also is apparent that they are going to have to know how to make use of that time, much of it with leisure pursuits," said Lyman. In order to prepare tomorrow's adults for adequately apportioning this time on their hands, he said, they should begin today to learn new recreational skills.

Lyman also called for preservation and development of the area's beaches and harbors, without encroachment of either on the needs of the other.

Appraisal requests for new homes increased from 966 to 1,187 in April and appraisal requests for existing homes decreased from 2,005 in March to 1,987 in April.

(Political Advertisement)

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