SENATOR SAM ERVIN SAYS

stinued from Page 2)

not substantially abate. pelled to spend a consid-ortion of the week attende on Investigations of the ommittee on Government right." ns, which is currently eninvestigating supposedly nt practices of the Foreign as Administration in Pakis Subcommittee is charghe Reorganization Act of responsibility for "studyoperation of Government ning its economy and ef-Our investigation 'has indicated that there may intial truth in charges that eign Operations Adminis-has been guilty of some nefficient conduct in con-

waters in Pakistan know that this particular Hoey, under whose guid- ment, onducted the investigation ve-percenters". Its present lan, of Arkansas, is doing a superb job.

YVVY

ZE HOUSEHOLD

SON'S GLO-COAT

TUCE

pecial

GAINES — 5c Of Each Can

Vegetables

apefruit 6-25°

GIANT

G FOOD .. (Save 10c) 2/19c

ANER (Save 5c Pint) 34c

Pint 59c - 1 1 Quart 98c

lb 39c

Just Looking Around

(Continued from Page 2)

the target in the rifle range. A tough firing instructor walked up to the green rookie, and bel-

"Where in the blazes are your shots going?"

The rookie looked up innocentons of the Permanent Sub- ly, and said softly: "I do not know. sir. They're leaving this end all

Automatic Light

HART, Mich. (AP) - Automation is gradually succeeding the lonely lighthouse keeper along the treacherous spots of Michigan's Great Lakes shoreline. The latest lighthouse to become fully automatic is that at Little Point Sable on the Lake Michigan shore. The keeper, Henry Vavrina, has been transferred to the Big Point Sable lighthouse at Ludington.

The 100-foot tower and buildings of the lighthouse were erected in 1874. And for the last 80 years its with the proposal to erect kerosene mantle type light has been a warning beacon to ships as Carolinians will be inter- far as 17 miles out on the lake.

The old lighting mechanism is ittee was formerly head- being replaced by more powerful, our late beloved Senator fully automatic electrical equip-

SHORTENING

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VEGETOLE 3, Lb. 59°

COFFEE WITH COUPON LL. 74°

N.B.C.

VANILLA

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12-oz Box 29c

Del Monte

CATSUP

. lb 43c

. lb **79**c

PILLSBURY

FLOUR

25 lb Bag \$2.09

Del Monte

PEACH HALVES

No. 21-2 Can 29c

Choice Meats

Pork Roast lb 45c

DRESSED FAT

LOIN END

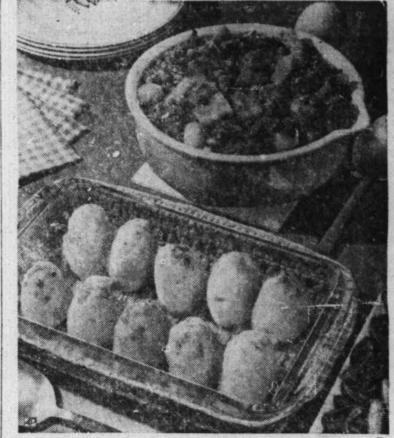
HENS .

LEG OF SPRING

LAMB

ARMOUR'S

Oven Beef Stew Offers Economy



TASTY BEEF STEW - Oven-steams while potatoes roast.

By CECILY BROWNSTONE Associated Press Food Editor OVEN BEEF STEW is a pre-

pare - and - forget - about - it dish. Brown the meat in a big iron skillet; then turn it into a casserole with onions, carrots, peas, liquid and seasonings. Let it bake covered for an hour and a half or two. When you are ready to serve, the stew will be steaming savoryready to delight your family.

Put a pan of peeled potatoes into the oven, too, to bake along with the stew. They will be a perfect accompaniment to the meat gravy and look so pretty with their paprika topping."

If you want this to be a complete oven dinner, you can bake a dessert (one that calls for a moderate temperature) along with the stew and potatoes. Then add a salad and a tray of bread or rolls and you'll have a most successful easy-do meal.

This stew has wonderful dark brown natural gravy; don't thicken this sauce or you'll spoil it. It is supposed to run all over the dinner plates when you serve it. Some members of our family like to mash the potatoes into the gravy right on their plates; others enjoy dunking chunks of crisp hot French bread into the good juices. Not the most refined way of eating, but mighty good!

You'll notice that the stew recipe calls for a couple of tablespoons of tomato sauce; we mean the kind that comes in 8-ounce cans. But if you don't want to open a whole can in order to get this small amount, or haven't any leftover tomato sauce in your refrigerator, substitute catchup or chili

Be sure to cut away all fat from the stew meat so you avoid greasy you are browning the meat; care here is what helps to give the stew wonderful color and flavor

OVEN BEEF STEW

Ingredients: 11/2 pounds chuck beef (cut in about 11/2-inch cubes), 3 tablespoons fat, 12 to 16 small white onions (peeled), 3 mediumsize carrots (cut in 1/4-inch rounds), one 10-ounce package frozen green neas (lightly thawed), 1 tablespoon flour, 11/2 cups water, 2 tablespoons 'omato sauce, 1 tablespoon red wine vinegar, 11/2 teaspoons salt, 1/8 teaspoon pepper, 1/8 teaspoon thyme, 1 bay leaf, several sprigs parsley, 1 clove garlic (crushed).

Method: Cut any fat away from outside of cubes of beef. Melt ? tablespoons fat in 10-inch skillet; dd beef and brown thoroughly on Il sides. Put beef. onions, carrots nd peas in mixed layers in 2-quart asserole. Stir flour into drippings 'n skillet over low heat; add water, 'omato sauce, vinegar, salt, pepper, hyme, bay leaf, parsley and crushad garlie and bring to a boil; pour over beef and vegetables. Cover on dbake in moderate (350°) oven bout 13hours or until meat is ery tender. Serve from casserole. Makes 4 generous servings.

OVEN PEELED POTATOES Ingredients: 4 medium-sized po-

tatoes (about 11/4 pounds), 2 tablespoons water, 1 tablespoon butter or margarine (soft), paprika,

Method: Peel potatoes and cut in half crosswise; place close together (but not overlapping) in baking pan, Add water to pan. Cover tightly-aluminum foil may be used and bake in moderate (350°) oven intil just about tender and water has evaporated - 30 minutes. Uncover, spread potatoes with butter and sprinkle with paprika. Continue baking 15 minutes or until cooked through. Makes 4 servings.



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