

Old Favorite Provides Travel Meal

Mention budget cooking and the first thing most consumers think of is ground beef. In fact, many economy-minded cooks will tell you that it has been ground beef, with its potential for being prepared in so many ways, that has gotten them through these past years of rising prices.

Even now as beef prices appear to be stabilizing, keeping within a limited food budget is still a challenge that must be met daily. Ground beef continues to play an important role. An asset is its popularity, even in its simplest form --

shaped into patties. And patties are at their best when broiled to perfection on the grill.

No matter what your summer plans -- a day at the beach, a picnic in the park, a party on the block -- burgers will fit deliciously and easily. While everybody, young and old, like beefburgers simply broiled and tucked in a bun, this can be just the beginning. For lots of summer fun, make the burgers full or surprises by concealing between two thin patties great burger go-alongs such as cheese, onion, pickle, relish, dill

pickle and olives.

When toting the burgers to the beach or park, you'll want to take proper safety precautions, being sure that the ground beef remains cold until cooking time. The many varieties of coolers available are helpful in keeping picnic foods properly chilled. If planning to travel a distance or leave home early and eat late, it is advisable to pack ground beef patties frozen. They will at least partially defrost in time for broiling.

Beefburgers - Plain or Fancy

2 pounds ground beef
2 teaspoons salt
¼ teaspoon paprika
6 to 8 hamburger buns
Combine ground beef, salt and pepper; shape into 6 to 8 patties ½ to ¾ inch thick. Place patties on grill 3 inches above ash-covered coals. Broil for 7 to 8 minutes on one side. Turn and continue cooking 6 to 8 minutes, depending upon degree of doneness desired. Serve on hamburger buns, 6 to 8 servings.

Pythians Win Honors

Mrs. Clara Nesby and Albert Williams have returned from the bi-annual supreme convention of the Knights of Pythias and the Court of Calanthe in Jackson, Miss. where they received several honors.

Mrs. Nesby was re-elected Supreme Worthy Orator of the Supreme Court of Calanthe. The pose involves responsibility for religious services of the supreme court.

She also accepted an award of \$100 for the Grand Court of Calanthe of N.C. for having added the second highest number of members during the past year. The N.C. court's youth branch won a trophy for having the second-highest attendance at the gathering.

Williams was awarded the supreme degree, the highest of five degrees conferred by the order, during the convention.

In other highlights, Mrs. Nesby said that the Supreme Court of Calanthe adopted the N.C. court's theme of "Togetherness" as the theme for the entire court and also adopted a song of the same title by Mrs. T. W. Pittman of Red Springs as convention song.

She quoted NAACP executive director Benjamin L. Hooks, also supreme worthy counselor for the Court of Calanthe, as saying the song summed up the spirit of the convention.

Dessert Tips

If making a homemade jam intrigues you, now is the time to discover how easy it is with a recipe for freezer Minted Peach Jam. The fruit is not cooked--just mixed with sugar, mint, lemon juice and powdered fruit pectin. It's the pectin that assures a good "set" and helps capture fresh fruit flavor.

MINTED PEACH JAM

2½ cups prepared fruit (about 2 lb. fully ripe peaches)
2 tablespoons lemon juice
1 teaspoon ascorbic acid crystals (optional)
5 cups (2½ lb.) sugar
1 tablespoon chopped fresh mint
¾ cup water
1 box gelatin (1½ oz.) fruit pectin

First prepare the containers. Use only containers 1 pint or less in size that have tight-fitting lids. Wash, scald and drain containers and lids; or use automatic dishwasher with really hot (150° or higher) rinse water.

Then prepare the fruit. Peel, pit and chop or grind very fine about 2 pounds peaches. Measure 2½ cups into large bowl or pan. Add lemon juice and ascorbic acid.

Then make the jam. Thoroughly mix sugar into fruit. Add mint and let stand 10 minutes. Mix water and fruit pectin in small saucepan. Bring to a boil and boil 1 minute, stirring constantly. Stir into the fruit. Continue stirring about 3 minutes.

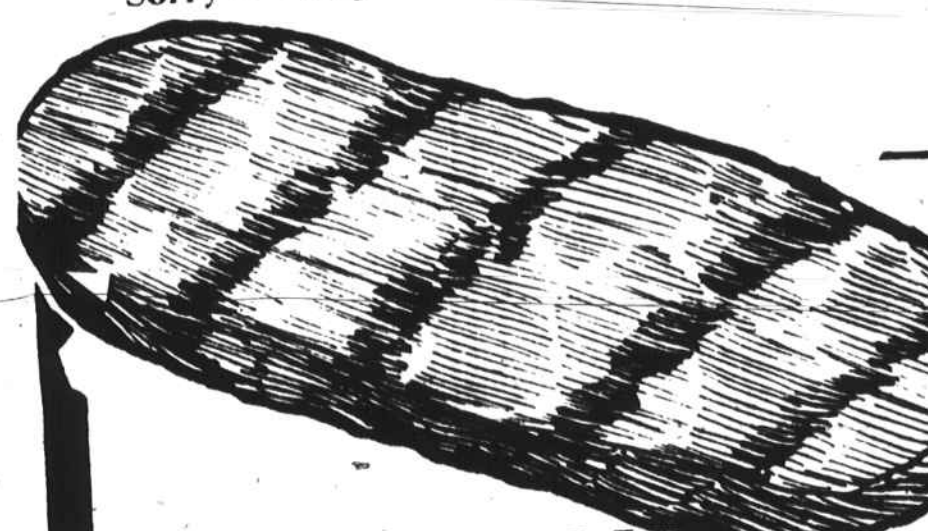
Sears

SEAFOOD AND STEAK

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QUICK GRILL BEEFSTEAK
9⁹⁰
Per 4 lb. Box

Boneless. Made from tender, juicy chunks of beef from the rib-eye, strip and T-Bone steaks. Great for outdoor char-broiling. Approx. 83c each



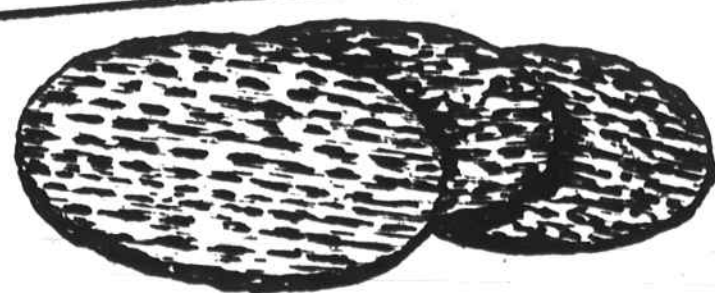
ALASKAN SPLIT CRAB LEGS

16⁹⁰
per 3 ½ lb. bag

Fully cooked. Flash Frozen From the Cold Alaskan Waters. A Gourmet Treat. Approx. \$2.41 per 8 oz. serving

FREE

2 lb. box of beef patties with each \$50 purchase of these advertised items. 8 patties per box.



¼ lb. BEEF PATTIES
7⁹⁶
Per 1 lb.

(two 2 lb. Boxes) 16 patties
Approx. 50c each

GOURMET BREADED SHRIMP

16⁹⁰
per 3 lb. Bag

Delicious Gulf Shrimp with Oriental Breading. Approx. \$2.82 per 8 oz. serving



JUMBO STUFFED SHRIMP

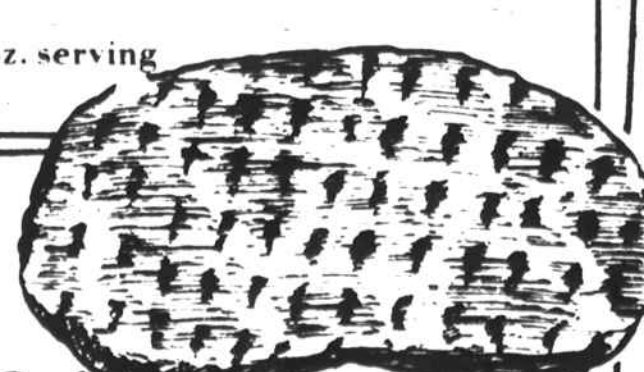
14⁹⁰
per 3 lb. box

Delicious shrimp and crabmeat stuffing. Approx. \$2.48 per 8 oz. serving

CUBED VEAL STEAK

12⁹⁰
per 1 lb. box

Milk fed. A calorie counter's delight. 16 - 4 oz. steaks. Approx. .81c each



NORTH ATLANTIC FLOUNDER

12⁹⁰
per 5 lb. Box

Boneless - pan ready



Wednesday thru Saturday Only... Hurry!
Quality Restaurant-type packages.



BATTERED FISH

Authentic English-style for fish 'n chips. Oven baked or deep fried.

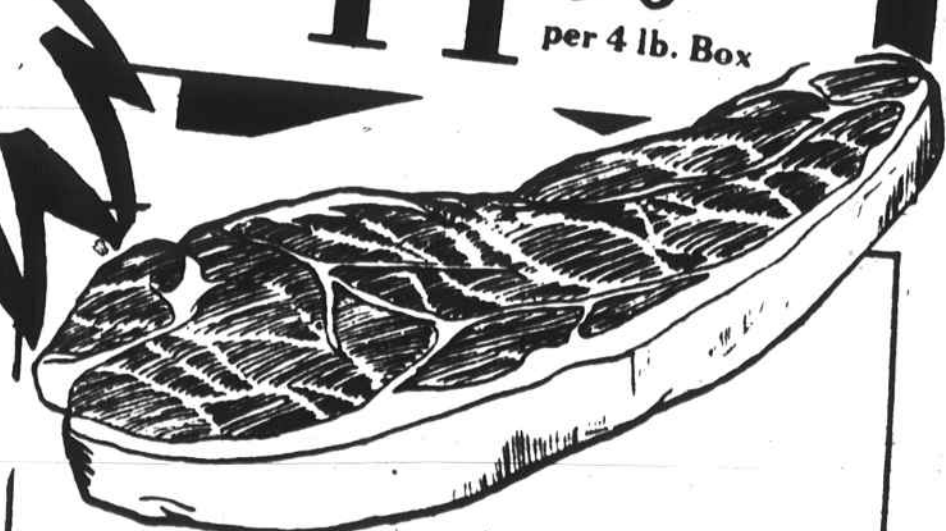
7⁹⁰
per 4 lb. box



ROCK SHRIMP TAILS

Tastes Like Lobster... Only Shrimpier!!

11⁹⁰
per 4 lb. Box



N.Y. STRIP STEAKS (Boneless)

OR



BONELESS RIB EYE STEAKS

17⁹⁰
per 4 lb. box

U.S.D.A. Inspected, grain fed beef, tenderized, flash frozen in freezer ready poly bags. Tender, juicy. 12 Steaks per box. Approx. \$1.49 each

We believe we have ordered adequate quantities to last for this event, based on previous sales. However, it is possible that a sell-out could occur.

Quantities limited to available supplies.