

Budget Meal Tricks Provide Excellent Eating at Low Cost



Apricot Meat Loaf . . . Penny Saver



Tuna Casserole . . . Budget Glamour

By Cecily Brownstone
Associated Press Food Editor

Here's a new meat loaf recipe that combines thrift and glamor. Serve it with snap beans and parsley potatoes and you'll have a delicious main course.

Another economical supper dish is this Tuna Casserole, with green lima beans added, to make it hearty. National Tuna week is being featured from Nov. 6 to Nov. 15, so you'll probably find some good buys in this handy canned fish at that time.

Apricot Meat Loaf
Ingredients: Meat Loaf — ½ pound ground beef, ½ pound ground pork, ½ pound ground veal, ¾ cup rolled oats (uncooked quick or old-fashioned), 2 eggs, ¾ cup milk, 3 teaspoons salt, ½ teaspoon nutmeg. Filling and Sauce — 1½ cups cooked dried apricots, ¼ cup water, ¼ cup apricot juice.
Method: Mix together the beef, pork, veal, rolled oats, eggs, milk, salt and nutmeg; refrigerate for ½ hour. For the sauce, cook ½ cup of the apricots with the sugar, water and apricot juice until apricots are soft enough to put through a coarse sieve. Spread meat loaf mixture on waxed paper 7 x 18 inches. Reserve 3 apricot halves for topping on meat loaf. Spread remainder of apricots over meat loaf and roll up, jelly-roll fashion. Loosen meat from wax paper with spatula if necessary. Place meat loaf in 9 x 5-inch pan. Decorate with the remaining apricot halves. Pour apricot sauce over loaf. Bake in moderate (350 F.) oven 1 hour. Remove from pan and let stand 5 minutes before slicing. Makes 8 servings.

Tuna Casserole
Ingredients: ¼ cup butter or

Lincoln Desk Still Used In Lumber Yard Office

Centralia, Ill. (AP)—A desk Abraham Lincoln used in studying law in Illinois' capital more than 100 years ago may be seen in a lumber yard office at Golconda on the Ohio river. The useful desk still is in good repair.

Its first owner, Wesley Sloan, made his Springfield, Ill., law office and books available to young Lincoln who studied at the desk. Sloan retired with his office furniture to Golconda. The desk was purchased by the late Jim Walker, lumberyard owner, who put the desk to use in his office.

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'Antelope-Dogging' Poses Dilemma for Lone Hunter

Lewistown, Mont. (AP)—Alan Van Horn doesn't care for "antelope dogging."

While hunting recently, Van Horn missed an antelope with five shots. The antelope ran toward him. He grabbed the animal's horns rodeo-style and wrestled him to the

ground. "There I was with one foot on his horns and the other on his neck," Van Horn later related. "The buck was getting mad and I was afraid if I let him up he'd start after me."
Another hunter came along and took Alan off the horns of a dilemma by cutting the antelope's throat.

China Decides to Extend Land Reform to Herdsmen

San Francisco (AP)—Communist China has decided to extend land reform to the nomad herdsmen and peasants of remote Sinkiang province on the borders of Russia.

A Peking radio broadcast, heard here, said the land re-distribution program among four million people would take place this winter and next spring. The Red broadcast promised that

customs and religious beliefs of Sinkiang's many diverse peoples would be respected. There are many Moslems and Buddhists in the region.

The term "nerve" originally meant tendon or sinew.

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