

# Family Favorites

By LYNN ANDREWS

(Lynn and Buddy Andrews, who come from Yoakum, are now making their home at 1008A Welsh, College Station. Buddy is a junior at A&M, where he is working toward a degree in industrial technology. Lynn is employed in the Student Publications Office on the campus.)

## CABBAGE ROLLS

- |                             |                     |
|-----------------------------|---------------------|
| 2 or 3 heads cabbage, whole | parsley             |
| 2 pounds ground meat        | 2 cloves garlic     |
| 2 cups raw rice             | 1 can tomatoes      |
| 1 large onion               | 2 cans tomato sauce |
| 1 bell pepper               |                     |

Steam the whole cabbage heads for 20 minutes. Let cool. Chop onion, bell pepper, parsley, and garlic fine. Mix all ingredients together except for 1 can of tomato sauce. Salt and pepper well. Separate large outer leaves from cabbage heads, place about 2 tablespoons of the meat mixture on each leaf and roll.

Put small amount of cooking oil in bottom of a large pan and stack rolls in it. Pour over the rolls the remaining can of tomato sauce, and steam for 3 hours. A small amount of water may have to be added from time to time to keep the rolls from burning. The rolls are good even after reheating several times. Serves 6 to 8.

## FROZEN LEMON PIE

- |                          |                              |
|--------------------------|------------------------------|
| 3 egg yolks, well beaten | ½ cup + 1 tablespoon sugar   |
| ¼ cup lemon juice        | 3 egg whites, stiffly beaten |
| rind of ½ lemon, grated  | ¼ cup crushed vanilla wafers |
| ½ teaspoon salt          | 1 cup heavy cream, whipped   |

Combine egg yolks, juice, rind, salt, sugar, and cook until the consistency of custard. Cool. Fold in whipped cream and stiffly beaten egg whites. Sprinkle half of vanilla wafers in bottom of tray. Pour in lemon mixture and top with remaining crumbs. Freeze until firm.

## GUMBO

- |  |                      |
|--|----------------------|
| 1 pound steak or chicken, cut in squares | 1 large can tomatoes |
| 1 cup okra, cut up                       | gumbo file           |
| 1 large onion                            | chili powder         |
|  | salt and pepper      |

Fry meat or chicken until well done. Remove from pan, then fry onion and okra for a few minutes. Place fried meat and vegetables in a sauce pan with more than enough water to cover; add tomatoes and flavor to taste. Let simmer for 1 hour or until flavors are well blended. Serve over pre-cooked rice.

## MACARONI SALAD

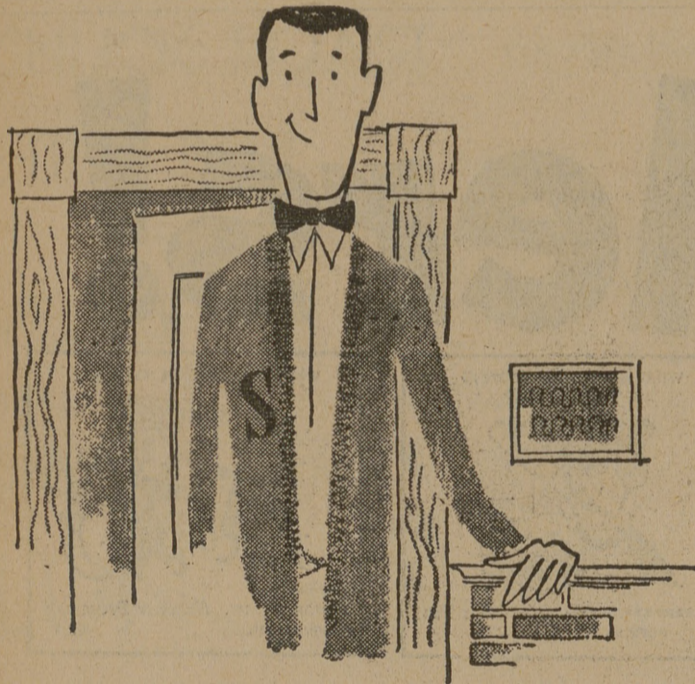
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|--------------------------|----------------------------------|
| 1 package elbow macaroni | 1 jar green olives with pimentos |
| ¾ cup French dressing    | celery or celery salt            |
| 1 large onion            | garlic salt                      |
| 1 large bell pepper      | mayonnaise                       |

Boil the macaroni and while still hot, pour the French dressing over it. Let cool. Cut up remaining ingredients. Mix together; then add garlic salt, salt, pepper and mayonnaise. Keep cool.

## TEXAS HASH

- |                          |                         |
|--------------------------|-------------------------|
| 2 large onions, cut up   | ½ cup uncooked rice     |
| 2 bell peppers, cut fine | 1 teaspoon chili powder |
| 3 tablespoons shortening | 1 teaspoon salt         |
| 1 pound hamburger        | ¼ teaspoon pepper       |
| 1 can tomatoes           |                         |

Cook onions and bell pepper slowly in shortening until onions are yellow. Add hamburger and saute until mixture falls apart. Add tomatoes, rice and seasonings. Arrange in large casserole, cover, and bake at 375 degrees 45 minutes. Serves 8.



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## Luncheon Meat

**SPAM**

12-oz. Can 39c

## Instant Coffee

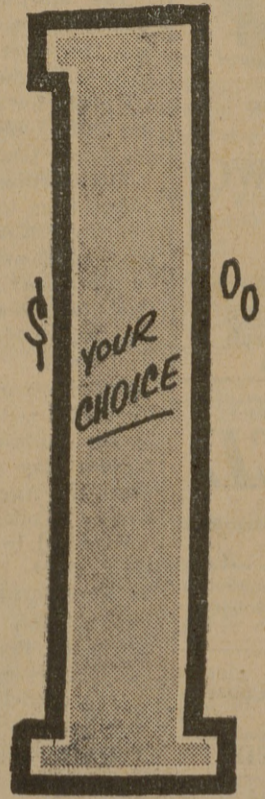
**FOLGERS**

2-oz. Jar 39c

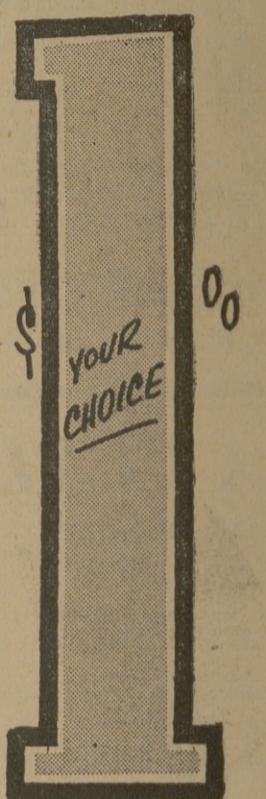
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|---|----|----------------|
| Del Monte Halved PEARS.....             | 4  | No. 303 Cans   |
| Del Monte Crushed PINEAPPLE.....        | 4  | No. 2 Cans     |
| Del Monte CUT GREEN BEANS.....          | 5  | No. 303 Cans   |
| Mary Washington ASPARAGUS.....          | 3  | Picnic Size    |
| Del Monte Green LIMA BEANS.....         | 4  | No. 303 Cans   |
| Del Monte French Style GREEN BEANS..... | 4  | No. 303 Cans   |
| Del Monte Halves or Sliced PEACHES..... | 5  | 303 Cans       |
| Del Monte TOMATO SAUCE.....             | 12 | Buffet Tins    |
| Del Monte TOMATO JUICE.....             | 7  | No. 2 Cans     |
| Del Monte CATSUP.....                   | 6  | 14 Oz. Bottles |



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- |   |   |                |
|---|---|----------------|
| Del Monte Whole NEW POTATOES.....         | 7 | No. 303 Cans   |
| Del Monte SPINACH.....                    | 7 | No. 303 Cans   |
| Del Monte PRUNE JUICE.....                | 3 | Quart Jars     |
| Del Monte FRUIT COCKTAIL.....             | 4 | No. 303 Cans   |
| Del Monte TOMATOES.....                   | 4 | No. 303 Cans   |
| Del Monte GREEN PEAS.....                 | 5 | No. 303 Cans   |
| Del Monte CHILI SAUCE.....                | 4 | 12-Oz. Bottles |
| Del Monte Fresh Cucumber PICKLES.....     | 4 | 15-Oz. Jars    |
| Del Monte WHOLE GREEN BEANS.....          | 4 | No. 303 Cans   |
| Del Monte PINEAPPLE GRAPEFRUIT JUICE..... | 3 | 46-Oz. Cans    |



DEL MONTE - CREAM STYLE OR WHOLE KERNEL

**CORN** 1<sup>00</sup>

## —FROZEN FOODS—

SHRIMP 10 oz. pkg. 39c

Birdseye STRAWBERRIES 4 10 oz. pkgs. \$1.00

## Your Choice Following

- Birdseye Cut Green Beans
- Birdseye Cut Corn
- Birdseye Cream Style Corn
- Birdseye Green Peas
- Birdseye Peas & Carrots
- Birdseye Spinach
- Birdseye Turnip Greens
- Birdseye French Fry Potatoes

5 pkgs. 1.00

MOHAWK HICKORY SMOKED, SUGAR CURED

WHOLE **PICNICS** 3<sup>10</sup>



FRESH GULF TROUT .. lb. 49c

- |                                       |        |
|---------------------------------------|--------|
| Armour Star FRANKS.....               | lb 49c |
| Swift's Premium Beef Round Steak..... | lb 89c |
| Wisconsin, State Brand CHEESE.....    | lb 59c |

BACON

Cut-Up MOHAWK PICNICS .. Lb. 39c

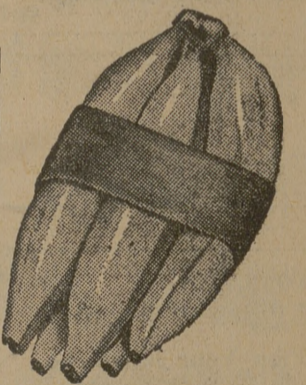
FANCY FAT, FULL DRESSED

**HENS** Lb. 39c

Sweet Rasher Swift's - Pound 55c

**BANANAS**

CENTRAL AMERICAN GOLDEN — LB. 5c



**FOLGERS COFFEE**

POUND CAN 69c

King-Of. Salad CALAVOS 2 for 25c

YELLOW ONIONS Lb. 5c

## —BEST DRUG BUYS—

- |  |     |
|--|-----|
| Bayer, Bottle of 100 ASPIRIN.....                | 49c |
| Skin Cream, 4-Oz. Size NOXZEMA.....              | 59c |
| Vicks, Small VAPO-RUB.....                       | 39c |
| For Up-Set Stomach, 4-Oz. Size PEPTO-BISMOL..... | 49c |

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