MINIMAX

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- *NUTRITIONAL TIPS
- *EASY-TO-FOLLOW RECIPES
- *BUDGET HINTS
- *HEALTHFUL ADVICE
- *BROCHURES AND PAMPHLETS
- *CAROL SCROGGINS

Memorial Day Picnic

According to Webster, a picnic is "an excursion or outing with food . . . usually eaten in the open . . .". And what better time for the first one of the year than Memorial Day. The excursion can be in your own backyard or at the local park or lake or wherever you choose. Here are a few tips to make the occasion easier and more fun.

Preplanning and preparation make the whole event go together more smoothly. If your picnic includes sandwiches, all time favorites, plan to add potato salad, baked beans and fresh fruits for a complete meal. If you make the sandwiches ahead, wrap securely and carry in an insulated bag or picnic chest. The salad will need to be kept cold also. Most fruits do not need to be chilled. Wash carefully and drain. To keep the beans hot, make an insulated carrier by lining a small box (big enough for the bean pot, of course) with layers of newspaper, then cover the bean pot with additional newspapers. Wherever your picnic takes you, remember to leave the site fresh and clean—pick up and carry off all trash. Enjoy!!

Carol Scroggins
CAROL SCROGGINS
DIRECTOR OF CONSUMER AFFAIRS

Carol Scroggins
Director Of Consumer Affairs
P.O. Box 1479
Houston, TX 77001

What's Cookin'?

Color Coded Cooking Suggestions
RIGHT ON THE LABEL

FROM MINIMAX!

P.S. MEAT LABELS TAKE THE GUESSWORK OUT OF COOKING!

Your Assurance Of Quality !

NOW EACH CUT OF BEEF IN OUR CASE WILL BE LABELED WITH THE MOST RECOMMENDED COOKING METHOD. FOR EXAMPLE, PORTERHOUSE STEAKS WILL HAVE AN OVEN ROAST LABEL . . . RUMP ROASTS WILL HAVE AN OVEN ROAST LABEL . . . AND CHUCK ROASTS WILL HAVE A POT ROAST LABEL. WITH PERSONALLY SELECTED BEEF, YOU CAN HAVE THE CONFIDENCE TO BUY ANY CUT OF BEEF WE HAVE IN OUR CASE AND PREPARE IT WITH THE ASSURANCE THAT YOUR FAMILY WILL ENJOY EVERY BITE. FOLLOW THE STEP BY STEP INSTRUCTIONS AT THE RIGHT TO COOK EACH CUT OF BEEF IN THE PROPER WAY.

OVEN ROASTING
Place the roast with the fat side up in the pan. Cook at 325° without a cover. Do not baste.

BROILING
Place 2 to 5 inches away from heat. Turn only once. Cook until brown on both sides. Time required will depend on degree of doneness preferred: rare, medium or well done.

PAN BROILING
Place meat in heavy frying pan, adding no fat or water. Cook slowly, uncovered, turning occasionally. Remove fat from bottom of pan as it accumulates. Brown on both sides.

PAN FRYING
Use small amount of fat. Cook uncovered over moderate heat, turning occasionally.

POT ROASTING
Place roast in large pan, add small amount of water. Simmer over slow fire until tender

BRAISING
Place meat in heavy utensil with small amount of liquid, cover and cook over low temperature on stove top.

WATER ADDED
Boneless TV Hams
WHOLE OR HALVES
$1.79 LB.

B.B.Q. Time is here!

ALL MEAT
Good Value Franks
12 OZ. PACKAGE
.69

GOOD VALUE ALL
Beef Franks
12 OZ. PKG. **.89**

GOOD VALUE
Sliced Meats
LUNCHEON LOAF, REG., THICK, BEEF BOLOGNA
$1.49 1 LB. PKG.

GOOD VALUE
Sliced Bacon
$1.69 1 LB. PKG.

GOOD VALUE
Wafer Meats
BEEF, CORNED BEEF, HAM, TURKEY, PASTRAMI, CHICKEN
3 2.5 OZ. PKGS. FOR **$1**

GOOD VALUE
Smoked Sausage
$1.69 LB.

Check the Back for Fresh Produce

#3 GRADE STUDS | #2 "STUD GRADE" | #2 "STUD GRADE"

SHOP / OPEN