

# Beatrice Cooke's

## Mealtime Adventures



**THIS WEEK: Butterscotch Bread . . . Cheese-and-Shrimp Casserole**

Isn't it nice to have something home-made to serve when your neighbors drop in? Here's a recipe for a perfect tea-time snack which owes its special subtle flavor to delicious MEADOW GOLD BUTTERMILK. Try it soon, won't you? And try MEADOW GOLD BUTTERMILK — so fresh and good — for drinking as well as for cooking.



### Butterscotch Bread

2 cups flour  
1 teaspoon baking powder  
1/2 teaspoon soda  
1 teaspoon salt  
1 cup brown sugar  
2 tablespoons Meadow Gold Butter, melted

1/2 cup chopped nut meats  
2 Meadow Gold Eggs, well beaten  
1 cup Meadow Gold Buttermilk

Sift flour, baking powder, soda and salt together, add sugar and nut meats. Add combined liquids, mixing just enough to moisten. Pour into greased loaf pan and bake in a moderate oven (350°) 45 to 55 minutes.

This is such a fine recipe that I feel every ingredient should be the best — which is why I use MEADOW GOLD BUTTER. And of course, I suggest MEADOW GOLD to spread on the bread! For I've actually seen MEADOW GOLD BUTTER made. So I know it's churned fresh daily in spotless modern creameries, from the choicest, richest cream.

*Make this party dish the day before!*

Here's one of my favorite recipes, ideal for a party luncheon. You can mix it the day before, keep it in the refrigerator overnight, and pop it into the oven half an hour before lunch time.



### Cheese and Shrimp Casserole

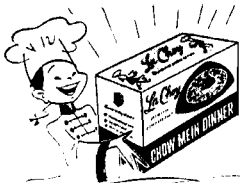
1/4 lb. fresh mushrooms  
2 tablespoons Meadow Gold Butter  
1 lb. fresh cooked shrimp  
1 1/2 cups grated Meadow Gold Process American Cheese  
1 1/2 cups cooked rice  
1/2 cup Meadow Gold Cream  
3 tablespoons catsup  
1/2 teaspoon Worcestershire sauce  
1/2 teaspoon salt  
Dash pepper

Slice mushrooms, saute slowly in butter 10 minutes or till tender. Mix lightly with shrimp, rice and cheese. Combine cream, catsup, Worcestershire sauce and seasonings; add to shrimp mixture. Pour into individual casseroles, chill overnight if desired. Bake in moderate oven (350°) 25 minutes. Makes 6 servings.

Incidentally, I've found that the kind of cheese makes all the difference in this dish. And by far the smoothest, most delicious American process cheese I've ever used is MEADOW GOLD. MEADOW GOLD CHEESES, both process and natural, are made by time-tested methods that bring out the best of mellow cheese flavors, produce a pleasantly smooth texture that won't string in the melting process.

**FREE—**  
*one-dish meal*  
*recipe file!*

Ten easy, delicious recipes on file cards. Write to Beatrice Foods Co., Dept. S-5, 120 S. La Salle St., Chicago 3, Illinois.



FREE—  
one-dish meal  
recipe file!

*A complete  
Lenten meal in a carton!*

During the Lenten season, it's wonderful to find a savory, ready-to-serve MEATLESS meal! So I'm sure you'll be delighted with LACHOY MEATLESS CHOW MEIN DINNER. Complete in a carton, there is a can of tasty LACHOY CHOW MEIN, a can of crisp LACHOY NOODLES and a bottle of LaChoy Soy Sauce. Do try this for your

sound like those of the sheep, memorizing his position as well as I could without any very definite landmarks to go by.

I settled down on the edge of the turf track above our temporary hiding place. After a bit, Hiart, tall enough to recognize, came flitting cautiously over the grass with one of his men. They stopped and listened at the right spot, gave it up and vanished northward along the track.

Where were they going? Well, if Hiart had the intelligence Sandorski attributed to him—and I was immensely impressed by his finding, in a world that all looked alike, the exact patch where we had been—then he would guess that the only explanation of the aircraft coming down in the wrong place and being expected there by unknown persons must be that the beacons had been moved. Having checked that, he would try to find them and take them away in his car. It wouldn't take him long to discover the one in the open on the edge of the slope, and then the tracks of the landing wheels would lead him somewhere near the other, in the hedge.

I hoped that Sandorski might be close behind Hiart, but he was not. I waited and waited, feeling all the time that we might be within a few yards of each other, and each afraid to break

but not nearly low enough voices in a preposterous chorus,

"One day in October  
I wasn't so sober."

"For heaven's sake!" I protested. "English folk song," he answered. "Learned it from my governess. Ten miles away and busy. Have a cigarette?"

"Where are they?"

"Looking for the beacons, of them."

"That won't take them long." "Won't it, ha? One is halfway up the hill, and the other on its side a pile of cabbage."

"Kale."

"Well, whatever damned knowledge to cows in this country. thing, colonel, my lad, is to restore temper."

"What's the matter with it?" "Our friend under the daisy, him up and you're a free man."

Even in the midst of this excitement I wasn't very ready to give away place. As long as I kept my presence secret to myself, it was secure.

"You stupid fool!" he said. "Your chance to do what you ought have done the first time! Burn the car and burn him in it! That'll Hiart quiet! Waft suspicion away you, ha?"

(TO BE CONTINUED)

## WHAT MAKES AN MP TOUGH?

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not answer back even when a belligerent soldier calls him scurrilous names, and soldiers, when berating MP's, can lay tongue to some masterly invective. They do not tremble and become confused when a high-ranking officer tries to bluff his way out of their hands when found drinking in an off-limits *bistro*, and they are supposed to be equally immune to pleading and cajolery. They will not argue.

"If you start talking back, you are sunk," their instructors tell them. "Be firm, but not harsh. Tell the man who you are. Tell him what he's done wrong. Tell him what you are going to do about it, then do it. If you are going to give him a ticket, give it to him. If you are going to take him along, take him. Use whatever force is necessary to overcome resistance . . . but remember, whenever resistance ceases, force ceases."

The MP is taught never to use his riot stick except in extreme emergency, and even then there are certain places where he cannot hit a man. He is not supposed to hit him a solid blow on the skull, though he is permitted to bounce a glancing blow off the side of his head, and he is forbidden to strike him over the kidneys or across the spine. He can hit him under the ear where the nerve center prize fighters call the "button" actually is located, or he can strike across the trapezius muscle that runs from the neck to the shoulder.

An MP is also permitted to use his club to poke an opponent vigorously in the solar plexus, thereby knocking the breath out of him, or he may use it to whack a man across the arms or the

The average soldier will probably be surprised to learn that the mace, a riot stick is not meant for serious cracking in the first place, but is signed to break before it fractures a man's cranium. The club also has uses than as a striking weapon. An MP is taught how to use its length, though as an improvised handcuff, how to use it for strangling, most particularly, a troublesome opponent, taking him from the rear, with the club held in the crossed hands, passed across the soft part of his throat. "By the way of this strangle hold," the instructor says solemnly, "a stubborn individual may be removed forcibly and rapidly from the vicinity."

Another use of the club as a "come along" can be particularly effective against a friendly drunk who insists on pausing to shake hands with the policeman. The instructions as to how to apply this come-along are lengthy, when properly applied, the convict character ends up with the policeman's club passed beneath his armpit at the back of his neck. The policeman's thumb presses against the ulnar nerve in the drunk's arm, immobilizing the arm, and the victim leaves the way with froglike leaps, uttering cries of dismay.

The club is for use only when the opponent threatens to do the MP pain but not necessarily fatal, harm. The automatic is for use when his life is endangered, and the MP is taught never to pull it unless he intends to use it.

For the most part, the MP is taught to rely on the skill of his own two hands in those situations where force is needed. To accomplish this, he is thoroughly grounded in the basic tenets of judo, and when he leaves the school is well able to protect himself from attack by an opponent much larger than himself, whether the assault comes from the front or the rear. An MP will

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