

Unique Salad Is Calorie Shy

In this era of merited interest in health and weight-watching, it is a comforting thought that party-meals can be as interesting, and even more challenging and personally rewarding to the hostess than ever. Suppose you are planning to have a few friends for lunch or a Sunday night supper and want to go easy on calories, yet offer a pleasing luncheon of familiar and appreciated foods in a new way. If so, and what homemaker does not, we have the answer in a three-course luncheon that has been thoroughly tested.

For the first course, we suggest tomato juice with a bit of grated cucumber on top, placed there just before serving, and a slice of cucumber to decorate the side of the glass.

The main course is a unique Curried Chicken Salad that is easy to prepare.

Curried Chicken Salad
2 cups diced cooked chicken

1 cup diced celery
3 tablespoons French dressing
1 teaspoon curry powder
1½ tablespoons sour cream
¼ teaspoon salt
¼ teaspoon pepper
½ teaspoon instant onion
lettuce leaves

Combine chicken, celery, French dressing, curry powder, sour cream, salt, pepper, instant onion in a mixing bowl. Blend. Chill for 15 minutes. Serve in lettuce cups. Makes 2 to 3 generous, very low calorie servings.

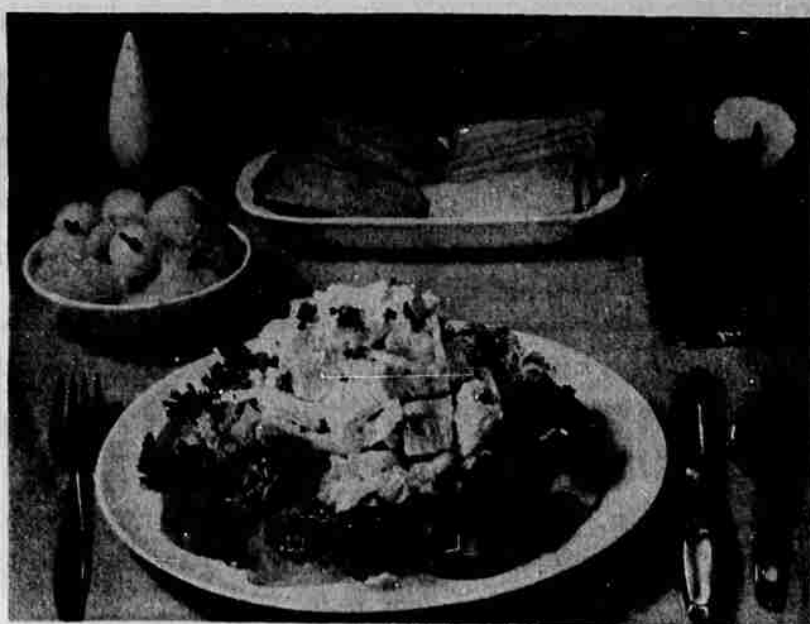
For dessert there is a refreshing Spiced Melon and Orange Delight that goes well to complement the main dish.

Spiced Melon and Orange Delight

1 package (12 oz.) melon balls, defrosted or 1 cup fresh melon balls
Juice drained from melon balls or ½ cup water
2 large oranges
1 stick cinnamon, 1½ inches long
4 whole cloves
2 tablespoons corn syrup

Drain frozen melon balls or make your own. There will be about ½ cup drained juice from packaged melon balls. Pour this or ½ cup of water (if making your own melon balls) into a small sauce pan. Add cinnamon, cloves, corn syrup. Bring to a boil. Reduce heat and simmer for 2 minutes. Pour spiced juice over melon balls and orange sections in a bowl. Chill. Makes 2 to 3 generous servings.

The total calories of the meal — only 300 . . . and that includes generous servings of Melba roast — rye, white, wheat or pumpernickel.



... curried chicken salad

Figs Add Special Flavor To This New Spicy Cooky

The cool, crisp air of autumn is a bracing refreshment. It revives and exhilarates us. For such an exciting time, there is no more perfect companion than dried figs, the sun-blest "package of quick energy."

A delicious old fashioned oatmeal cookie with chopped dried figs for extra flavor.

SNACKTIME QUICKIE

Raisins 'n salty nuts in equal parts are perfect partners in a flavorsome nibble dish for TV fans. This same mixture makes an excellent hand out for the children's after school snack, too.

Spicy Fig Cookies

½ cup molasses
¾ cup butter or margarine, melted
1 egg
½ cup sugar
1 cup chopped dried figs
1 cup quick cooking oats
1 cup sifted flour
½ teaspoon salt
¼ teaspoon baking powder
¼ teaspoon cinnamon
¼ teaspoon ground ginger
In medium bowl, beat molasses with butter and egg. Blend in sugar, then dried figs and oats. Sift dry ingredients; add to fig mixture. Drop by teaspoon on cookie sheet. Bake at 350 degrees for 10-12 minutes. Makes about 3 dozen.

SAN JOAQUIN POT ROAST

Toss a generous handful — about ½ cup — of dark seedless raisins in with the vegetables when preparing pot roast. The taste surprising little morsels of fruit contribute a delightful hint of sweet tangy flavor and develop a handsome rich brown color to the entree.



FOLGER'S COFFEE
1b. 69c
1/2, 2/3, 3/4
6 oz. Instant 99c
Bob's Food Center

Delicious Grecian Meat Balls Elegant For Modern Meals

A classic menu to give a lift to modern meals is built around meat balls Grecian-style. The sunny Mediterranean theme begins with a basic meat ball mixture, shaped, browned and served with a well-seasoned sauce in keeping with the country of its origin.

Vegetables are plentiful in Greece and you'll find them everywhere in this unusual menu. Eggplant and celery are the featured flavorings in the smooth evaporated milk - made sauce to serve over pilaf. You can take your pick of the fresh vegetable counter to make the marinated salad. Cauliflower, green beans and celery along with ripe olives might be served in Greece.

Meat Balls Grecian-Style

1 pound ground beef
¼ cup fine dry bread crumbs
2/3 cup chopped onion
1 teaspoon salt
Dash of pepper
2/3 cup evaporated milk
2 tablespoons butter
1 cup water
1 medium eggplant, pared and cut into ¾ inch cubes (about 5 cups)
2/3 cup sliced celery
¼ cup flour
1 teaspoon salt
1 cup evaporated milk
1 tablespoon chopped pimiento
½ cup coarse cracker crumbs
Mix together the ground beef, bread crumbs, onion, 1 tea-

spoon salt, pepper and 2/3 cup evaporated milk in a medium size mixing bowl. Shape into 12 meat balls. Melt butter in a large skillet over medium heat.

Add meat balls, turning occasionally, to brown on all sides. Add water, eggplant cubes and sliced celery. Stir lightly to mix. Bring to a boil over medium heat, cover skillet tightly, turn heat to low and simmer 25 minutes. Remove from heat. Sprinkle in flour, a little at a time, stirring to blend smoothly. Add the remaining 1 teaspoon salt. Slowly stir in the 1 cup evaporated milk. Cook uncovered over low heat, stirring occasionally, until thickened, about 10 minutes. Stir in pimiento and cracker crumbs. Makes 6 servings. Serve with tomato pilaf: Sauté 1½ cups uncooked rice in ¼ cup butter until golden; add 3 cups tomato juice, cover tightly and simmer until tender, about 20 to 25 minutes. Add salt and pepper to taste.

An Autumn Salad Bowl Is Fine For Company

Ideal as complete-meal salad for ladies' luncheons or buffets.

Autumn Salad Bowl

4 cups diced cooked chicken
1 cup sliced dried figs
1 cup sliced tokay grapes
½ cup toasted slivered almonds
Lettuce
Mayonnaise
Curry powder

Combine chicken with dried figs, grapes and almonds. Line salad bowl with lettuce. Spoon in chicken mixture. Serve with mayonnaise that has a dash of curry powder added. Makes 6-8 servings.

NEW HONEY SPREAD

Butter up your sandwich totting youngsters with a new peanut butter honey spread for bread. Gradually stir ½ cup evaporated milk into ½ cup peanut butter in a small bowl to blend. Beat with a spoon until mixture is smooth and creamy. Stir in 1 tablespoon lemon juice, few grains salt and 1 tablespoon honey. Keep cold until ready to use. Makes approximately 1 cup sandwich spread.

Cranberries, Pineapple In This New Raisin Pie

From deep in the heart of Raisinland comes this idea for a notable Fiesta Raisin Pie. It was created for the Raisin Harvest Festival which was held in Dinuba, Calif., this fall.

This year's estimate indicates that more than 200,000 tons of seedless raisins will be sun-dried in the vineyards of the San Joaquin Valley. Both dark and golden raisins are produced from Thompson seedless grapes.

For beauty's sake this pie is topped with a pastry round to show off the festive ruby color of the filling, but it may also be baked as a double crust pie. Ground dark seedless raisins and fresh cranberries combine with canned crushed pineapple to produce the lovely color and the marvelous flavor of the filling.

mixture begins to boil. Take from heat; blend in butter. Line 9-inch pie pan with pastry building a high fluted edge. Roll remaining pastry to 7½ inch circle. Prick with fork and score with pastry wheel. Place on baking sheet. Spread filling in pastry lined pie pan. Bake pie below oven center in hot oven (425 degrees F.) about 25 minutes. Bake pastry round 8 to 10 minutes until crisp and browned. Cool. Place over filling as soon as pie comes from oven. Press lightly into filling. Serve warm or cold. Garnish with whipped cream or ice cream, if desired. Makes 1 (9-inch) pie.

Apple Pudding Wears A Tiara

Men like rice pudding in almost any of its many styles—baked with cream added, with or without raisins, served in a large bowl, or individually in custard cups. But this new version should be baked and served in a casserole, because much of its appeal is a tiara of meringue and currant jelly spooned right around the pudding. Here's the recipe.

Apple Tiara Pudding

1 cup converted long-grain rice
2½ cups milk, scalded
1½ cups sugar, divided
¼ teaspoon salt
1 tablespoon butter or margarine
3 eggs, separated
1 teaspoon vanilla
6 medium apples
2 cups water
1 tablespoon lemon juice
¾ cup extra-fine (instant) granulated sugar
3 tablespoons tart red currant jelly

Combine rice, milk, ½ cup sugar and salt in top of double boiler. Bring to boil; add butter or margarine; cook over boiling water about 45 minutes, or until rice is tender. Beat egg yolks slightly. Add a little hot rice mixture to yolks; return to remaining rice mixture. Add vanilla. Pour into casserole; let cool. Meanwhile core and pare apples; slice very thin. Combine water and remaining 1 cup sugar; stir over low heat until sugar dissolves; boil 5 minutes. Add apple slices and lemon juice; simmer until apples are tender. Drain; arrange on rice in casserole. Make meringue with egg whites and extra-fine sugar; arrange in mounds around rim of casserole. Make a depression in each mound. Bake at 325 degrees until meringue is tipped with brown. Let cool and then chill. Place 1 teaspoon currant jelly in depression in each meringue. Makes 8 to 10 servings.

Pepper Pleasers A Popular Dish

No matter how often you serve your family a popular dish, you can always prepare it differently and just a special touch of the imagination. Here's a new and prize-winning way to prepare the oft-served favorite, stuffed green peppers, that will have them raving about your culinary skills.

Pepper Pleasers

6 large green peppers topped and seeded
2 c. potato chips (crushed)
1 lb. ground round steak
1 cup tomato soup
½ c. water
¼ c. olive pieces
6 spiced peaches
6 sugar cubes dipped in Orange extract
Melted butter
Mix 1½ cups potato chips, steak, soup, water and olive pieces until just blended. Fill pepper cases, and place in a well greased baking dish, brush with melted butter. Lay peppers alternately beside the spiced peaches. Top each pepper chips. Bake 40 minutes in 325 deg. oven. Remove from stove and top each pepper case with sugar cube and ignite it, carrying dish quickly to table. Serve with a flourish 1 pepper and 1 peach to each guest.



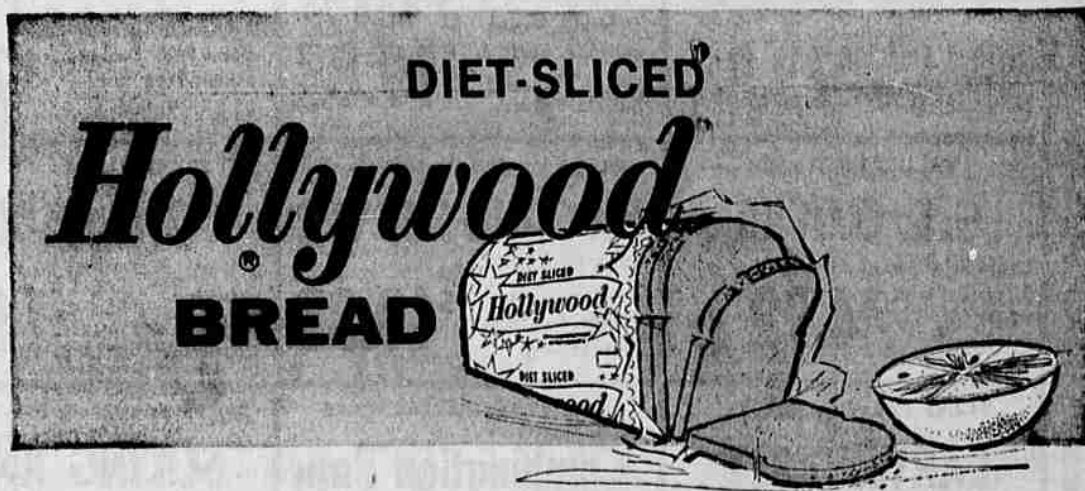
fiesta raisin pie

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