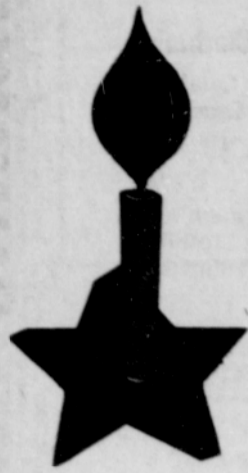


FOOD SECTION



Big Birthday Cake

Jellied Cut-Outs
2 baked 9-inch cake layers, cooled
Pastel Fluffy Frosting

Prepare Jellied Cut-Outs as directed in 9-inch square pan, cutting number with cardboard pattern and cutting stars with star-shaped cookie cutter.

Fill and frost cake layers with Pastel Fluffy Frosting. Arrange gelatin number and stars on top of cake and insert small candles, if desired. Chill. Store any leftover cake in refrigerator.

Jellied Cut-Outs. Dissolve 2 packages (3 oz. each) or 1 package (6 oz.) fruit flavor gelatin, any flavor, in 2 cups boiling water. Add 1 cup cold water. Pour into 9-inch square pan and chill overnight. Loosen top edge of gelatin from pan with small spatula. Dip pan in warm water, just to rim, for 10 seconds. Lift from water and shake gently to loosen. Moisten top of gelatin and place moistened chilled tray on top of pan. Invert pan onto tray. Carefully lift off pan.

Place moistened number pattern on gelatin surface and cut with sharp knife dipped in hot water. Hold knife upright and use one cut for each edge or curve. Cut stars with cookie cutter. Remove gelatin remaining around number and stars and, using a wide moistened spatula, transfer number and stars to tray and chill.

Gelatin remaining around cut-outs may be flaked with a fork or cut into cubes. Use for another dessert with fruit, if desired.

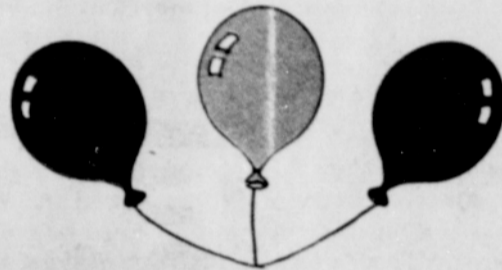
Pastel Fluffy Frosting. Dissolve 1 package (3 oz.) fruit flavor gelatin, any flavor, in 1 cup boiling water. Chill until slightly thickened. Blend in 1 container (8 oz.) frozen whipped topping, thawed. Makes about 3-1/2 cups.

Happy Fruited Ice Cream Squares

1 package (3 oz.) fruit flavor gelatin, any flavor
2/3 cup boiling water
1 pint vanilla ice cream
1 container (4 oz.) frozen whipped topping, thawed
1 medium banana, diced
Cookie-Cutter Cut-Outs

Dissolve gelatin in boiling water. Add ice cream by spoonfuls, stirring until melted and smooth. Blend in whipped topping; add fruit. Spoon into 9-inch square pan. Chill about 3 hours or freeze until firm. Cut into squares; top with Cookie-Cutter Cut-Outs. Makes 9 servings.

Cookie-Cutter Cut-Outs. Dissolve 1 package (3 oz.) fruit flavor gelatin, any flavor, in 1-1/2 cups boiling water. Pour into 9-inch square pan. Chill until firm, about 4 hours. Cut firm gelatin with 2-1/2-inch cookie cutters, which have been dipped in warm water. Carefully transfer cut-outs to serving plates, using broad spatula dipped in warm water. Flake gelatin remaining around cut-outs with a fork and spoon around each serving.

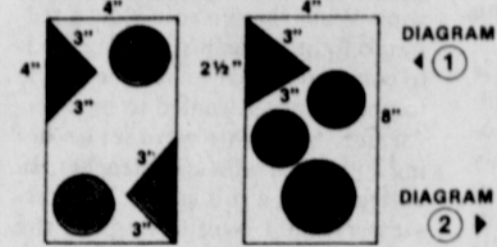


Silly Clown Cake

1 package (3 oz.) lemon flavor gelatin
1 package (3 oz.) fruit flavor gelatin, any red flavor
3 cups boiling water
1 baked 13x9-inch chocolate cake, cooled
1 container (8 oz.) frozen whipped topping, thawed
Black string licorice

DIRECTIONS (Silly Clown Face)

Lemon Flavor Gelatin Red Flavor Gelatin



Dissolve each package gelatin separately in 1-1/2 cups of the boiling water. Pour into 2 separate 8x4- or 9x5-inch loaf pans. Chill until firm, at least 4 hours. Cut cardboard patterns as shown in Diagram 1. Dip pans just to rims in warm water for about 10 seconds. Shake to loosen, moisten tops and unmold onto moistened tray. Arrange patterns on gelatin as shown and cut out, using sharp knife dipped in hot water. (Gelatin around cut-outs may be flaked or cubed and used for another dessert.)

Frost top and sides of cake with whipped topping, reserving 1/2 cup for garnish, if desired. Using moistened wide spatula, arrange gelatin cut-outs on cake as shown in Diagram 2. Use reserved whipped topping for eyes and nose. Add licorice strings for mouth, eyebrows and balloon strings. Chill. Store any leftover cake in refrigerator.



Leftover ham takes on a great new taste and appearance in Ham Loaf with Rhubarb Sauce.

A different kind of cabbage roll

Weekends are when you can spend more time in the kitchen preparing dinner and giving it a new and interesting look. One such interesting recipe is Barley-Stuffed Cabbage Rolls, individual cabbage leaves filled with a barley mixture that will delight everyone. A tangy tomato sauce poured over the top with a sprinkle of Parmesan cheese before baking makes this economical dish complete!

The filling features chewy buds of barley and iron rich spinach. Wholegrain barley is used in place of rice, providing a pleasing texture and distinctive nut-like flavor. It also supplies several important nutrients: protein, calcium, phosphorus, iron and niacin. Cabbage, a fleshy-leaved member of the mustard family, provides a variety of vitamins and minerals. Be sure to select a firm head of cabbage with a bright green color and without blemishes.

Surprise your family this weekend with Barley-Stuffed Cabbage Rolls. It's a delicious way to liven up your menu planning.

BARLEY-STUFFED CABBAGE ROLLS

Cabbage Rolls:
8 large cabbage leaves
Boiling water

Filling:
1 1/2 cups water
1/2 cup pearled barley
1/2 teaspoon salt
4 bacon slices
1/2 cup chopped onion
1 garlic clove, minced
One 10-oz pkg. frozen chopped spinach, thawed, well-drained
1 cup (4 oz.) shredded sharp Cheddar cheese

1 egg
1/2 teaspoon salt
Dash of pepper

Tomato Sauce:
1 1/2 cups water
One 6-oz. can tomato paste
2 chicken bouillon cubes

Drain cabbage leaves; remove tough stem portion. Place 1/2 cup filling in center of each cabbage leaf. Roll up, tucking in sides; secure with wooden pick. Place in 8-inch square baking dish. Heat oven to 350°F.

For cabbage rolls, place cabbage leaves in large bowl. Cover with boiling water; set aside.

For filling, bring water to a boil in medium saucepan. Stir barley and salt into boiling water. Cover; simmer 10 to 12 minutes or until tender, stirring occasionally. Drain. Cook bacon in large skillet until crisp. Remove from skillet; drain and crumble. Drain fat from skillet, reserving 1 tablespoon. Add onion and garlic to skillet; cook until tender. Add spinach; cook and stir 1 minute. In large bowl, combine spinach mixture, barley, cheese, egg, salt and pepper; mix well.

For sauce, combine water, tomato paste and bouillon in small saucepan. Bring to a boil, stirring until bouillon is dissolved. Add lemon juice, if desired. Pour sauce over cabbage rolls. Sprinkle with Parmesan cheese. Bake, covered, at 350°F. for 1 hour. Makes 8 cabbage rolls.

NOTE: Substitute 1/2 cup pearled barley for quick barley, if desired. Increase water to 2 cups. Increase cooking time of barley to about 1 hour or until tender, stirring occasionally.

Use left-over ham for dinner loaf

An old favorite, ham loaf, takes on a new taste and appearance when a touch of spring, a sweet 'n tangy, maple-rhubarb sauce, is added. Try it first on your leftover ham, and you'll want to make it often.

It's an economical and easy main dish. Quick or old fashioned oats (also a source of seven B-vitamins, vitamin E and nine minerals) extend the meat into extra portions, a budget consideration. Prepared mustard, chopped onion and parsley flakes give the loaf its unique flavor. Working women will appreciate the

fact that the loaf can be mixed and shaped in the morning and stored in the refrigerator until ready to bake. After work, they just pop the loaf into the oven.

While the loaf bakes, the sauce, the sauce, the crowning glory, is prepared. Three simple ingredients, chopped rhubarb, maple flavored table syrup and water, are simmered into a bright sauce. At serving time, spoon half of it on the loaf and pass the rest of it in a dish. Ham Loaf with Rhubarb Sauce is a moist, mouth-watering main dish that truly celebrates spring!

HAM LOAF WITH RHUBARB SAUCE

Ham Loaf:
2 eggs
1/2 cup milk
1 tablespoon prepared mustard
1/4 cup quick or old fashioned oats, uncooked
3 3/4 cups finely chopped cooked ham
1 tablespoon chopped onion
1 tablespoon dried parsley flakes

Rhubarb Sauce:
2 1/2 cups chopped rhubarb
1/2 cup maple flavored table syrup
2 tablespoons water

For ham loaf: Heat oven to 350°F. Line 8x4-inch loaf pan with foil, allowing edges of foil to extend over sides of pan; grease well. In large bowl, combine eggs, milk and mustard; mix well. Stir in oats; let stand 5 minutes. Add ham, onion and parsley; mix well. Place ham mixture in loaf pan. Bake 45 minutes. Meanwhile, prepare rhubarb sauce.

For rhubarb sauce: In medium saucepan, bring all ingredients to a boil. Reduce heat. Simmer 5 to 7 minutes or until thickened, stirring occasionally. Remove ham loaf from oven; let stand for 10 minutes. With edges of foil, gently lift ham loaf from pan to serving plate; remove foil. Spoon half of sauce over ham loaf; serve with remaining sauce. Makes 4 to 6 servings.

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