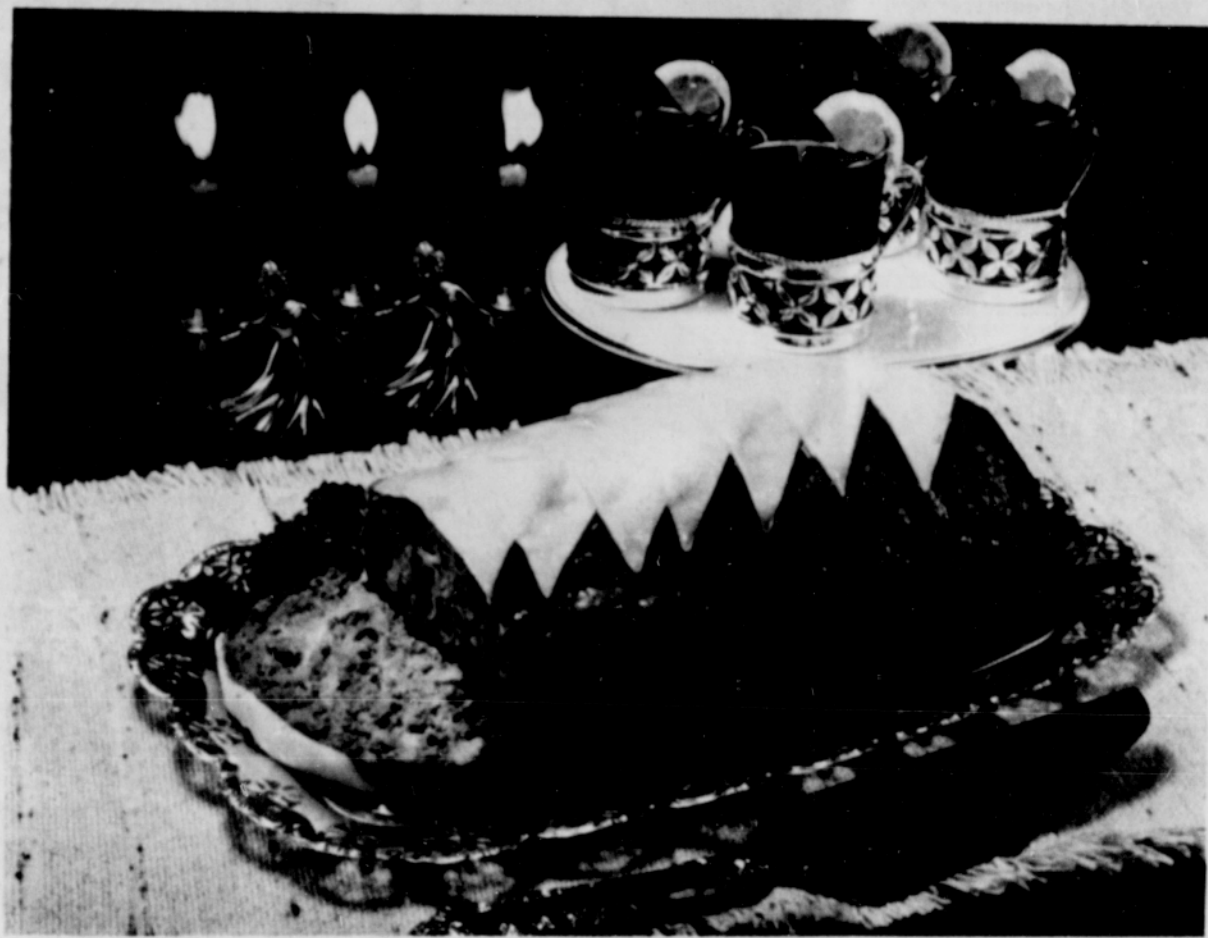


FOOD SECTION

Reuben meatloaf for festive fare

Meat loaf can be festive and fancy enough to grace a silver platter and it's an economical way to serve eight to ten people in style. As an example, these two great new meat loaf recipes are both appropriate for entertaining and both have the exciting taste of international cooking. Flavor and moistness are consistent because canned condensed soup is an ingredient and a base for sauce.

The *Reuben Meat Loaf* is a variation on a classic. It combines tomato bisque soup with ground beef and a can of corned beef. The loaf is layered with sauerkraut, Swiss cheese and caraway seed and rolled up like a jelly roll, and baked for 30 minutes. The remaining tomato soup is spiked with horseradish and spooned over the loaf which is then topped with slices of Swiss cheese and popped back into the oven. A sophisticated entree for dinner-forty may be made from two pounds of ground beef transformed into *Best-Ever Meat Loaf*. The ground beef is mixed with condensed cream of mushroom soup, dry bread crumbs, an egg, shredded carrot, chopped onion and seasonings, baked to savory goodness for one hour and 15 minutes and served with a sauce prepared from the remaining mushroom soup diluted with drippings and water. Try these out-of-the-ordinary meat loaves—for style without extravagance. Enjoy!



Mix thoroughly, ¼ cup soup, ground beef, corned beef, bread crumbs, eggs, parsley and garlic. On waxed paper, pat mat firmly into rectangle (15 x 10"). In small bowl, combine sauerkraut, shredded cheese and caraway seed; press into meat to within 1-inch of edges. With aid of waxed paper, roll meat tightly jelly roll fashion, starting at short edge. Seal seam and ends. Place in 2-quart shallow baking dish (12 x 8 x 2"). Bake at 350°F. for 30 minutes. Combine remaining soup and horseradish. Spoon over loaf; bake 15 minutes more. Arrange cheese slices over top of loaf, overlapping slightly. Bake 1 minute more or until cheese just begins to melt. Makes 8 to 10 servings.

BEST-EVER MEAT LOAF

1 can (10 ½ oz.) Condensed Cream

of Mushroom Soup
2 pounds ground beef
½ cup fine dry bread crumbs
1 egg, slightly beaten
½ cup shredded carrot
¼ cup finely chopped onion
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon thyme leaves, crushed
¼ cup water

Mix thoroughly ½ cup soup, beef, bread crumbs, egg, carrot, onion, salt, pepper and thyme. Shape firmly into loaf; place in shallow baking pan. Bake at 375°F. for 1 hour and 15 minutes or until done. In saucepan, blend remaining soup, water and 2 tablespoons drippings. Heat; stir occasionally. Serve with the meat loaf. Makes 8 to 10 servings.

BARBECUED MEAT LOAF

½ cup Barbecue Sauce
1 cup tomato juice
2 eggs
3 cups of soft bread crumbs

Chocolate-dipped cookies easy

2 cups unsifted all-purpose flour
½ teaspoon salt
¼ teaspoon double-acting baking powder
1 cup butter or margarine
¾ cup sugar
1 egg
1 teaspoon vanilla
4 squares semi-sweet chocolate, melted

Mix flour with salt and baking powder. Cream butter. Gradually beat in sugar and continue beating until light and fluffy. Add egg and vanilla; beat well. Gradually add flour mixture, beating well after each addition. Roll 1/8-inch thick on lightly floured board. Cut with cookie cutters and place on ungreased baking sheets. Bake at 375° for 10 to 12 minutes. Cool on racks. Dip portions of each cookie into melted chocolate. Decorate with frosting and colored sprinkles, as desired. Makes about 3 ½ dozen.

School Menu

February 1: Italian spaghetti, tossed green salad w/Italian dressing, hot cheese roll, tangerine, milk.

February 2: Wiener wrap, hash browns, celery chunk w/dip, apple-sauce, milk.

February 3: Oven fried chicken, whipped potatoes, carrot coins w/dip, fruit bar, milk.

February 4: Cheeseburger, lettuce, tomato, pickle, tater triangles, peach slices, milk.

Eat and Grow Younger

Honey natural sweet

by Lelord Kordel

Please don't get the idea that I am against all sweets in your Eat-and-Grow-Younger diet. I enjoy a sweet as much as you. But I try to confine these sweet sprees to a type of carbohydrate that will make a definite contribution to my daily quota of vitamins and minerals—that is, to confections and desserts made with pure honey.

Perhaps you've never been told that honey is the only animal carbohydrate available to us as a sweet; that it is the only predigested sugar in nature, being 99 percent predigested when it reaches your table. Although the dextrose of levulose (sometimes called "grape sugar" or "blood sugar") in honey is the sweetest of all sugars, it is also the mildest, the easiest to digest and the best source of quick, lasting energy.

Honey is one of the few sweets that possess natural laxative properties. It is also one of the quickest stimulants known. More over, the use of honey in the diet as a sweetener does not result in the heavy production of body fat that follows use of 100 percent carbohydrate, no-vitamin, no-mineral white sugar.

Honey has a high vitamin C content. The darker the honey, the more nutrition it contains.

Vitamins in honey

Most honeys can also supply your diet with thiamine and riboflavin (along with other B-vitamins) and a good proportion of food minerals, plus some hormones and a few amino acids (protein) together with diastase and enzymes to help digestion.

Can the same be said of refined, white sugar? Indeed not! You get nothing but pure starch when you buy white sugar—and your problem is how to cut down on starches, not increase them.

As a supreme conditioner for strenuous activity, honey was appreciated in ancient times. The unparalleled athletes of ancient Greece trained for their Olympic games on honey. Today mountain climbers and long-distance swimmers use large amounts of honey in their training diets.

There is an easily proved, wholly scientific reason why honey is a wonderful food to build quick energy in run-down bodies, to promptly stimulate fatigued bodies back to normal, and to feed weakened heart muscles.

Honey contains as its prime ingredient the sugar dextrose—which is readily converted in the body to glycogen—the only form sugar can be stored in the body for ready use when energy is needed, (main stor-



age places are the liver, gland cells and muscles).

Every bite of carbohydrate you eat (flour, bread, cake, spaghetti, rice, white sugar, candy, chocolate) must first be broken down to dextrose—a long and intricate process.

You have heard the expression "blood and sugar level" many times. What it means is that a certain amount of glycogen must be present in your bloodstream at all times; otherwise your body efficiency grows less and less. In case of a severely decreased blood sugar level (insulin shock, brought on by an overdose of the diabetes treatment, is one instance), the brain slows down so completely that the person goes into a coma.

In a much milder form, a lowered blood sugar level causes you to seek a between-meals snack when you begin feeling brain-and-body tired.

(Please turn to page 8 column 1)

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