



This is the Instant that's delicious for drinking!

Carnation "Magic Crystals" Instant bursts into fresh flavor nonfat milk instantly for as little as 8¢ a quart!

The one "Magic Crystals" Instant. Naturally refreshing, *delicious* for drinking. The modern way to all the natural protein, B-vitamins and calcium of freshest whole milk. Perfect for cooking, too — no special recipes needed. Even *whips* — for luscious light topping at only 1¢ a serving, and with $\frac{2}{3}$ less calories than whipped cream!

MIXES INSTANTLY! Only Carnation "Magic Crystals" mix instantly and completely in ice-cold water with just a light stir. No lumps, no left-over paste in bottom of glass! Ready to drink immediately.



CHOCOLATE FLAVORED INSTANT NONFAT DRY MILK, TOO!

New Carnation Instant *Chocolate* Drink. Mixes instantly with ice-cold water for chilled, refreshing treats. Provides milk's natural protein, minerals and B-vitamins, so important for sturdy growth. Quick energy "pick-up" for adults. Delicious hot, too. Mix with piping hot water for rich, creamy-looking cocoa with no fuss or bother. Nothing to wash but the cup.

Save up to $\frac{1}{3}$ over milk and flavoring!



3-Qt., 8-Qt. and New 14-Qt. Sizes

MELANIE DE PROFT, Director, Culinary Arts Institute

Family Weekly

Cookbook

Pineapple-Ginger Mold

TO PREPARE: 1 HR. TO CHILL: 2 HRS.

- 1 9-oz. can crushed pineapple, drained (reserve $\frac{1}{2}$ cup sirup)
- 1 pkg. orange-flavored gelatin
- 1 cup very hot water
- $\frac{3}{4}$ cup unsweetened pineapple juice
- 3 oz. (1 pkg.) cream cheese, softened
- 1 teaspoon ground ginger
- $\frac{1}{2}$ cup finely chopped celery
- $\frac{1}{2}$ cup (about 2 oz.) salted pecans, chopped
- $\frac{1}{2}$ cup chilled whipping cream

1. Set a bowl and rotary beater in refrigerator to chill.
2. Empty gelatin into a bowl. Add the very hot water and stir until gelatin is completely dissolved. Stir in the reserved pineapple sirup and the pineapple juice.
3. Chill in refrigerator or over ice and water until mixture is slightly thicker than consistency of thick, unbeaten egg white. If chilled in refrigerator, stir occasionally; if chilled over ice and water, stir frequently.

4. Lightly oil a 1-qt. mold with salad or cooking oil (not olive oil); drain.

5. Meanwhile, beat together the cream cheese and ginger until fluffy.

6. When gelatin mixture is about the same consistency as the cheese, stir several tablespoons of the gelatin mixture into the cheese. Continue to add gelatin slowly, beating constantly until well blended. Blend in the crushed pineapple, celery, and pecans.

7. Using the chilled bowl and beater, beat whipping cream until of medium consistency (piles softly). Fold whipped cream into gelatin-cream cheese mixture. Turn into prepared mold and chill in refrigerator until firm.

8. To unmold, run tip of knife carefully around edge of mold. Invert onto a chilled serving plate and remove mold. (If necessary, wet a clean towel in hot water and wring it almost dry; wrap hot towel around mold for a few seconds. If mold does not loosen, repeat.)

About 8 servings

Lemon-Strawberry Chiffon Mold

CONVENIENCE | GOOD FOR FOOD RECIPES | FREEZING

TO PREPARE: 12 MIN. TO CHILL: 3 HRS.

May be frozen two to three weeks.

- 1 pkg. strawberry-flavored chiffon pie filling mix
- 1 pkg. lemon-flavored chiffon pie filling mix
- 1 cup thick sour cream, chilled

1. Lightly oil a 3-qt. ring mold with salad or cooking oil (not olive oil); drain. Chill a bowl and rotary beater.

2. In a large bowl, combine the chiffon pie filling mixes. Prepare according to directions on package. (Be sure to double the amounts given.) Set aside.

3. Using the chilled bowl and beater, beat sour cream until cream piles softly. Gently fold into the chiffon filling. Turn into the mold and chill until set. Unmold as directed in Pineapple-Ginger Mold. Garnish with *mint sprigs*.

About 12 servings

Wheatfield Bars

CONVENIENCE | GOOD FOR FOOD RECIPES | FREEZING

TO PREPARE: 15 MIN. TO BAKE: 35 MIN.

- 2 cups graham cracker crumbs
- $\frac{1}{2}$ cup wheat germ
- $\frac{1}{4}$ teaspoon salt
- $1\frac{1}{2}$ cups (15-oz. can) sweetened condensed milk
- 2 teaspoons vanilla extract
- 6 oz. semisweet chocolate pieces

1. Grease an 8x8x2-in. baking pan.

2. Turn graham cracker crumbs into a bowl and mix in the wheat germ and salt. Make a well in center of dry ingredients. Add the condensed milk and vanilla extract; beat until well blended. Stir in the chocolate pieces. Turn into pan and spread evenly into corners.

3. Bake at 350°F 35 to 40 min., or until wooden pick inserted in center comes out clean. Cool in pan on cooling rack. Cut into bars.

About 1 doz. cookies

A \$10 PRIZE-WINNING RECIPE

from a FAMILY WEEKLY reader

Mrs. R. L. Lyerly, Mocksville, N. C.

Barbecued Bread

TO PREPARE: 20 MIN.

- 2 tablespoons butter
- 1 cup coarsely chopped onion
- $\frac{1}{2}$ cup chili sauce
- 2 tablespoons cider vinegar
- 1 tablespoon brown sugar
- $\frac{1}{4}$ teaspoon celery salt
- $\frac{1}{8}$ teaspoon dry mustard
- $\frac{1}{2}$ cup (about 2 oz.) grated sharp Cheddar cheese
- 8 slices bread

1. Heat butter in a skillet. Add onion and cook until transparent, occasionally

moving and turning with a spoon. Blend in the chili sauce, vinegar, brown sugar, celery salt, and mustard. Simmer, uncovered, 5 min., stirring occasionally.

2. Remove from heat. Spread bread slices with onion mixture. Sprinkle evenly with grated cheese. Stack bread slices and wrap in aluminum foil.

3. Put into 400°F oven 10 min. Serve hot.

8 servings

Note: To serve as a snack, spread untoasted sides of bread slices with mixture. Broil until cheese melts. Cut diagonally into quarters. Serve hot.