



BAKED ONIONS, favored vegetable of Midwesterners, are stuffed with cream cheese and spinach and served with broiled chops.

Cheese Stuffed Onions Will Delight Gourmet

With a bumper onion crop on its way to the fall market, home-makers throughout the land have an ideal opportunity to savor the advantages of onion cookery which have long been known and particularly enjoyed by Midwestern housewives.

A most tasty introduction to the world of onion cookery would be to make and feast on Baked Cheese Stuffed Onions. Once onions prepared this way have been tasted the recipe will be sure to become a permanent part of your food file.

To make this delightful food, combine cream cheese and chopped spinach and seasonings. Then, fill the onion shells with this gourmet type mixture, and sprinkle tops with grated cheese. Bake until slightly browned and tender. Try baking them in the same pan with Sunday's roast during the last 30 to 45 minutes of roasting time.

One six-ounce package of wedge-cut cream cheese or a six-ounce plastic cup of cream cheese is ample for preparing six medium-size onions. Plan to serve one onion per person. However, make enough to fill the call for "seconds" which are bound to be heard whenever you serve these onions.

Cheese Stuffed Onions
(Makes 6 servings)
6 medium-size onions, peeled
2 (3-oz.) packages cream cheese
1½ cups cooked, chopped, fresh spinach (or 10-oz. package frozen), well drained
1 teaspoon salt
½ teaspoon pepper
Italian-style grated cheese
Cook onions in boiling water 30 minutes or until just tender. Drain well; reserve liquor. Cool

Spark Breakfast With Vegetable Juices

School days, cool days bring bigger reason than ever for hearty family breakfasts. Youngsters and Dad will likely use more energy, and need a good start. Brighten the morning with a colorful, good menu like this. Tall glasses of chilled mixed vegetable juice (nourishing blend of tomato, carrot, celery, beet, parsley, lettuce, spinach, water-cress). Hot oatmeal (sprinkled with cinnamon-sugar) and milk. Sausage. Hot buttered toast.

onions. Soften cream cheese at room temperature. Beat cheese until fluffy. Blend in spinach, salt and pepper. Remove and reserve centers from onions. Fill onion shells with cream cheese-spinach mixture. Sprinkle with grated cheese. Place in buttered baking dish. Bake in a hot oven (400° F.) about 30 to 35 minutes or until onions are tender. Serve with onion sauce.

Tangy Onion Sauce
(Makes about 2 cups)
2 tablespoons butter
Reserved onion centers, chopped
3 tablespoons flour
1 teaspoon thyme
1 teaspoon curry powder
½ teaspoon salt
½ teaspoon pepper
½ teaspoon mace
2 cups onion liquor
Melt butter in small skillet. Sauté onions until golden brown. Combine flour and seasonings; blend into onions. Add onion liquor; cook, stirring constantly, until thickened. Strain through a coarse sieve. Serve hot with stuffed onions.

BAKED APPLES DE LUXE
start with crisp spicy red Jonathan apples. Fill the center cavities with orange marmalade and bake. Just before the apples are ready to come out of the oven, place a marshmallow on top of each apple and return to oven just long enough for the marshmallow to brown lightly.

Olive Canape Spread Unusual and Good

This "Curried Olive Canape Spread" is something out of the ordinary and it is extraordinarily good. It makes a delectable accent to that beverage which you call your favorite—after 5 p.m.!

and the merest touch of curry are what make this spread highly palatable.

HONEYMOON APPLE CRISP
for two is prepared by peeling and coring 2 to 3 red Jonathan apples. Slice thin and arrange in greased baking dish. Top with a crumb mixture made of ¼ cup flour, ¼ cup brown sugar and 2 tablespoons butter. Bake in hot oven (425°) 35 min. Serve warm with cream.

Curried Olive Canape Spread
½ cup ripe olives
1 (3-ounce) package of cream cheese
2 tablespoons milk
¼ teaspoon curry powder
Paprika
Dash black pepper
¼ teaspoon grated onion
Cut olives in small pieces. Combine cream cheese and milk to give spreading consistency. Blend in remaining ingredients. Makes approximately ¾ cup spread.



"O-o-h!
It's that good
MORNING MILK!"



Leftover corned beef makes wonderful hash, of course; but don't forget that it is delicious for sandwich fillings. Chop it fine and mix with enough Russian dressing to moisten; for something crisp — and for a change — add finely shredded green cabbage to the sandwich instead of lettuce.

Here Is Confection Treat for Halloween
An easy-to-make confection for the Halloween trick or treaters would be steamed prunes pitted and stuffed with whole roasted almonds. Roll the filled prunes in orange-colored granulated sugar. To color the sugar put a few drops of food coloring with the sugar in a small corned tins are colored.



"I'M JUST NOT MYSELF 'til I've had my morning Ovaltine!"

You know how that cup of hot coffee at breakfast picks you up! Then why should your youngsters be satisfied with a plain, uninspiring cold beverage—especially when they can have the right hot drink for children—Ovaltine?

essentials so important to growing children. Children should have enough of these extra nutrients to help keep them doing their best at school and play. And, instant Ovaltine is such a quick, easy way to give your youngsters that "something hot" doctors know they should have at every breakfast. Just add 3 teaspoons of Instant Ovaltine to a cup of hot milk and it's ready to serve!

THE RIGHT HOT DRINK FOR CHILDREN AT BREAKFAST

Ovaltine

WORLD'S MOST POPULAR FORTIFIED FOOD BEVERAGE



Ovaltine comes in two kinds. Plain, and Chocolate Flavor. Children especially love the Chocolate Flavor.

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AT YOUR GROCER'S