

Apple-Mint Jelly From Canned Juice

Mint flavor just naturally goes with lamb, doesn't it? So your family is going to enjoy Apple-Mint Jelly with hot roast lamb, cold sliced lamb, lamb chops. Looks wonderfully gay, too, served as a sparkly green garnish on orange slices set around the meat.

But there's more! The lively mint taste also glorifies pork or ham, lends zest to chicken or duckling, steps up beef and veal. Apple-Mint Jelly likewise belongs in the snack department... as a jolly jelly with crackers and cream cheese.

Make apple-mint jelly yourself — and use apple juice, handy at any grocery store. Thanks to ready-to-go apple juice, this jelly is triffin' simple to put together.

And easy it certainly is... one, two, three and the jelly can be poured into glasses to set. It'll turn out tender, quivery, invitingly green in color, a real perk-up for family and company meals.

APPLE-MINT JELLY
 2 cups apple juice
 3 1/2 cups sugar
 5 drops green vegetable coloring
 1/2 cup liquid pectin
 1/2 teaspoon spearmint extract
 Measure juice into large sauce pan. Add sugar and mix well. Place over high heat; bring to full rolling boil, stirring constantly. Add enough green vegetable coloring (about 5 drops) to give the desired color. Quickly add pectin and extract. Bring to full rolling boil; boil 1 minute, stirring constantly. Remove from heat, skim, pour quickly into jelly glasses. Paraffin at once. Yields about 5 six-ounce glasses. (Note: Let jelly stand several days before serving.)

For Sandwiches

The 4 1/2-ounce size containers of chopped ripe olives are perfect for sandwiches. They're particularly delicious in egg salad sandwiches. Allow 1 tablespoon chopped ripe olives for each egg. Add a dash of curry powder for a tasty assent.

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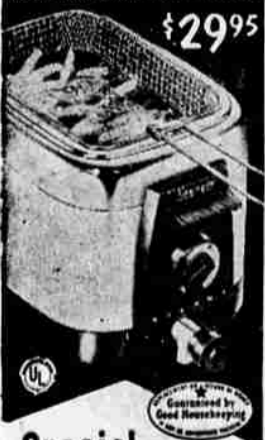
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'Dressing Up' Budget Items

Many would-be meal complements that are easy on time and budget, can be dressed up for service as a main dish. If you hadn't thought of it try one of these convertibles tonight, and see if it doesn't fill your fans to satisfaction.

Stuffed Bacon Rings
 3 cups soft bread crumbs from day old bread
 1/2 teaspoon salt
 1/2 teaspoon pure monosodium glutamate
 1/2 teaspoon pepper
 1/4 teaspoon powdered marjoram
 1/2 cup finely chopped onion
 1/4 cup chopped dill pickles
 1 tablespoon minced parsley

1/4 cup melted butter
 1/4 cup water
 6 slices bacon

Combine all ingredients except bacon; blend thoroughly. Line 2-inch muffin cups each with 1 slice, bacon; fill with 1/4 cup stuffing. Lap edges of bacon over stuffing. Bake in hot oven (450 F.) 15 to 20 minutes. Remove at once to hot serving platter. Serve as meat accompaniment or for luncheon with mushroom sauce.

Noodles De Lux
 1/2 cup butter
 1/2 cup blanched almonds, sliced
 1 (8-ounce) package broad noodles, cooked and drained
 1 cup cultured sour cream

1/2 teaspoon salt
 1/2 teaspoon pure monosodium glutamate
 2 tablespoons poppy seeds
 1 tablespoon celery seeds
 1 clove garlic, finely minced

Melt butter in cake pan under broiler. Add almonds; toast until golden. Add to hot cooked noodles with remaining ingredients; toss lightly. Serve hot in place of potatoes. Serves 6 to 8 generously.

Frankfurters served with hot, canned apple sauce make a dandy main dish. Add a crisp green salad and, for dessert, a milk sherbet made from a mix... and you have a springtime meal that's easy, economical and appetizing.

Quick Breads

Quick breads and coffee cakes—the baking powder variety are a boon to streamlined living. Add some chewy raisins to these preparations and they take on a new look and definitely superior taste. Sugar cookies with raisin "faces" delight the young fry.

Good Spread

One-half cup of canned apple sauce, spiked with lemon juice, and whipped into a 2-oz. package of cream cheese, comes out as a delicious spread for whole-wheat bread or crackers.

Pepper Steak Tasty Entree

Looking for a quick-cooking main course? Try one of the simple Chinese meat recipes. You can't do better than this one for Pepper Steak, for instance. It is easy-to-do, deliciously satisfying and it is ready for the table in 15 minutes!

Pepper Steak
 3 tablespoons fat
 1 clove garlic, minced
 1/4 cup finely diced onion
 1 pound round or flank steak
 1 1/2 teaspoons Kitchen Bouquet
 1 teaspoon salt
 1 teaspoon pepper
 2 large green peppers
 1 teaspoon cornstarch
 1 tablespoon cold water, or

vermouth
 Place fat in frying pan over moderate heat. Add garlic and onion and cook about 2 minutes, stirring frequently. Meanwhile, cut meat in thin strips about 2 inches long and the diameter of a pencil. Place in a bowl and sprinkle with Kitchen Bouquet. Stir well to coat meat evenly. Add sliced steak to onion in frying pan and brown lightly, stirring frequently, about 3 minutes. Sprinkle with salt and pepper and add the green peppers which have been cut into thin strips like the meat. Cover tightly and continue cooking until the pepper is barely tender, about 10 minutes. Blend together the cornstarch and cold water. Add to meat and peppers, stirring constantly until juices thicken.

Tasty Dessert

Even though whipped cream is not without calories, it does come in mighty handy to whip up quick and delicious dessert. This one we think is very, very good. Into a cup of sweetened whipped cream, fold a cup of diced bananas and 1/4 cup roasted almonds. A tablespoon of rum flavoring affords a most exotic flavor. There'll be no complaints when this dessert is served.

Have you a little ham left over? Dice it and add it to canned baked beans before heating.

Right now grocers are featuring Kraft Cottage Cheese and the makings for this new



Sun Glory Salad



It blends the flavors for a perfect salad...



Try it

for your next luncheon party. It's so good, so pretty, so easy!

- 1 Pick up canned sliced pineapple and other ingredients from your grocer's "Sun Glory Salad" display and Kraft Cottage Cheese from the refrigerator.
- 2 Make sure it is Kraft Cottage Cheese you use. For Kraft is made in plants designed especially for cottage cheese, and is made from specially-purchased milk to produce a clean, balanced taste that harmonizes perfectly with the good flavor of other choice salad ingredients.
- 3 Chill the Kraft Cottage Cheese in the carton 30 minutes or longer. Run knife around the edge of the cheese and invert carton over bed of salad greens. Tap bottom of carton sharply and cheese will fall in smooth cup shape. Cut pineapple slices in half and place around the edge of cottage cheese, press in lightly. Garnish with maraschino cherry. Serve with Miracle Whip Salad Dressing for perfect eating.

Kraft Cottage Cheese