

**Omelet Filling** 

der given and mix well. Sprinkle over Sally Lunn bat-ter.

1 cup shredded sharp cheese Brown meat and onion in hot bacon drippings. Stir in

THESE EXTRA FINE FRUIT DRINKSI YOU'D HARDLY BELIEVE refreshing fruit drinks could be improved upon for enjoyment and wholesome-beverages (described below) you'll change your mind. It's amazing, but by using pecin (the same M.C.P. Pecin used in jam and jelly making), these new M.C.P. bev-erages have an extra smoothness and "body" that makes them extra delightful to tasse: and they're extra wholesome, too, because the health-fulness of pecina" is added to that of the fruit. You can make these unually tasty and valuable beverages for only a few cents a glass...the year 'round... and watch the family go for them? M.C.B. MEETIN EFFULT ADEST (Drensen, Pineannie, Concord

M.C.P. "PECTIN FRUIT-ADES" (Orange, Pinesppie, Concord Grape) - Empty Goz. can of any of these frozen concentrated juices into large picker; using empty can, measure in 5½ CANE cool water; add a 33/2-or. package MCP JAM AND JELLY PECTIN; site misrure well until pectin is fully dissolved; add ice. Makes 1½ quarts.

M.C.P. "PECTIN LEMONADE"- Fully dissolve a 3½-cr. package M.C.P. JAM AND JELLY PECTIN in 5 measuring cups cool water; add 14 cup sugar and 15 teatpoon lemon extract; stir well; add ice. Makes more than a quart. (M.C.P. Pectin and the cirric acid with it both come directly from fresh lemons; the lemon extract adds the real "peel" flavor.)

•Pectin has long been known to be of great value in treating intestinal difficulties; more recently, protopectins have been found an aid to diges-tion and the proper assimilation and use of all the food we eat. Since, however, protopectins (present in most fresh fruits and vegetables) are simply the "mother source" from which pectin is extracted and made soluble (dissolved) by the digestive juices, it's really from soluble pectin that the body derives benefit. Soluble pectin is what you get directly in these new M.C.P. beverages.

## MORE THAN TWICE AS MUCH JUICE -THREE TIMES AS MUCH JELLY!



A WONDERFUL NEW METHOD ... discovered by A WONDERFUL NEW METHOD ... discovered by the M.C.P. Kitchen Laboratory ... lets you press crushed fruits or berries through a muslin bag quickly, and get more than twice as much juice than by the old drip method. This extra large amount of juice, used with M.C.P. JAM AND JELLY PECTIN, makes almost 3 times as much jelly from a given amount of fruit. And, this juice is so completely clashed you're sure of clear, transparent jelly. To get this remarkable M.C.P. method (and special M.C.P. JAM AND JELLY PECTIN package fronts, with your name and address, to M.C.P. Kitchen Laboratory, Anaheim, Calif. You'll get the cost back many times over in extra juice and extra jelly!

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## YOU'LL FIND DOZENS OF WAYS TO USE IT THE YEAR 'ROUND!

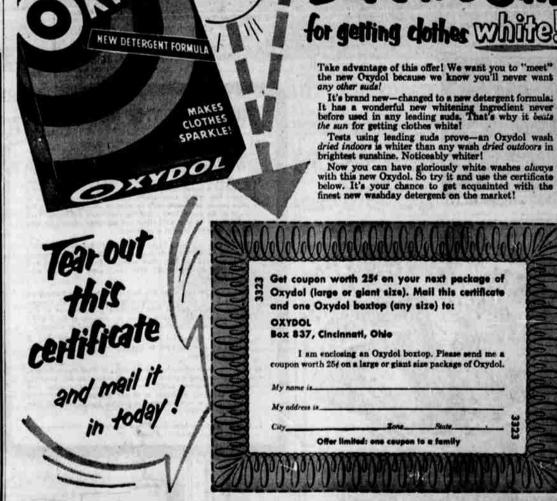


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ALMOST DAILY there's a use for lemon juice in most homes...in baking and cooking, for refreshing lemon ale, in salad dreaming, as a 'cook' in a glass of water... to mention juit a few. The convenient, conomical way to meet these needs is M.C.P. LEMON JUICE. It's pure, unadulterated, ich in Vitamin C, and contains no preservatives (sulphut dictide or benzonse of soda). Krep M.C.P. LEMON UICE on hand at all times... it's ready for instant use, cust less than home togettered paice. Get a free Recipe Folder by writing the M.C.P. Kinchen Laboranory, Anaheim, Calif. (There's M.C.P. FROZEN LEMON JUICE, too. If your grocer doesn't stock it, he can get it for you.)

salt, pepper, tomato juice and limas. Cover closely and cook Add a few snips of green onion and chopped ripe olives to cottage cheese for a satis-fying and delicious omelet fill-ing. Makes good eating for a ing. Makes good eating for a cheese. Serve very hot. \*(1½ or summer summ or summer supper meal. Serves 4 to 5.





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