



Frosted Meat Loaf Dressy

This Frosted Meat Loaf is a party dish, if ever there was one. It's elegant yet it's practical, too. Especially if you cook with one eye on the budget. For the recipe will serve 8 and uses just 16 pounds of meat. This a flavormore meat loaf with corn flakes, Worcestershire sauce, onions and parsley each contributing its own distinctive flavor. The corn flakes, in addition to adding to the tastefulness of the dish, act as an extender. The "frosting" is mashed potatoes which are garnished with corn flakes.

Frosted Meat Loaf
4 cups corn flakes

2 eggs, slightly beaten
1 cup milk
2 teaspoons salt
1/2 teaspoon pepper
1 teaspoon Worcestershire sauce
1/4 cup chopped parsley
1 tablespoon chopped onions
1 1/4 pounds ground beef
1/2 cup ground pork
Crush corn flakes slightly; combine with remaining ingredients and mix thoroughly. Spread in greased 9 1/2 x 5 1/2-inch loaf pan. Bake in moderate oven (350 F.) about 1 hour. Unmold loaf and place on greased baking sheet or ovenproof platter.
4 cups seasoned mashed potatoes
1 cup corn flakes
1 tablespoon melted butter or

margarine
Frost loaf with mashed potatoes. Crush corn flakes into fine crumbs; mix with melted butter. Sprinkle over mashed potatoes. Bake in moderate oven (350 F.) about 20 minutes.
Yield: 8 servings.

Lemon-Honey Dressing
Lemon honey dressing is well known for being a favorite dressing to serve with fruit salad. To give it a new and tasty touch use these proportions. Mix 1/4 cup honey with 1/2 cup lemon juice, 1/4 teaspoon salt and 1/2 teaspoon celery seed. Mix thoroughly and chill before serving.

Ways to Use Meat Leftovers

Every good cook has ways with leftovers. Often the family is more enthusiastic about the second day dish than the first because it has more flavor. Especially when fixed in ways like these.

Meat Turnovers

Brown ground meat with minced onion and green pepper in fat. Enclose meat mixture in pastry squares; bake in hot oven. Make gravy with meat drippings in pan, season with curry and Worcestershire sauce. Serve gravy on hot turnovers.

Meat-Potato Boats

Scoop out centers from large baked potatoes; mash well. Add diced cooked meat and if desired, some sauteed onions or mushrooms, both of which are readily available. Refill potato shells. Reheat.

Home Made Scrapple

Combine thick corn meal with ground cooked pork. Chill in mold or pan until firm. Slice or cut in strips. Brush with butter or margarine; place under broiler unit or burner until browned and heated through. Serve with tomato sauce.

Veal Shortcake

Cube cooked cold veal shoulder; brown with sliced mushrooms or sliced onions (or both) in fat. Add a little water. Salt and pepper; cover and simmer until tender. Thicken mixture in pan with flour. Serve between hot biscuit halves.

Eggplant and Lamb

Alternate slices of sauteed eggplant, chopped cooked lamb and tomato sauce in casserole; top with grated cheese. Bake in moderate oven until hot and cheese is melted and browned.

Creole Beef

Brown 1/2 to 1 pound cooked beef with 1 tablespoon each green pepper and onion. Add 2 tablespoons flour, 2 cups canned tomatoes and 1 cup water. Season; cover and cook slowly for about 20 minutes. Serve on hot cooked rice.

Economy Hash

Combine 1 cup cooked meat of any kind with 1/2 cup soft bread crumbs, 1 tablespoon minced onion, 1 cup gravy or a bouillon cube dissolved in 1 cup hot water. Grease frying pan; spread in hash and cook over low heat for 10 minutes or until brown and crisp on one side. Fold and serve on hot platter garnished with parsley or peas.

For Leftover Cake

In case you're lucky enough to have some fruit cake left over from the holidays, serve it this way. Heat the fruit cake, cut into serving sized chunks and top with a tasty apricot whole fruit nectar and honey sauce. Thicken the sauce with cornstarch and flavor with a bit of cinnamon.

Budget Stretcher

In planning Lenten menus don't forget to include large lima beans often. The beans are hearty and nourishing as well as easy on the budget. Sour cream, tomato sauce, tuna and cheese all combine beautifully with the limas.

Date Filled Cookies

So good to eat and so good for you! This chewy bar-type cookie is chock-full of sugar energy... which means it will perk up the active quota of young and old. A favorite sweet for lunchboxes because it is moist and keeps well. Make the filling and let it cook while preparing the crumb part.

Date Filled Dandies

Filling:
1 1/2 cups (7 1/2 oz. package pitted) cut-up dates
1/2 cup water
1 cup sugar
3 tablespoons lemon juice (fresh, frozen or canned)

Crumb Part:
1 cup uncooked rolled oats
1 1/2 cups sifted all-purpose flour
1 cup sugar
1 teaspoon salt
1/2 teaspoon allspice
1/2 teaspoon ginger
1/2 cup shortening
1/4 cup butter or margarine
1 egg, beaten

Combine filling ingredients in saucepan and cook on medium high heat until thick, about 7 minutes, stirring constantly. Cool. Measure rolled oats into mixing bowl and sift in flour, sugar, salt and spices. Add shortening and butter; cut in with pastry blender or two knives until mixture resembles coarse meal.

Sprinkle half of the crumb part in a lightly greased 9-inch square pan. Spread evenly with cooled filling. Sprinkle on remainder of crumb part.

Drizzle beaten egg over top. Bake in a hot oven (400° F.) about 30 minutes.

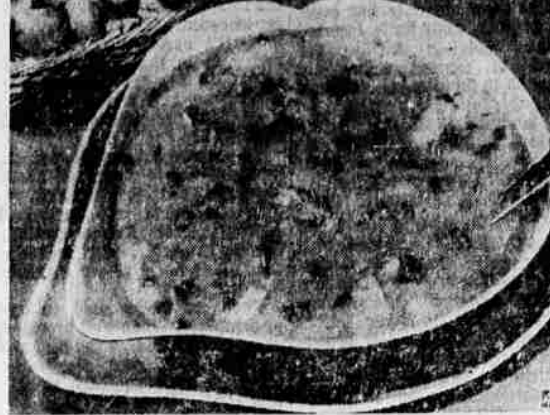
Remove from oven; cool in pan. Cut into bars or squares. Makes 16 squares.

Sugar Sparkler: Oven-frost plain rolled cookies while they bake. Sprinkle cookies with a mixture of 1/2 cup sugar and 1/4 cup finely chopped nuts before they go into the oven.

Walnuts Add Flavor

A half cup of chopped walnuts added to the batter of your favorite recipe for cupcakes will not only improve the flavor but also will add interesting texture. If the cupcakes are going to be packed in lunch boxes, cut each cake in half and put the halves back together with frosting. It makes packing a lot easier.

Hearty Soup Ideal for Company or Home Meal



Out-Of-This-World Chowder, made with lobster, mushrooms and vegetables.

(AP Newsfeatures)

A hostess trick from a famous cook book author! Irma Rombauer, the distinguished and charming author of "The Joy of Cooking" (Bobbs-Merrill), has been visiting in New York City, and while I was cooking dinner for her at my house one night, she let me in on one of her own secrets.

Mrs. Rombauer lives in St. Louis and has a small country house in the Ozark foothills. It's in the country that she has lots of company during weekends; it's there, she says, that she finds it a big help to serve soup as a first course. She ladies it into cups and brings it to her guests before they sit down to table on a tray. Then as they are enjoying this, she says, she has time

Flank Steak Savoy Good

Here's the perfect dish to give new life to monotonous meals—Flank Steak Savoy. The steak is first scored to shorten connective tissue, and thus take less cooking time to make it tender. It is then cooked slowly with an interesting combination of vegetables. With this dish your meal is complete with the addition of a moulded gelatin salad, hard rolls and a dessert of fresh fruit and cookies.

Flank Steak Savoy

1 beef flank steak
1 cup flour
2 tablespoons lard or drippings
2 teaspoons salt
1/2 teaspoon pepper
1/4 cup catchup
1 cup thinly sliced sweet pickles
1 cup thinly sliced onions
1 1/2 cups water
6 medium carrots
6 medium potatoes
1 1/2 cups celery, cut in 1-inch pieces.

Score steak, pounding flour in to both sides with knife. Brown in lard or drippings. Season with salt and pepper, pour catchup over top and cover with pickles and onions. Pour 1/2 cup of water around steak. Cover and cook in slow oven (300° F.) for 1 hour. Add carrots, potatoes, celery and remaining water. Continue cooking 1 hour longer or until tender. Serve with gravy in pan, thickened if desired. 6 servings.

A soup meal. A good choice would be a favorite of Irma Rombauer's—nut cake.

If you like the idea of an easy-to-get soup meal, we urge you to try this Lobster Chowder. Our taste-testers were enthusiastic about its combination of flavors.

Casa Grande Dressing

Wonderful on wedges of crisp western iceberg head lettuce. Four or more servings.
1 cup sour cream
2 green onions
2 tablespoons mayonnaise
2 or 3 tablespoons fresh lemon juice
1/2 cup blue cheese
Salt and pepper
Finely cut tops and all of the green onions into the sour cream. Add remaining ingredients and season to taste. Allow to "ripen" several hours before serving.

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time after



time



cup after



cup



pound after



pound



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