

Try this salad with new process wheat product.

New Wheat Product In Salad

The new wheat product, called *ala*, also bulgur, goes right on being in the foods news, new recipes coming out all the time. The product, a processed wheat, is used in everything from pilafs to casseroles, meat balls, puddings, fried cakes, etc.

The product is fine for stuffing; green peppers. Below is a salad recipe.

- Triple-Play Salad**
 1 cup *ala* (or bulgur)
 2 cups cold water
 1/2 teaspoon salt
 1/4 cup French dressing
 1 5-7 oz. can crab, chicken or tuna
 1/2 green pepper
 1 cup chopped celery
 1 hard-cooked egg, chopped
 Tomato garnish
 Salad greens

Cover processed wheat with cold water; add salt and cover tightly. When it begins to boil, reduce heat and simmer 15 minutes. Drain; marinate in French dressing. Chill in refrigerator. Chop green pepper and celery. Add seafood or chicken together with chopped peeper, celery, egg to chilled *ala*. Moisten with mayonnaise if desired, and toss together lightly. Turn into salad bowl and garnish with tomato wedges. Serves 4-6.

Peach Caramel Ice Cream: Fine Dessert

Some flavors just naturally go together to bring out the very best in each other. That's what makes "Peach Caramel Ice Cream" so good tasting. What could be more of a taste delight than luscious canned peaches, caramel syrup and cream blended and frozen together. Ice cream is the ideal dessert all summer long as it's cool and refreshing, and so easy to keep on hand in freezer or refrigerator. Try this canned peach treat, soon.

- Peach Caramel Ice Cream**
 1/2 cup sugar
 1/4 cup syrup from canned peaches
 4 to 6 canned peach halves
 Few grains salt
 1/2 cup whipping cream

Place sugar in small heavy frying pan over low heat, and stir until sugar is melted and light brown in color. Heat peach syrup and slowly stir in caramelized sugar. Cook and stir until caramel is dissolved. Cool. Crush peaches to make 1 cup pulp. Blend peaches and salt into caramel syrup. Pour into refrigerator tray and place in freezing compartment with control set at lowest temperature. Freeze until icy. Turn into chilled bowl and beat with rotary beater. Fold in whipped cream. Return to freez-

Corn and Limas Go Into Casserole Dish

Casserole dishes are the vogue, and especially now when outdoor meals are in their prime. Easy to prepare, easy to serve and a real palate-pleaser besides, is this "Succotash Scallop," made with tender large dry limas and cream-style corn. Perhaps you're serving ham? "Succotash Scallop" would be the perfect vegetable dish.

- Succotash Scallop**
 1 1/2 cups cooked large dry limas*
 1 1/2 cups cream-style canned corn
 1 (10 1/2-ounce) can cream of mushroom soup
 1/2 cup milk
 1 cup crushed potato chips

Crush limas coarsely with fork. Combine with corn, soup and milk. Place half the mixture in greased baking dish. Sprinkle with half the potato chips. Bake in moderate oven (350 degrees F.) 30 minutes. Serves 4 to 6. *About 3/4 cup before cooking.

Stuffed Tomatoes Treat for Summer

One of the compensations of summer weather is the good summer fruits and vegetables we have to eat. Luscious ripe tomatoes are wonderful so many ways. When they're plentiful and cheap stuff whole ones for luncheon salads. Egg salad with a little crisp bacon and wedges of rich-tasting ripe olives makes "California Stuffed Tomatoes" extra good.

- Stuffed Tomatoes**
 1/2 cup ripe olives
 4 slices bacon
 2 tablespoons chopped onion
 4 diced hard-cooked eggs
 1 cup diced celery
 1/2 cup mayonnaise
 1/2 teaspoon salt
 1/2 Black pepper to taste
 6 ripe tomatoes
 Lettuce

Cut olives into large pieces. Cut bacon into 1/4-inch strips and cook slowly until crisp, stirring frequently. When bacon is about half cooked, add onion and cook until bacon is crisp and onion wilted. Drain off fat and combine bacon and onion with eggs, celery and olives. Blend lightly with mayonnaise, salt and pepper. Cut tomatoes part way through into sixths and spread sections open. Heap with egg mixture. Serve on crisp lettuce. Makes 6 servings.

ing compartment and freeze to desired consistency. Reset temperature control to normal. Makes 1 1/2 pints.



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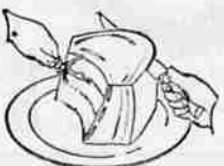
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CARVING MEAT CUTS

Standing Rib Roast of Beef

When purchasing a standing rib roast ask your meat retailer to remove the short ribs and separate the backbone from the ribs. The backbone can then be removed in the kitchen after roasting. This makes the carving much easier, as only the rib bones remain.



Make first slice—Place the roast on the platter with the small cut surface up and the rib side to your left. Use either a standard carving set or a roast meat slicer and carver's helper. With the guard up, insert the fork firmly between the two top ribs. From the far outside edge slice across the grain toward the ribs.



Cut close to bone—Make uniform slices, from an eighth to three-eighths of an inch thick. This depends upon personal preference. Release each slice by cutting close along the rib with the knife tip.



Lift slice—After each cut, lift the slice on the blade of the platter. If the platter is not large enough, have another hot platter near on which to arrange the slices. Make sufficient slices to serve all guests before transferring the servings to individual plates.

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