



Three favorite foods, limas, cheese and dried beef go into the makings of this main dish.

Good Trio Combined in This Dish

These "mounds" for a luncheon dish combine lima beans, creamed dried beef and cheese, a hearty but tasty offering.

Lima Luncheon Mounds
 1 box frozen lima beans (or 2 cups cooked or canned limas)
 1/2 cup (1 stick) margarine or butter
 3 tablespoons flour
 1 cup milk
 1/2 pound dried beef
 7 slices toast
 2 slices cheese

Cook limas in boiling water until tender (about 15 minutes). Drain. Stir in 2 tablespoons margarine or butter.

Make a white sauce of 1/4 cup margarine or butter, flour and milk. Tear dried beef into small pieces. Heat in white sauce. At serving time spread hot toast with margarine or butter. Cover with creamed dried beef. Top with large tablespoonful of hot seasoned limas. Cut cheese into strips on top of beans. Serve hot.

This Orange Nougat Mousse Colorful and Very Tasty Dessert

A super dessert, this one, featuring orange juice with whipped cream, maraschino cherries and nuts.

Orange Nougat Mousse
 Juice of 4 to 6 oranges
 Juice of 2 lemons
 1 cup sugar
 1 pint whipping cream
 1/2 cup powdered sugar
 1/2 cup chopped nuts
 1/2 cup maraschino cherries, sliced
 1/2 tsp. vanilla

Let juices and granulated sugar stand for 1/2 hour or until sugar is dissolved. Pour into refrigerator tray. Whip cream, adding powdered sugar and vanilla. Fold in cherries and nuts. Float on top of orange juice mixture. Freeze. Do not stir.

French Fried Onions To Go With Steak

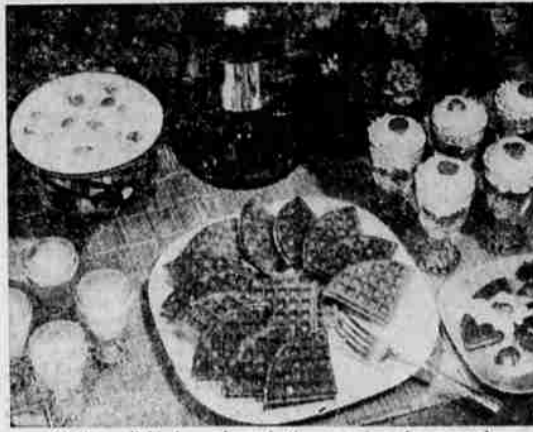
And what does father order with his steak? French fried onions and they're so easy to do at home that we should remember to have them more often. For each four servings:

French Fried Onions
 Slice 3 large mild peeled onions 1/4 inch thick; separate into rings. Dip in 1/2 cup milk, then in flour. Heat 1 quart salad oil in 3 quart kettle to 380 degrees or until 1-inch bread cube browns in 35 seconds. Meanwhile place onion rings in frying basket. Do not overcrowd. Fry until golden brown, about 2 minutes. Drain on absorbent paper. Keep in warm place until all onion rings have been fried. Season with salt.



"Vapocans are available at Super Markets, Locker Plants everywhere."

Waffles Rated Tops for Any Meal, Any Occasion



Waffles, all kinds, make a festive occasion of any meal.

Whatever the meal—breakfast, brunch, lunch, dinner, supper or snack—whatever the meal occasion, for company or family, waffles are always popular.

Waffles, known as gaufrettes in French, waffles in Germany, and wafels in Dutch, are made in as many different ways as they are spelled. The French make them of a light batter, rich with many eggs and fragrant with liqueur; the Germans make them with yeast; while in this country we make them thick, tender and crisp, often with cornmeal and other ingredients added.

Some of the recipes below feature evaporated milk and your favorite pancake or waffle mix.

For a breakfast change, make deviled ham waffles. . . . so good with butter and maple syrup. For brunch, top ham waffles with poached eggs and a simplified version of Hollandaise sauce. Chicken bouillon waffles make the perfect underpinning for Chicken a la King; they perk up and intensify the chicken flavor, making a delectable lunch or supper dish. Dinner dessert couldn't be better than crisp chocolate waffles topped with ice cream and peanut butter sauce.

Flavored Waffles
 Substitute evaporated milk for 1/2 of the liquid called for in your favorite packaged pancake or waffle mix. For remaining 1/2 of the liquid substitute one of the following:

Chicken Waffles: Substitute chicken broth or bouillon cube dissolved in hot water for 1/2 of the liquid. Serve piping hot with chicken a la King.

Deviled Ham Waffles: Substitute water for 1/2 of the liquid; then add 1 can (4 1/2 ounces) deviled ham. Serve with poached eggs and Hollandaise sauce.

Tomato Waffles: Substitute tomato juice for 1/2 of the liquid. Serve with cheese rabbit.

Chocolate Waffles: Add 1/2 cup quick cocoa powder to dry ingredients; substitute water for 1/2 of the liquid. Serve with vanilla ice cream and peanut butter sauce.

Quick and Easy Hollandaise Sauce
 1/4 cup evaporated milk
 1/4 cup mayonnaise

1/4 teaspoon salt
 1 teaspoon lemon or lime juice
 1/16 teaspoon Tabasco
 Combine all ingredients and blend until smooth. Heat gently, stirring constantly. Do not boil. If desired, stir in a few drops yellow food coloring.

Yield: 1/2 cup. Serve over ham waffle topped with poached egg.

Peanut Butter Sauce
 1/2 cup evaporated milk
 1/2 cup peanut butter
 1/4 cup light corn syrup

Add evaporated milk to peanut butter, a small amount at a time, blending until smooth. Stir in corn syrup. Serve over vanilla ice cream and chocolate waffles.

Yield: 1 1/2 cups.

Crispy Waffles With Creamed Sausage Balls
 Waffles:
 3 cups pancake mix
 3 eggs
 3 cups milk
 1/2 cup shortening, melted

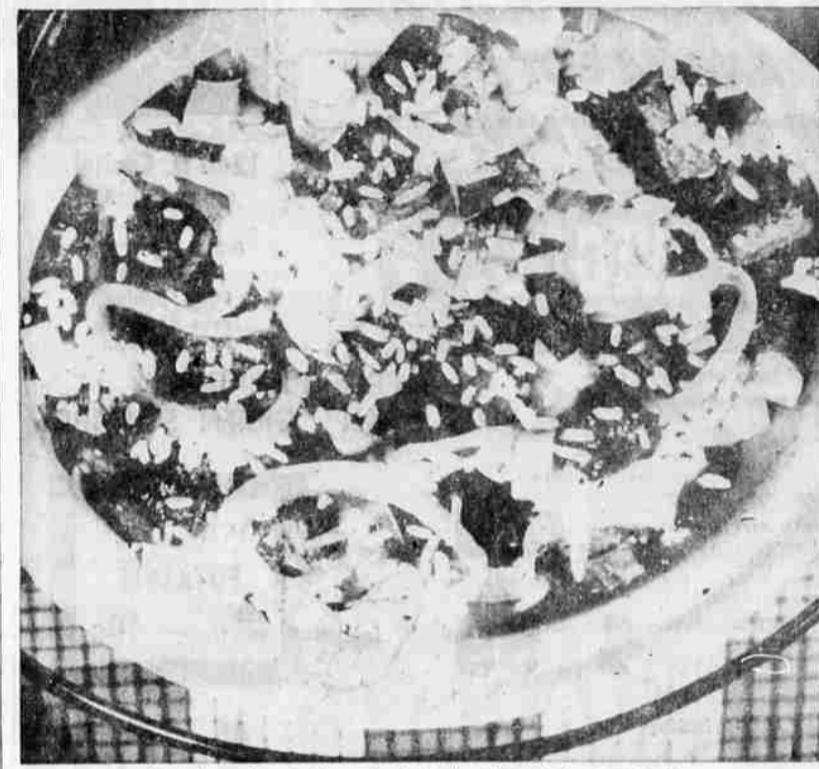
Creamed Sausage Balls:
 1 pound bulk pork sausage
 1/2 cup flour
 1 teaspoon salt
 3 cups milk

For waffles, place all ingredients in bowl; beat with rotary beater until fairly smooth. Bake on hot waffle iron until steaming stops.

For creamed sausage balls, form sausage into 1-inch balls; brown slowly in cold frying pan placed over medium heat. Be sure to cook thoroughly. Remove sausage balls. Drain off excess drippings, leaving 1/2 cup; blend in flour and salt. Add milk gradually, stirring constantly. Add well-drained sausage balls. Serve hot over waffles. Garnish each serving with chopped parsley or paprika. Makes 8 servings.

On Heating Milk

To heat milk, use low, even temperatures. Milk may be heated either over low direct heat or over hot water in top of double boiler. It should be covered or stirred while heating. In baking custard, place baking dish in larger pan or hot water. Use low temperature and bake no longer than necessary to "set" the custard.



Meat, rice and vegetables cooked in Creole style make fine a main dish.

Creole Cookery Popular

Creole dishes are always popular, any time of the year. This one makes a pleasing combination of beef, vegetables, rice and seasonings.

Creole Luncheon
 1 pound beef stew meat
 2 tablespoons shortening
 3 1/2 cups canned tomatoes
 2 cups diced celery
 1/2 cup diced green pepper
 1/4 cup sliced onions

1 clove garlic, minced
 1 1/2 teaspoons salt
 1 tablespoon sugar
 1/2 cup uncooked rice

Cut meat into small cubes. Brown in heated shortening. Add tomatoes, celery, green pepper, onions, garlic, salt, and sugar. Bring to the boiling point. Pour into 2-quart casserole. Cover. Bake in moderate oven (350 F.) about 15 minutes. Stir rice into casserole. Replace cover and bake about 35 minutes longer, or until rice, meat, and vegetables are tender.

Nutritive Value
 When you're planning to have Swiss steak, stew, meat pie or a pot-roast, remember that although these are less-tender cuts of meat they still contain the same high nutritive value as the most popular roasts and steaks.

The London, England, metropolitan area has 8,300,000 people.

Fine Fruit Mixture

Combine a can each of peach halves, mandarin oranges, pear halves and sliced pineapple. Cut fruits into large chunks and add a sliced banana. Chill ice-cold. Laced with a sweet dessert wine or cognac and serve with crisp cookies. An excellent choice for buffet suppers.

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