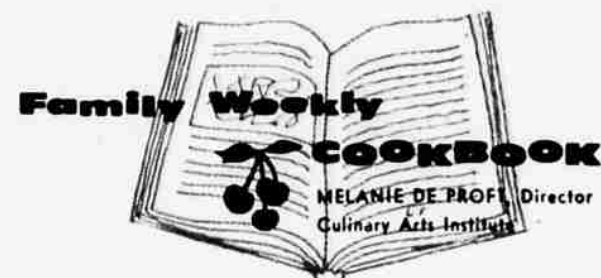


BACK TO SCHOOL



Prepare sandwiches using **buttered bread**.
Cut diagonally into halves.
Enough for 4 sandwiches

Coconut Cole Slaw

Serve at home with hot meat sandwiches.
For lunch-carriers, pack some in a waxed cardboard carton or plastic container and cover tightly.

Put into a bowl
 $\frac{1}{2}$ cup dark seedless raisins
 Pour over raisins
 $\frac{1}{2}$ cup orange juice
 Cover and set in refrigerator to marinate overnight.
 Discard wilted outer leaves, rinse, cut into quarters, remove core, and chop or shred
 $\frac{1}{2}$ lb. cabbage (about 2 cups, chopped)
 Put cabbage into a bowl; toss lightly with
 1 cup (4 oz.) moist coconut
 2 teaspoons grated onion
 Cover and chill in refrigerator.

Blend together and chill thoroughly
 $\frac{3}{4}$ cup mayonnaise
 1 teaspoon lemon juice
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon white pepper

When ready to serve, combine cabbage mixture with raisins and dressing. Toss lightly to coat evenly. *About 4 servings*

Cream of Carrot Soup

BASE RECIPE

Hot soup is a lunch-time favorite. Pour soup into a preheated vacuum bottle or serve at home topped with crisp croutons.

Wash, scrape or pare, and dice
 3 medium-size carrots (about $1\frac{1}{2}$ cups, diced)
 Cook covered in boiling salted water to barely cover.

Meanwhile, melt in a saucepan over low heat

2 tablespoons butter or margarine
 Add and cook until transparent
 2 teaspoons minced onion
 Blend in a mixture of
 2 tablespoons flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon Accent
 $\frac{1}{8}$ teaspoon pepper

Heat until mixture bubbles. Remove from heat. Add gradually, stirring in

2 cups milk
 Cook rapidly, stirring constantly, until sauce thickens.

When carrots are tender, force through a sieve or food mill and add with any remaining liquid to white sauce. Beat with rotary beater until thoroughly mixed. Heat to boiling. *4 servings*

Green Peppers with Ham-Rice Stuffing

GOOD FOR FREEZING

A delicious hot dish for the youngsters who come home at noon.

Set out a shallow 2-qt. baking dish and a medium-size saucepan.

Rinse and cut into halves lengthwise

4 large green peppers

Remove white fiber and seeds. Rinse cavities. Drop pepper halves into boiling salted water to cover and simmer 5 min. Remove peppers from water and invert. Set aside to drain.

Put through medium blade of food chopper enough cooked ham to yield

2 cups ground cooked ham

Have ready

1 cup cooked rice

Cut into 8 slices and set aside

$\frac{1}{4}$ lb. Cheddar cheese

Melt in the saucepan

$\frac{1}{2}$ cup butter or margarine

Add ham and toss lightly with a fork to blend. Mix in the rice and

2 tablespoons minced onion

Blend in a mixture of

$\frac{1}{4}$ teaspoon dry mustard

$\frac{1}{4}$ teaspoon garlic salt

Lightly fill peppers with ham-rice mixture, heaping slightly. Place one slice of cheese on top of each pepper. Place peppers in the baking dish. Pour around peppers a mixture of

1 cup (8-oz. can) tomato sauce

$\frac{1}{2}$ cup water

Bake at 350°F about 20 min. Increase heat to 400°F and bake 10 min. longer, or until cheese begins to melt. Spoon hot tomato sauce over cheese before serving.

4 servings

Irish Batter Bread

GOOD FOR FREEZING

Bake this a day in advance—it has excellent keeping qualities. Slices sandwiched together with butter are a flavorful accompaniment for salads and as an extra sandwich in the carried lunch.

Grease the bottom of a 9 $\frac{1}{2}$ x5 $\frac{1}{4}$ x2 $\frac{3}{4}$ -in. loaf pan.

Melt and set aside to cool

2 tablespoons shortening

Sift together into a large bowl and set aside

3 cups sifted flour

$\frac{1}{2}$ cup sugar

4 teaspoons baking powder

2 teaspoons ground cinnamon

1 teaspoon salt

Mix until blended

1 egg, well beaten (until thick and piled softly)

$1\frac{1}{2}$ cups milk

3 tablespoons grated orange peel (grated through colored part only; white part is bitter)

Blend in the melted shortening. Make a well in center of dry ingredients and add liquid ingredients all at one time with

1 cup (about 5 oz.) currants

Stir to moisten dry ingredients. Beat until

smooth. Turn batter into pan and let stand at room temperature for 20 min.

Bake at 325°F 1 hr. to 1 hr. 15 min., or until a cake tester or wooden pick comes out clean when inserted in center of bread.

Remove from oven; cool 10 min. in pan on cooling rack.

To remove bread from pan, loosen by running spatula gently around sides. Cover with a cooling rack. Invert and remove pan; turn loaf top-side up. Cool completely. *One 9x5-in. loaf*

Meat 'n' Cheese Sandwich Filling

Blend together $\frac{1}{2}$ cup chive-cheese spread and 2 teaspoons prepared mustard.

Spread 4 bread slices with cheese mixture. Top with thin slices salami, chipped beef, or ham. Cover with 4 bread slices. Cut diagonally into halves.

Enough for 4 sandwiches

Bologna Sandwich Filling

Mix together

$\frac{3}{4}$ cup (about 6 oz.) ground bologna (casing removed)

1 hard-cooked egg, finely chopped

2 to 3 tablespoons chili sauce

2 tablespoons salad dressing

1 teaspoon prepared horse-radish

$\frac{1}{4}$ teaspoon salt

Few grains pepper