



Delicate in color, flavor, and texture, Sweetheart Rice Mold will enhance spring and summer menus.

Sweetheart Rice Mold

Our romantically inclined daughter, Linda, rates this molded rice dessert "fabulous." It's a favorite with her school crowd.

TO PREPARE: 30 MIN.

TO CHILL: 3 HRS.

- 1 pt. fresh strawberries
- 1/2 cup sugar
- 1/2 cup cold water
- 1 tablespoon (1 env.) unflavored gelatin
- 1 7-oz. bottle lemon-lime carbonated beverage
- 1 cup cooked rice
- 1 cup whipping cream, chilled

1. Rinse strawberries, drain, and reserve a few for garnish. Remove hulls from remaining berries and crush. Combine with the sugar and set aside in refrigerator.
2. Sprinkle gelatin evenly over cold water; let stand 5 to 10 min. to soften. Dissolve completely by placing over very hot water. Stir the dissolved gelatin and blend in the carbonated beverage.
3. Combine with cooked rice and chill until slightly thickened; if chilled over ice and water, stir frequently; if chilled in refrigerator, stir occasionally.
4. Lightly oil a 4 1/2-cup heart-shaped mold with salad or cooking oil (not olive oil); set aside to drain.
5. Using a chilled bowl and beater, whip cream until it is of medium consistency (piles softly). Fold into rice mixture until thoroughly blended. Stir in the sugar-strawberry mixture.
6. Turn into mold. Chill until firm, about 2 hrs. Using additional whipped cream and a pastry tube, decorate mold with a border (see photo); garnish with reserved strawberries.

About 8 servings

Favorites of the Family's Fairest

Family Weekly Cookbook • MELANIE DE PROFT • Food Editor

Beef Roll-ups

Of the many meat roll-up recipes, this one featuring a rich mushroom-ham filling is Grandmother's fanciest and best.

TO PREPARE: 40 MIN.

TO COOK: ABOUT 1 1/4 HRS.

- 8 4x6-in. pieces round steak, 1/2-in. thick (about 2 1/2 lbs.)
- 3 tablespoons butter or margarine
- 1/2 lb. mushrooms, chopped
- 1/2 lb. coarsely chopped, fully-cooked smoked ham
- 1/4 cup chopped parsley
- 1/2 cup soft bread crumbs (1 1/2 slices bread)
- 1 large clove garlic, crushed in garlic press
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons butter or margarine
- 1 cup coarsely chopped onion
- 1 cup finely diced carrot
- 1/2 cup chopped celery with leaves
- 1 teaspoon thyme
- 4 whole cloves
- 1 small bay leaf
- 1 cup quick beef broth (dissolve 2 beef bouillon cubes in 1 cup hot water)
- 2 tablespoons snipped parsley

1. Heat the 3 tablespoons butter in a large, heavy skillet. Add mushrooms and ham and cook over medium heat, stirring occasionally, until mushrooms are lightly browned. Remove from heat and stir in the 1/4 cup parsley, crumbs, garlic, salt, and pepper.
2. On a wooden board, pound each piece of meat with a meat hammer. Place a heaping tablespoonful of the dressing on each piece; beginning with longer side, roll and tie securely.
3. Coat the roll-ups with seasoned flour, using 1/4 cup flour, 1/2 teaspoon salt, and 1/2 teaspoon black pepper.
4. Heat the 2 tablespoons butter in skillet over medium heat; add roll-ups and brown on all sides; remove and set aside. Add to skillet a mixture of onion, carrot, celery, thyme, cloves, and bay leaf. Place roll-ups over vegetables, cover tightly, and cook until steam appears around cover, about 10 min.
5. Pour broth over meat, cover, and reduce heat to simmering. Cook until meat is tender, about 1 1/4 hrs.
6. Remove meat from skillet and cut off cord. Place roll-ups on heated serving platter.
7. Meanwhile, cook vegetable mixture, uncovered, about 3 min., or until slightly thicker; remove bay leaf and cloves. Spoon mixture over roll-ups; sprinkle with the remaining parsley and serve at once.

8 servings

Creamy Brussels Sprouts Amandine

Mother's favorite vegetable is Brussels sprouts topped with a rich dill sauce and salted almonds.

TO PREPARE AND COOK: 30 MIN.

- 2 10-oz. pkgs. frozen Brussels sprouts
- 4 stalks celery, cut in 1-in. pieces
- 1/4 cup butter or margarine
- 1/4 cup flour
- 1/4 teaspoon seasoned salt
- 1 teaspoon dill weed
- 1 1/2 cups quick chicken broth (dissolve 2 chicken bouillon cubes in 1 1/2 cups hot water)
- 1 6-oz. can (3/4 cup) evaporated milk
- 1 1/2 cups toasted 1/2-in. bread cubes
- 1/2 cup coarsely chopped salted almonds

1. Cook vegetables until sprouts are tender; drain.
2. Heat butter; blend in flour and seasoned salt and cook until mixture bubbles, stirring constantly.
3. Remove from heat, continue stirring, and gradually add dill weed and a mixture of the broth and evaporated milk. Return to heat and cook, stirring constantly, until mixture boils; cook 1 to 2 min. longer.
4. Stir in bread cubes; pour sauce over vegetables in serving dish. Top with the almonds. About 8 servings

Citrus-Pecan Mold

Aunt Carol, one of the best cooks in town, is always asked to bring this salad to the church suppers.

TO PREPARE: 25 MIN.

TO CHILL: ABOUT 4 HRS.

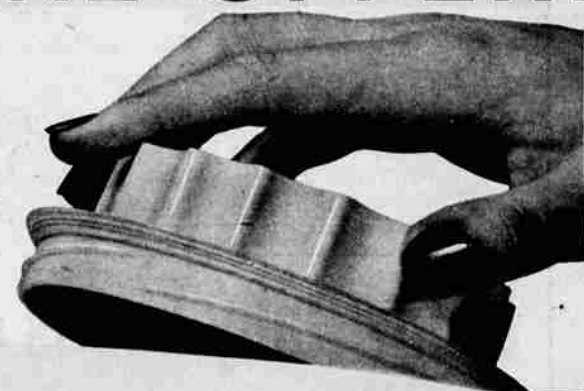
- 1/2 cup lime juice
- 1 1/4 cups orange juice
- 2 tablespoons (2 env.) unflavored gelatin
- 1/2 cup sugar
- 1/4 teaspoon salt
- 2 cups ginger ale
- 2 cups orange sections
- 1/2 cup chopped pecans

1. Combine lime juice and 1/2 cup of the orange juice in a bowl. Sprinkle gelatin evenly over juices and let stand 5 to 10 min. to soften.
2. Heat remaining juice until very hot. Stir into gelatin until completely dissolved. Add sugar and salt; stir until dissolved. Blend in ginger ale.
3. Chill until gelatin mixture is slightly thicker than the consistency of thick, unbeaten egg white.
4. Blend orange sections and pecans into gelatin mixture. Turn into an oiled 1 1/2-qt. mold; chill until firm, about 4 hrs.

About 8 servings

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