

Please Pass the Spaghetti



MEAT BALLS AN SPAGHETTI

By CECILY BROWNSTONE
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You'll probably be reminded lots of times during National Macaroni Week (October 18 to 27—another of those long weeks) that macaroni products are particularly useful now on family meals, because they're so economical. A really good macaroni dish is fine for a buffet supper, too, and will help to keep the "entertaining" bill down.

Here's an especially delicious spaghetti and meat ball recipe that directions for making the sauce and meat balls and preparing the spaghetti. This sauce is different, it's full flavored but smooth. The onions and green pepper are cooked in the olive oil, the tomatoes are added, and then the whole thing is strained. Olive oil's distinctive flavor can't be duplicated and it's indispensable in dishes of this sort that are of Italian origin.

SPECIAL TOMATO SAUCE

Ingredients: 1/2 cup olive oil, 1 medium-sized onion (finely chopped), 1/2 medium-sized green pepper (finely chopped), 1 No. 2 can tomatoes, one 10 1/2 ounce can condensed tomato soup, one 6-ounce can tomato paste, 1/2 cup stock, 2 tablespoons Worcestershire sauce, 1 teaspoon oregano, 1 teaspoon marjoram, dash tobacco sauce, 2 teaspoons salt, 2 cloves garlic.

Method: Heat olive oil in a heavy skillet. Add onion and green pepper and cook over low heat until tender; add tomatoes. Force through strainer. Return to skillet and add tomato soup and tomato paste. Bring to boiling point; reduce heat and add stock. Worcestershire sauce, oregano, marjoram, tobacco sauce, salt, and garlic cloves that have been impaled on wooden picks for easy removal. Cook slowly for 30 minutes; add browned meat balls and cook 15 minutes longer. Serve with Parmesan Spaghetti.

MEAT BALLS
Ingredients: 2 eggs, 3/4 pound ground beef, 1/4 pound ground pork, 1 cup fine dry bread crumbs, 1/2 cup grated Parmesan cheese, 1/2 cup milk, 1 teaspoon salt, dash garlic salt, 1/2 cup olive oil.
Method: Beat eggs in mixing bowl, enough to combine yolks and whites. Add beef and pork, bread crumbs, Parmesan cheese, milk, salt, and garlic salt; mix well. Shape into small balls. Heat olive oil in a heavy skillet; saute meat

Remedy for Late Sleepers
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Entice 'em to the table with a wake-up, pep-up breakfast of fruit, pancakes, bacon, syrup and coffee. This quick, but nutritious menu is as traditional as Thanksgiving or the Fourth of July and is as good on today's breakfast table as it was back in Grandpa's day.

There's no substitute for the feeling of satisfaction and well being you can give your family when you send them off with a well-rounded breakfast. Fortunately, too, today's quick cooking, pre-cooked and packaged foods make it possible to serve an interesting and tempting breakfast menu every day.

QUICKLY COOKED

With a real American breakfast menu composed of pancakes, bacon, syrup and coffee, the preparation time is only the minutes needed to cook the coffee. The bacon, with its real get-em-up aroma and good flavor, takes only a few minutes to cook and you'll be rewarded by the knowledge you're giving your family a real boost in nutrition and energy for the day.

Want to know what to do with a little leftover cake? Crumb it, toast the crumbs in the oven, then roll balls of vanilla ice cream in the toasted crumbs. Serve with chocolate sauce.

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Make the pancakes from a pancake ready mix, needing only the addition of milk or diluted evaporated milk. There's just four minutes from package to griddle with such a ready-mix. A maple-blended syrup may be served directly from the can or bottle or heated slightly with butter or margarine for extra goodness.

PANCAKE FILLING

If you've time to dress up the pancake and bacon service, such as for weekend or holidays, roll the hot pancakes around sliced fresh peaches, blueberries or other fruit which have been poached slightly in a sugar and water mixture. Hot canned fruits or apple-

sauce make a wonderful filling, too. Of course, you'll want to serve extra pancakes along side, and ample quantities of bacon. It's the sweet smoke taste of quality bacon which adds satisfying goodness to the entire meal. Steaming hot coffee completes the menu.

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place the slices in a cold skillet, being careful not to overcrowd. Cook the slices slowly, turning often to cook evenly. Let the bacon cook in the fat as it accumulates for really even browning and drain on absorbent paper before serving.

For extra goodness of bacon, too, purchase only a week's supply at one time and serve often. The wonderful flavor of this meat is

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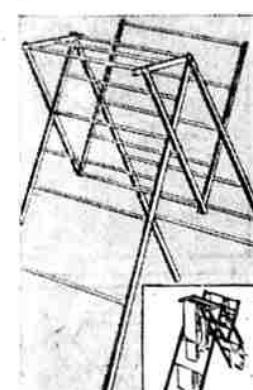
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