



USE BUDGET-WISE STEWING CHICKEN for colossal chicken sandwiches. Swift's "Tender-Grown" Premium Chickens were used by the Martha Logan test kitchens in preparing the recipes herewith.

Chicken Sandwiches

With fall comes a pick-up in the appetite curve and what is more tempting than chicken stews, rich creamed chicken or fancy chicken sandwiches. These delightful dishes are all prepared from easy-on-the-budget, stewing-type chickens. Plump, whole stewing chicken is an especially good buy for family eating or party entertaining. A three and one-half to four pound chicken will yield over four cups of boned chicken meat and the stock makes a wonderfully rich base for soups and gravies.

Ready-to-cook stewing chickens are found in the meat market in three to six pound sizes, in refrigerated displays or quick-frozen. Both types are branded and buying a well known brand assures you of getting a fresh, plump chicken that will be tender and flavorful when served.

Long, slow cooking in moist heat emphasizes the tender qualities of the stewing chicken. Either cut up the chicken or leave it whole for cooking. Place the chicken or pieces in a large kettle. Cover with water and make sure the lid is tight - fitting. Adding a couple of your favorite seasonings will enhance the flavor of both the meat and the broth.

Simmer the chicken until the thigh meat is fork-tender. When done, the meat is easily pulled away from the bones. Cool slightly, then remove the skin and bones and store both the meat and broth in the refrigerator.

From the Martha Logan test kitchens comes a brand new rendition of an old favorite, chicken sandwiches. These open-faced colossal Chicken Sandwiches are just that! Start with an unsliced round baker's loaf of bread and cut crosswise making two even layers. Cut each layer into six pie-shaped wedges and pile each wedge high with alternating layers of chicken, tomato and cheese. A 12 to 15

inch loaf will make 12 elegant sandwiches.

CHICKEN SANDWICHES

- Yield: 12 sandwiches**
- 24 slices cooked chicken
 - 1 loaf round bread
 - Butter
 - Lettuce
 - 12 slices Swiss Cheese
 - 12 slices tomato
 - Thousand Island Dressing
- To make the sandwich, cut through bread horizontally. Spread each half of bread with butter. Place a layer of chicken on each half of the bread. Cover with layers of lettuce, slices of Swiss cheese, tomato and chicken. Top with Thousand Island dressing. Cut each round into 6 portions.
- CHICKEN PILAFF**
- Yield: 6 servings**
- 2 cups diced cooked chicken
 - 1/2 cup butter
 - 1 medium onion, thinly sliced
 - 1 cup rice
 - 1/2 teaspoon salt
 - 1/2 teaspoon pepper
 - 2 cups chicken bouillon
 - 1/2 cup shredded sharp cheese
 - 1/4 cup thinly sliced green pepper

Melt butter in a skillet. Add onion and cook one minute. Wash rice in cold water. Dry well. Add rice, salt and pepper to skillet and cook slowly for 3 minutes, stirring constantly. Add bouillon to rice mixture and bring to a boil. Add chicken. Cover and cook over low heat or bake in a moderate oven (375 degrees F) for about 20 minutes, or until rice is tender. Remove and stir in cheese and green pepper.



BACK-TO-SCHOOL TIME is cooky time and cooky time means it's time for that time-honored flavor combination off cookies and milk. Photo and recipe are courtesy Swift and Company, which recommends Swift's Shortening for cooky baking.

COOKY TIME

Cookies are favorites for after-school feasting and for the family at any time.

Recipes for easy-to-bake refrigerator cookies are legion, but one that's bound to please the whole family is nut-filled Chocolate Refrigerator Cookies. No need to worry about how many of these goodies disappear into one youngster, especially if you've chosen only quality ingredients for your cooky baking. A fine selection of shortening is an all-purpose creamy white shortening that's made from a blend of both meat fats and vegetable fats. This type of shortening has more of the essential vitamins and contains a "quick-mix" ingredient that makes it perfect for family and fancy baking and for frying and cooking too.

Chocolate Refrigerator Cookies are a crisp cooky that store well. The best way to keep them crisp is to store them in a loosely covered container. If you find after storage that the cookies have absorbed some moisture from the

air, you can re-crisp them by heating for a minute or so in a slow oven.

REFRIGERATOR COOKIES

- Yield: 9 dozen cookies**
- 1 cup shortening
 - 2 cups brown sugar, firmly packed
 - 2 teaspoons vanilla
 - 2 eggs
 - 3 squares chocolate, melted
 - 2 1/2 cups sifted flour
 - 1 teaspoon salt
 - 1/2 teaspoon soda
 - 1 cup finely chopped pecans
- Cream shortening, brown sugar and vanilla until light and fluffy. Add eggs and melted chocolate. Mix well. Sift together flour, salt and soda. Combine with creamed mixture. Add nuts and mix until well blended. Shape dough into 3 rolls, each 2 inches in diameter. Wrap each roll in waxed paper. Chill in refrigerator for 2 hours. Cut chilled rolls into 1/4-inch slices. Bake on a cooky sheet in a moderate oven (375 degrees Fahrenheit) for 8 minutes. Store in a lightly covered container.



Popcorn Snowballs

To make Popcorn Snowballs, use any desired flavor of commercial or homemade ice cream. Shape the ice cream into balls with a medium-sized scoop, then roll each ball in the glazed ground popcorn. (See recipe.) To freeze, place the "snowballs," unwrapped, on a baking sheet or piece of aluminum foil in the freezer for a few hours or until quite firm. Then wrap each frozen ball separately with freezer wrapping paper or foil, fasten with freezer tape, and store in the freezer.

The crackly crunch of the popcorn combined with smooth and flavorful ice cream make a "different" dessert enjoyed by all ages. And don't think for a minute that this recipe is a "for children only" one; for grown-ups like popcorn and ice cream, too! And for chocolate lovers, try serving this dessert with chocolate sauce.

Serve the Popcorn Snowballs on dessert plates lined with pretty paper doilies. And, for a fancy fun dish, form balls with the round tablespoon of your measuring spoon set, or a large melon ball cutter in place of the medium-sized scoop; use a variation of ice cream flavors, and use 3, 4, and 5 balls for each serving.

POPCORN SNOWBALLS

- Yield: 10 servings**
- 1 quart popped corn
 - 1/2 cup sugar
 - 1/4 cup light corn syrup
 - 1 tablespoon dark molasses
 - 1/4 cup water
 - 1 tablespoon butter or margarine
 - 3/4 teaspoon vinegar
 - 1 quart ice cream
- Pop popcorn, measure and pour into a buttered 2-quart bowl. Combine together in heavy 1 1/2 quart saucepan the sugar, corn syrup, molasses, water, butter or margarine, and vinegar. Stir over moderate heat until sugar is dissolved. Cover; bring to boil and let boil briskly for 3 minutes. Uncover, insert candy thermometer,



POPCORN is for everybody. Popcorn Snowballs are fun to make and good to eat and this recipe can be a do-it-ahead-and-freeze-it type of dessert. Or they can be served at once. Recipe and photo is from the Popcorn Institute.

and cook to 300 degrees (very hard crack stage). Pour syrup slowly over popped corn, stirring with a large buttered spoon to coat each kernel. Spread out as much as possible on large buttered baking sheet, to separate the kernels; cool completely. Put glazed popped corn through food chopper, using coarse cutter of grinder. Using a number 12 ice cream dipper, form 10 ice cream balls. Quickly roll balls in ground glazed popped corn. Pat mixture onto balls for a heavy coating. Serve immediately or store in freezer until serving time.

Good manners are not for use solely at parties.

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