



A TREASURE of a dessert and so easy to make is this Black and Gold Pudding — and so easy on the waistline. It has special appeal for weight watchers who can eat it with relish and abandon. The photo and recipe are courtesy of D-Zerta.

**BLACK AND GOLD PUDDING**

Here is a dessert with appetite appeal, color and imagination. In addition, it is inexpensive, easy to prepare and low in calories. This bowl of Black and Gold Pudding has only 54 calories to the portion because it is made with D-Zerta low-calorie pudding in the flavors chocolate and butterscotch. The two are spooned and swirled in layers into a deep pudding dish and dusted with nutmeg.

It is an easy dessert to top a dinner of roast chicken, broccoli and slices of unpeeled crisp apple for salad.

to 2 cups milk in small saucepan. Beat with an egg beater to blend — about 1 minute. Heat and stir until mixture comes to a full boil. Chill until set.

Whip puddings until creamy. Then spoon alternate layers of chocolate and butterscotch puddings into pudding dish. Garnish with nutmeg. Makes 8 servings. About 94 calories a serving (with whole milk).

About 54 calories a serving (with skim milk).

- BLACK AND GOLD DESSERT**
- 2 envelopes low-calorie butterscotch pudding mix
  - 2 cups milk
  - 2 envelopes low-calorie chocolate pudding mix
  - 2 cups milk
- Add butterscotch pudding powder to 2 cups milk in small saucepan, stirring until well blended. Heat and stir until mixture comes to a full boil. Chill until set. Add chocolate pudding powder

- COTTON**
- The United States grows more than half of the world's supply of cotton, although cotton is grown in some 60 countries of the world.
- VEAL**
- To the pan gravy of braised veal chops, add cream (sweet or sour) and diced cucumbers. Spoon over chops. Don't let the gravy come to a boil—just heat.

**Serve Leftovers With A Flourish**

Escoffier once said that all the artistry, all the skill, all the knowledge that any woman has can be utilized in planning and preparing the perfect meal with leftovers. Too often twice-cooked meat may taste over-cooked and rubber-like.

One important secret of using leftover meats successfully is to prepare the dish as carefully as if it were a high-priced roast. Another point is to keep them moist during reheating or re-cooking. Some combine beautifully with a seasoned cream sauce as in Toast-Top Chicken Pie. In this recipe pieces of chicken are combined with peas, onions and mushrooms and topped with a crisp toasty crust of enriched yeast-raised bread and cheese. In Ham and Cheese Bake, leftover ham is ground and baked with cheese

and enriched yeast-raised bread in a well seasoned custard. Both dishes do credit to a homemaker who keeps a tight rein on the budget but is anxious to serve yesterday's leftovers as today's feast.

**TOAST-TOP CHICKEN PIE**

- 1 onion, minced
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1/2 cup evaporated milk
- 1/2 cup chicken bouillon
- 2 cups diced cooked chicken
- 1 cup cooked green peas
- 1 3-ounce can mushrooms
- Salt and pepper to taste
- 4 slices enriched yeast-raised bread

Saute onion in butter or margarine until tender but not brown. Stir in flour then milk and bouillon. Cook, stirring constantly, until thickened. Add chicken, peas, mushrooms and seasonings. Pour into shallow baking dish. Toast bread on one side. Trim crusts and cut the bread into quarters. Arrange, toasted side down on top

of chicken mixture. Cover untoasted side with pieces of Swiss cheese. Bake at 350 degrees (moderate oven) until cheese melts. Makes four servings.

**HAM AND CHEESE BAKE**

- 8 slices enriched yeast-raised bread
- Margarine or butter
- 1 1/2 cups ground ham
- 2 tablespoons chopped parsley
- 1 tablespoon prepared mustard
- 1 teaspoon prepared horse-radish
- 1 teaspoon celery seed

- 1 1/2 cups grated Cheddar cheese
- 4 eggs, beaten
- 2 cups milk
- Salt and pepper

Trim crusts from bread. Butter the bread and cut in half. Arrange half the bread to cover the bottom of a greased 8-inch square baking pan. Mix the ham, mustard, horseradish and celery seed. Spoon this mixture over the bread. Sprinkle with the cheese and cover with the remaining bread. Combine eggs, milk, salt and pepper and pour over the ingredients in the

baking dish. Let stand one hour. Bake at 324 degrees about 50 minutes or until the custard is set.

**ECONOMY**

Grate the end bits of cheese and refrigerate in a tightly covered jar to use in casseroles and sauces.

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**Milk** MEDO BEL Half Gallon **50c**

**BREAD** Fresh Daily - Local Large Loaf **29c**

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