



NEW EMPHASIS is being placed on honey in the diet as a result of homemakers becoming more calorie and vitamin conscious. The photograph and recipe suggestions are from the American Honey Institute of Madison, Wisconsin, and emphasize the value of eye-appeal to the make-it-yourself salad tray. Many persons refuse dressings for salad because of calories. The Honey Institute suggests a combination of honey and lemon juice for fruit salads for the weight-watchers. The dressing is shown in a croet. The bowl of dressing shown is Honey Mustard Dressing with whipped cream.

Lemon Revel Pie

With temperatures soaring you don't want to spend too much time in the kitchen, and you needn't when you bake a tangy Lemon Revel Pie.

This refreshing chiffon-type pie would be a conversation piece at your bridge club, shower, or for that matter, any special occasion. Your own family group is always special, and you'll discover that men aren't the only "piefaces" when it comes to pie for dessert.

After your crust is cool, spread a thin coating of melted chocolate over the inside of the cooled shell to start your split-level pie—Lemon Revel. For the filling, use your favorite lemon chiffon pie filling mix or your own recipe. Pile half in the shell, drizzle on another layer of chocolate, then more filling, and top with circles of chocolate. Call out your ingenuity and make many other designs to fit the occasion and intrigue your guests.

And here's a tip—it's handy and saves time to double the pie crust recipe and make two single crusts to bake together while the oven's hot. Then use the other crust later with your favorite filling, ice cream, or fresh fruit.

Here's the recipe for Lemon Revel Pie, as developed in the Betty Crocker kitchens:

LEMON REVEL PIE
9 inch Baked Pie Shell
Lemon Chiffon Pie Filling
3 squares semi-sweet chocolate (3 ounces), melted
PIE SHELL
1 cup sifted Gold Medal enriched flour
1 1/2 teaspoon salt
1-3 cup shortening (add about 1 tablespoon if using hydrogenated)

Heat oven to 475 degrees (very hot). Mix flour, salt. Cut in shortening. Sprinkle with water; Mix with fork. Roll into ball. Roll out 1 inch larger than inverted pie pan. Ease into pan, flute edges, and prick pastry. Bake 8 to 10 minutes.

FILLING
Prepare your own favorite Lemon Chiffon Pie Filling or use Prepared Lemon Chiffon Pie Filling Mix following directions on package. Brush inside of cooled baked pie shell with thin coating of melted chocolate. Pile one-half of the filling into shell. Drizzle 2 tablespoons melted chocolate over top of filling. Add remaining filling and drizzle remaining chocolate in thin line swirl over top of filling. Place in refrigerator for several hours until set.

VINEGAR
Ordinary cider vinegar is one of the most useful items in the kitchen. Want to get the smell of onions off your fingers after chopping them for meat loaf or a sauce? Wash your hands in a vinegar and water solution. The odor of vinegar leaves quickly. If you have chopped onions on your chopping block or board and it still retains the smell of onions after being washed with soap, pour a few teaspoons of vinegar onto the wood and let stand for five minutes. Wash with a clean cloth and clean water or rinse under the hot water tap. It not only smells nice and clean and fresh but the vinegar bleaches the wood back to its natural color.

THICKENING
One tablespoon of cornstarch has the thickening power of 2 tablespoons of flour in making sauces and gravies.



TANGY LEMON REVEL pie is an easy dessert to make in advance of the evening meal. Getting as much as possible of the cooking done in the morning is the greatest wife-saver idea possible during the heat of the summer months.

Baked Veal Chops

Baked Veal Chops are browned first, then covered with canned onion soup, California Sauterne wine and a little tomato paste. All the work is done when the chops go into the oven, and the result is perfectly delicious. Serve fluffy rice along with the wonderful gravy, and glasses of lightly chilled Chablis as a beverage.

BAKED VEAL CHOPS

4 or 5 thick veal chops
Salt and pepper
2 tablespoons shortening
Flour
1 (10 3/4-ounce) can up-diluted condensed onion soup
1-3 cup California Sauterne or other white table wine
2 tablespoons tomato paste or catsup
Trim any excess fat from chops. Lightly salt and pepper meat and dredge with flour. Brown slowly on both sides, in heated shortening. Combine soup, wine and tomato paste. Cover and bake in a moderately hot oven (375 degrees) until tender, about 45 to 50 minutes. Serve with surrounding gravy. Makes 5 to 6 servings.

READ IT ALL
Do you remember to read a recipe through, from beginning to end, before you attempt to follow it? If you do, you'll know what ingredients and utensils are needed, and, most important, you'll know whether it is written clear—the dish successfully.

DIPPING?
Use prepared biscuit mix for dipping any kind of meat and chicken which you wish to brown in butter or fat. It makes a crisp coating when fried.

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HONEY DRESSING FOR SALAD COURSE

Diet-conscious folks watch their menus just as carefully for too many calories as for too few vitamins. It is all for the good. Only an energetic people can make an energetic nation.

Into prominence with the calorie counter has come the salad. Often neglected as an unnecessary part of the meal, the salad is a good way to pack many vitamins but few calories into a meal. New emphasis has been placed on the use of honey in the dressings. Only a little honey is needed to touch up a salad, make it shiny and glossy, give it a little flavor and push.

Some cooks like the tart taste

to be gained by mixing equal parts of honey and lemon juice for fruit salads. This can be stored in the refrigerator and needs only to be stirred for instant use.

Here are two choice dressings: A French Dressing and a Honey Mustard Dressing which no one will turn down if you make it. The whipped cream makes the

dressing a bit festive for a party table—so make both and let each take her choice.

HONEY FRENCH DRESSING
1/4 cup honey
1/2 teaspoon salt
1/2 teaspoon paprika
1 teaspoon mustard
2 tablespoons catsup
2 tablespoons lemon juice
1/2 cup vinegar
1/2 cup salad oil
Blend honey with dry ingredients. Add catsup and lemon juice. Then vinegar and oil. Beat well with egg beater.

HONEY MUSTARD DRESSING
1/2 cup whipping cream, chilled
1 tablespoon prepared mustard
2 tablespoons strained honey
Whip cream until stiff; add other ingredients while whipping. Chill. Serve on fruit salads. Makes 1 cup.

FOOD TIP
You can make your whole picnic disposable by packing sandwiches and the other food in paper plates and cups instead of containers you will have to bring home.

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