



CHILI CON CARNE FANS will find a new treat in Heinz Chili Soup with Beef, one of the two new soups offered by the H. J. Heinz Company this fall. It's a hearty meal-in-a-bowl, combining tender small red beans and beef in a rich broth of Heinz red-ripe aristocrat tomatoes and selected spices. The seasoning of this chili soup is "warm" and satisfying, but not too hot for children's taste. The other new soup is Heinz Chicken Gumbo.

National Rice Harvest Festival

October is National Rice Harvest Festival and the Rice Consumer Service at Louisville, Kentucky, suggests using rice in numerous ways.

PECAN AND RICE DESSERT
The cook in the Deep South has used the home-grown products, pecans, rice and syrup to make a dessert so wonderful you'll never forget it.

It takes 40 minutes baking to toast the pecans and blend the vanilla, eggs, butter and dark syrup into a heavenly sweet. Use one of your fancy baking dishes and serve this dessert from the baking dish at the table. This dessert is so delicious it deserves a ceremony of some sort!

INGREDIENTS
2-3 cup uncooked white rice
1-1/2 cups water
1 teaspoon salt
3 eggs, beaten
1-1/2 cups dark corn syrup
1 cup granulated sugar
3 teaspoons vanilla
3 tablespoons melted butter
1/4 cup milk
1-1/2 cups coarsely chopped pecans

Put the rice, water and salt in a 2-quart saucepan. Bring to a vigorous boil. Turn the heat down low. Cover with a lid. Simmer over this low heat 14 minutes. Remove the saucepan from the heat but leave the lid on 10 minutes. While the rice cooks, mix together the eggs, dark syrup, sugar, vanilla and butter. After the rice cooks, stir in the milk. Cover and cook over low heat until the milk is absorbed. Stir occasionally. Press the rice over the bottom of a glass pie plate or shallow baking dish holding about 6 cups. Just before baking, pour the egg-syrup mixture over the rice. Sprinkle with the pecans. Push the pecans into the syrup mixture.

Bake, uncovered, in a preheated oven 350 degrees over 40 minutes. Serve warm.

Top with vanilla ice cream or whipped cream, if desired.

This recipe makes 8 generous servings.

FLUFFY WHITE RICE
Put 1 cup uncooked white rice, 2 cups water and 1 teaspoon salt in a 2-quart saucepan. Bring to a vigorous boil. Turn the heat down low. Cover with a lid. Simmer over this low heat 14 minutes. Remove the saucepan from the heat but leave the lid on 10 minutes. This makes 3 cups of cooked rice.

After making your rice stews, keep the unused cooked white rice in the refrigerator in a covered container. Use it for many quick, delicious and inexpensive soups, breads, and desserts.

RICED HAM CUTLETS
These crusty ham cutlets make the last of the ham first choice with your family. They are like a croquette but are made pork chop-shaped. Instead of frying them in fat, bake them in the oven to save time and calories! During the day, you can make

the ham cutlets to store in the refrigerator. Twenty minutes baking gives the rice cereal crust a tempting, crisp, golden brown. This recipe shows you how well inexpensive, bland rice can stretch and enhance flavor—in this case, ham.

INGREDIENTS
2-3 cup uncooked white rice
1-1/2 cups water
1 teaspoon salt
1-1/2 cups well packed ground baked ham
1 teaspoon dry mustard
1 10-oz. can condensed cream of celery soup
1/2 cup butter or margarine
About 2 cups oven-toasted rice cereal

Put the rice, water and salt in a 2-quart saucepan. Bring to a vigorous boil. Turn the heat down low. Cover with a lid. Simmer over this low heat 14 minutes. Remove the saucepan from the heat, but leave the lid on 10 minutes.

After the rice cooks, stir in the ham, mustard and 1/2 cup of the celery soup. Mix well. Cool. Cover and chill in the refrigerator. When cold, divide into 6 equal portions of about 1/2 cup each. Melt the butter or margarine in a shallow pan large enough to hold 6 cutlets. Crush the rice cereal into crumbs. Place in a shallow bowl. Shape the rice-ham mixture into flat pork chop-shaped cutlets. With a spatula, dip both sides into the melted butter or margarine. Cover well with the cereal crumbs. Place cutlets back in the pan of melted butter or margarine. Cover and store in the refrigerator until meal time. Place the cutlets in a preheated 425 degree oven 20 to 25 minutes or until crisp and golden brown. Serve immediately.

This recipe makes 6 servings.

SPAGHETTI SAUCE

Make enough spaghetti sauce for more than one meal while you are making it. Freeze what is left over in the appropriate size Vapo-can. Next time you want to serve spaghetti, start by sauteing a chopped onion and half a chopped green pepper in butter and then add the thawed leftover sauce. It perks it up no end.

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TWO NEW HEINZ SOUPS

Two regional specialties—one from the great Southwest, the other from Creole country—are being added to the Heinz soup line.

The first is Chili Soup with Beef; the second, Chicken Gumbo.

Those of you who like chili con carne will go for Heinz Chili Soup with Beef. It's a hearty meal-in-a-bowl combining tender small red beans and beef in a rich broth of Heinz red-ripe aristocrat tomatoes and selected spices. The seasoning of this chili soup is "warm" and satisfying, not too hot for children's taste, but still in the tradition of the chili Dad likes so well.

Chicken Gumbo is a southern-style vegetable soup with a rich clear broth of chicken. Okra is the vegetable that gives it the dis-

FINE BROTH OF A BREAKFAST

Weight watchers who suffer from mid-morning gnawing emptiness take heart: A cup of clear beef broth (less than 30 calories), lunchtime has arrived.

a poached egg, a slice of toast and your favorite morning beverage provides not only a pleasant day's start but will help prevent reaching for that "in-between" before lunchtime has arrived.

FALL FESTIVAL OF VALUES

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FROZEN FOODS



APPLE WEEK
National Apple Week is being observed this year from October 1 through 18.

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MARGARINE Parkay Made by Kraft	5 lbs. \$1	CORN Standby Whole Kernel or Cream Style No. 303 7 for \$1
CAKE MIX Pillsbury White, Yellow, Devils Food	5 pkgs. \$1	Super Meat Instant DOG FOOD 4 lb. 49¢
DOG FOOD Wag No. 1 tins	15 for \$1	Pacific De-Veined SHRIMP 4 1/2-oz. can 39¢

Plumrose DEVELOPED HAM 3-oz. cans 3 for 29¢	Sperry Pancake Flour 5 Lb. Pkg. 45¢	Hunts Clings PEACHES Sliced or Halves No. 2 1/2 4 for \$1.00	Dennison's SPAGHETTI and Meat Balls Giant 40-oz. can 49¢
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U.S. No. 1A Klamath Netted Gems Potatoes 10 lb. Bag 25¢ Crisp, Fresh Celery stalk 10¢ Clip Top Carrots Golden Beauties lb. 5¢ No. 1 Yellow Dry Onions 3 lbs. 14¢ New Crop! First of the season! lb. 29¢	Crisco or Golden Fluff SHORTENING 3 lb. tin 83¢ Sunshine KRISPY CRACKERS 2 lbs. 55¢ Sunshine Cup Custard COOKIES 1 lb. pkg. 49¢	Liquid Detergent Ivory 22-oz. 79¢ Spic 'n Span Giant Size 97¢ Soap Zest Deodorant Reg. 2 for 31¢ Dash 9-lb. 13-oz. pkg. 2.59 Cascade 20-oz. pkg. 49¢ Cleanser Comet Reg. Size 17¢
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MILLERS MARKET Oregon Chief Rindless Hickory Smoked SLAB BACON lb. 69¢ Choice USDA SHORT RIBS lb. 29¢ USDA CHOICE Spencer STEAKS lb. 98¢ Pureta Brand LUNCH MEAT lb. 69¢	SEA FOODS FRESH SALMON .. Alaska King FRESH SEA BASS FRESH OYSTERS
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