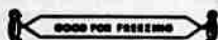


SERVE IT WITH A Flair

COOKING in a skillet is more exciting than it was in Grandma's day. Today, many skillets are beautiful as well as functional and are welcome at the dinner table. Even if it isn't an electric one or as handsome as you might like, your skillet fare can be equally delicious. Food takes on a flair when it is pretty-as-a-picture and is framed by an attractive serving dish. Here are five recipes to try in your skillet.

Family Weekly Cookbook / MELANIE DE PROFT, Food Editor

SKILLET BEEF STEW WITH NOODLES



TO PREPARE: 30 MIN.

- 1/4 cup olive oil
- 3 small onions, sliced
- 3 lbs. beef for stewing (chuck, round or brisket), cut in 1 1/2-in. pieces
- 3 cloves garlic, crushed in a garlic press or finely minced
- 2 teaspoons salt

TO COOK: 2 HRS. 15 MIN.

- 1/2 teaspoon oregano
- 1/2 teaspoon crushed red pepper
- 1 cup quick meat broth (use 1 beef bouillon cube and 1 cup hot water)
- 1 No. 2 can whole tomatoes, drained
- 2 green peppers, cut in pieces (about 1 1/2 cups)

1. Heat the olive oil in a large skillet. Add the onions and cook until tender, occasionally moving and turning with a spoon. Remove onions with a slotted spoon to a bowl.
2. Add the meat to the skillet and brown over medium heat, occasionally moving and turning pieces to brown on all sides.
3. Mix crushed garlic with the salt; add to the skillet with onions, oregano, red pepper and meat broth. Bring to boiling; cover and simmer slowly 2 hrs., or until meat is tender.
4. Add the tomatoes and cut into pieces with a spoon. Stir in the green pepper, cover and cook about 15 min. longer. Serve with buttered noodles.

About 8 servings

Note: For those who prefer uncooked green pepper and extra crunch, reserve 1/2 cup of the green pepper pieces and mix in just before serving.

SHRIMP JAMBALAYA

TO PREPARE: 30 MIN.

- 2 tablespoons butter or margarine
- 1 large onion, finely chopped (about 1/2 cup, chopped)
- 1/2 lb. (about 1 cup) diced cooked ham
- 1 clove garlic, crushed in a garlic press or finely minced
- 3 cups quick meat broth (use 3 beef bouillon cubes and 3 cups hot water)
- 1 No. 2 can tomatoes, sieved (about 2 cups)

- 2 tablespoons chopped parsley
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon thyme
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon chili powder
- 1 bay leaf, crushed
- 1 cup rice
- 1/2 lb. cooked shrimp, deveined and coarsely chopped

1. Heat butter in a large, heavy skillet over low heat. Add onion, ham and garlic. Cook over medium heat until onion is tender, occasionally moving and turning with a spoon.
2. Blend in the meat broth, tomatoes, parsley, salt, pepper, thyme, cayenne pepper, chili powder and bay leaf. Cover and bring to boiling.
3. Add rice gradually, stirring with a fork, so boiling will not stop. Simmer, covered, about 20 min., or until rice kernel is entirely soft when pressed between fingers.
4. Add shrimp and simmer about 5 min. longer. Serve hot.

6 to 8 servings

Note: Any shellfish, such as crab or lobster, may be substituted for shrimp.

(Continued)

An information-packed article about your baby's care, feeding, growth and fun.



How to help keep naptimes happy

Tips on bathing a tiny baby

New baby-feeding picture book—free

For a young baby naps are no trouble—he'd rather sleep than do almost anything, except eat! But the more your little dynamo can see things and do things, the less sleep he wants or requires.

• **Nap needs differ greatly** from baby to baby. By his first birthday (or months sooner or later!) your child may shift from two naps a day to one. The tricky question during this change-about period is what time of day is naptime? Too early, and baby feels insulted; too late and he's exhausted!

• **Clues to watch for:** if baby shoves with his feet when you hold him, squirms restlessly, or sucks his thumb persistently, he's probably telling you he's had it for now, and wants a snooze. Crankiness and crying are obvious signals.

• **One nice long nap** after an early lunch may suit for several days, then suddenly two naps are needed again. The best you can do is to watch for signs of fatigue, offer your baby a nice, restful nap—but don't insist that he take it.



• **How long should you sponge** instead of tub-bathe your new baby? A few weeks or a few months—until you feel ready to try tubbing. Important pointer: When sponging, keep your papoose under a cotton blanket, uncover only the place you're sponging. A snug wrap also keeps him from rolling—a frightening sensation for a little baby.

• **If your baby ever decides** he's tired of vegetables, surprise him—serve fruits instead for a week or so. He'll get many of the same vitamins and minerals in delicious Heinz Baby Fruits as in Heinz nutritious Strained and Junior Vegetables. You'll avoid mealtime battles—and probably get vegetables back on baby's menu sooner. Start with an extra-favorite, Heinz Freestone Peaches—Strained or Junior—picked and quick-packed when they're at their sweetest and juiciest.



• **Easy to get at** Heinz Junior Foods—many now come equipped with screw-on caps—another Heinz first! You can take off these convenient new caps with a single turn, and as easily reseal them to keep second helpings moist and tasty in the refrigerator. Mothers write us of other good uses for Heinz screw-top jars: storing safety pins, baby oil, cotton balls—or daddy's workshop supplies, such as nails and screws.

• **A new picture-story book** filled with nutritional facts about baby feeding is yours for the asking: "An ABC's for Baby's Mealtime." Illustrative pictures plus easy-to-read text help you help your baby start on Strained and Junior foods. Tips, too, on helping him learn how to use a spoon and cup to feed himself. For your free copy, just send your name and address to Heinz Baby Foods, Box 28, D-47, Pittsburgh 30, Pa.

First with screw-on caps



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Over 100 strained and junior varieties... including meats, cereals, juices