

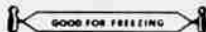
SPICED LEMON TEA

TO PREPARE: 10 MIN.

- 1½ cups freshly boiling water
- 3 tea bags or 3 rounded teaspoons tea
- 1 3-in. stick cinnamon
- 9 whole cloves
- ½ cup sugar
- 1½ teaspoons grated lemon peel
- ½ cup lemon juice
- 3 cups freshly boiling water
- 1 2-in. piece crystallized ginger, cut lengthwise in half

1. Pour 1½ cups boiling water over tea. Add cinnamon stick, cloves, sugar, and lemon peel; stir until sugar is dissolved. Allow to steep for 5 min.
2. Remove tea bags; strain. Return cinnamon stick to the tea. Add lemon juice, boiling water, and ginger; stir to blend. Serve hot. *About 1¼ qts.*

SKILLET TUNA SUPREME



TO PREPARE AND COOK: 30 MIN.

- 2 tablespoons cooking oil
- ½ cup chopped onion
- 1 green pepper, cut in slivers
- 1 can condensed tomato soup (undiluted)
- 2 teaspoons soy sauce
- 3 tablespoons brown sugar
- 1 teaspoon grated lemon peel
- 3 tablespoons lemon juice
- 2 6½-oz. cans tuna, drained

1. Heat oil in a large heavy skillet. Add the onion

and green pepper and cook, occasionally moving and turning with a spoon, until vegetables are barely tender. Stir in the tomato soup, soy sauce, brown sugar, lemon peel, and lemon juice. Bring to boiling and simmer 5 min.

2. Mix in the tuna, separating it into small pieces. Heat thoroughly. Serve tuna mixture with fluffy cooked rice. Garnish with toasted sesame seed and chow mein noodles. *About 6 servings*

WELSH RABBIT WITH EAST INDIAN FLAVOR

TO PREPARE: 20 MIN.

- 1 tablespoon butter
- 1 lb. sharp Cheddar cheese, shredded (about 4 cups, shredded)
- ½ teaspoon Worcestershire sauce
- ½ teaspoon dry mustard
- Few grains cayenne pepper
- ½ cup milk
- 2 tablespoons chutney
- 6 slices bread, toasted

1. Melt butter in top of double boiler over simmering water. Add cheese all at one time and stir occasionally until cheese begins to melt. Blend in the Worcestershire sauce, mustard, and cayenne pepper. Add milk gradually, stirring constantly until mixture is smooth and cheese is melted.
2. Spread a teaspoon of chutney over each slice of toast. Top with cheese mixture. Serve immediately. *6 servings*

Note: For a heartier dish, top each serving with a poached egg.

OYSTER BISQUE

TO PREPARE AND COOK: 50 MIN.

- 2 tablespoons butter
- 2 tablespoons flour
- ½ teaspoon salt
- 2 cups milk
- 2 tablespoons butter
- 4 small carrots, cut in small pieces
- 2 small turnips, cut in small pieces
- 4 celery stalks, cut in small pieces
- 2 tablespoons butter
- 1 pt. oysters (reserve liquid)
- 1½ teaspoons salt
- ¼ teaspoon black pepper
- 2 cups cream, heated just until hot
- 1 teaspoon Worcestershire sauce

1. Melt 2 tablespoons butter in a saucepan. Blend in flour and ½ teaspoon salt. Heat until mixture bubbles, stirring constantly. Remove from heat. Add milk gradually, stirring constantly. Return to heat and bring rapidly to boiling, stirring constantly. Cook 1 to 2 min. longer. Set aside to keep warm.

2. Heat 2 tablespoons butter in a skillet. Add vegetables and cook until just tender, frequently moving and turning with a spoon. Remove from heat and set aside.

3. Melt 2 tablespoons butter in a saucepan. Add oysters, oyster liquid, salt, and pepper. Simmer 3 min., or until oysters are plump and edges begin to curl.

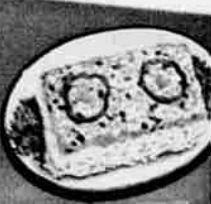
4. Blend cream with the white sauce. Stir in the Worcestershire sauce, vegetables, and oyster mixture. Sprinkle with chopped parsley. Serve piping hot. *About 8 servings*

(Continued)

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Fix a package of Kraft Dinner. Add 1 can cream of celery soup (undiluted), ½ c. milk, 7-oz. can tuna (drained and flaked), 3-oz. can sliced mushrooms (drained), 1 T. chopped pimiento, ½ tsp. salt. Place in casserole; bake ½ hour at 350° F. For more ideas, write: Kraft Dinner, Box 7168, Chicago 77, Illinois.



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