

GENTLEMEN
COOKS AMAZE
WEAKER SEX

Bernard D. Troup, a 48-year-old electronics specialist with the Army Ballistic Missile Agency at the Redstone Arsenal, Huntsville, Ala., succeeded in sending women food editors into orbit over his original recipe submitted for "Potato Chip Lasagna" in the Men's National Cooking Championship. He was selected the winner after a grueling three-hour battle with three other regional champions over hot stoves in the main ballroom of the Americana Hotel at Miami Beach, Fla. When the judges turned in their score cards, only one point separated Mr. Troup, the Southern Regional Champion, from the three runners-up who ended up in a tie for second place.

The inside expert received a \$1,000 check from the Potato Chip Institute International who sponsored the Men's National Cooking Championship for preparing the top original recipe using potato chips in a main dish. Here is his winning recipe:

POTATO CHIP LASAGNA

Meat Sauce
(This may be prepared a day ahead and refrigerated.)
2 lbs. vegetable oil
3 lbs. lean ground beef
2 cups finely chopped onion
1/2 tsp. black pepper
1 tsp. salt
2 garlic cloves crushed
2 No. 2 1/2 cans tomatoes
4 6-oz. cans tomato sauce
3 tsp. basil
1 tsp. oregano
1 whole bay leaf
Heat oil in a large heavy skillet and saute beef in oil until pink color disappears, stirring frequently. Add onion, garlic, tomatoes, tomato sauce and seasonings. Simmer gently 1 hour.
Other ingredients
1/2 lb. Potato Chips, crushed slightly, combined with 1 1/2-oz. pkg. corn chips crushed
4 6-oz. pkgs. mozzarella cheese
2 lbs. small curd cottage cheese
1 6-oz. pkg. romano cheese, grated (for topping)
Parsley

Butter a large flat baking dish. Place ingredients in baking dish in this order: 1/3 of meat sauce; 1/2 of potato and corn chips; 1/2 mozzarella and cottage cheese. Repeat these layers. Place last 1/3 meat sauce on top. Sprinkle top with grated romano cheese. Bake 45-60 minutes at 325 degrees. Garnish top with paprika and parsley.

Troup, a methodical cook, insists on having every ingredient in place beforehand. He has been working around the kitchen for four years. He brought with him from his garden in Madison, Ala., green beans, garnish top with paprika and parsley.

Mrs. Troup, watching along with the other three wives from the sidelines, unable to even communicate with her husband, commented on the watching the progress in the preparation of Potato Chip Lasagna: "We cannot cook together. He is a perfectionist and when he goes into the kitchen, I go out. But his food is superb, and what is even better, he leaves the dishes washed and the stove clean."

The three runners-up and Troup were selected as regional champions from among 42 state champions, narrowed down from 11,822 entries. The four regional winners and their wives received an all-expense-paid week's vacation at the Americana Hotel. The three second place regional champions and their recipes are as follows:
EAST: Dr. Henry Bornheimer, 51, a chiropractor of 1185 Old White Plains Road, Mamaroneck, N.Y., who won the New York State Championship, whose recipe is:

CRUNCHY CHICKEN
1 lb. sliced mushrooms
1 med. onion (chopped)
1/2 cup butter
1/2 cup flour
2 cups milk
1 cup light cream
1/2 lb. sharp cheddar cheese
1/2 tsp. Tabasco Sauce
2 tsp. soy sauce
1 tsp. salt
1/2 tsp. pepper
1 tsp. monosodium glutamate (MSG)
2 pkgs. frozen Frenched green beans
1 5-oz. can water chestnuts
1 cup potato chips, crumbled
1 large tin cooked chicken
1/2 cup toasted slivered almonds
1/2 cup finely rolled potato chips
Saute mushrooms, onion in butter. Add flour and cook until smooth. Add to this mixture milk, warmed, but not boiled, and slightly thickened, remove to top of double boiler and stir in cheese, sauces, seasonings and MSG. Cook over boiling water until cheese is melted. Cook green beans in salted water until just tender. Drain. Mix with sauce and mushroom mixture and add chestnuts which have been drained and sliced and 1 cup potato chips rolled into crumbs.
Pour 1/2 of mixture into a casserole.

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GAME No. 6

4	8	15	19	23	24
28	35	36	40	43	
44	48	51	55	56	
60	63	64	67		
68	75	76	80		
83	87	88			
95	96	0			

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GOLD BOND STAMPS

Shop at the store that gives you more... You get valuable prizes plus savings on your family food budget. Shop Safeway and Save More.

Gentlemen Cooks

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serole. On top of mixture add chicken cut into chunks. Add remaining mixture and cover with slivered almonds and 1/2 cup finely rolled potato chips. Bake at 350 degrees for 25 minutes. Serve hot.

NORTH: The Rev. Armin G. Wong Jr., 31, of 118 Mason Street, Lena, Ill., pastor of the Amity Lutheran Church, Illinois State Champion, whose recipe is:

CORNERED BEEF AND CHIP CASSEROLE
1 1/2 cup broken noodles (cooked)
1 cup cream of mushroom soup
1/2 cup evaporated milk
1 7-oz. can corned beef
1 cup grated American cheese
1 1/2 cup cut up onion
1/2 cup broken potato chips
Mix cooked noodles, soup, milk, corned beef, cheese and onion. Pour into 1 1/2 qt. greased baking dish. Top with potato chips. Bake 15 minutes at 425 degrees. Serves 4.

WEST: Art Butler, 31, 6183 East Cactus Wren Road, Scottsdale, Ariz., Arizona State Champion, a dry goods store manager, whose recipe is:

SCALLOPS SCOTSDALE
2 lbs. scallops, fresh or frozen
1 cup light cream
1/2 c. beef broth bouillon
2 tsp. lemon juice
1 tsp. fresh minced onion
1/2 cup finely chopped green pepper
1/2 tsp. chopped parsley
1/2 cup crushed potato chips
Salt and pepper to taste
Butter
1/2 cup chopped pimento nuts
Mix cream, beef bouillon, lemon juice, onion, pepper, pimento, parsley, salt and pepper and pour over scallops which have been arranged in a baking dish. Let this marinade (covered) in the refrigerator two to five hours for best flavor. Just before baking, add the crushed potato chips, pimento nuts and dot with butter. Bake 15 minutes in 400 degree oven.

Pinching Pennies Fills Budget Dent
Did the holidays put a dent in the family finances? Did the first of the month bills look bigger than usual and the money to pay them smaller?

One way to get more mileage out of your January food budget is to plan your purchases more carefully. Here are some plans to check before food pennies slip away unnoticed, says Miss Laurayne Kennedy, Lake County extension agent.

1. Buy the amount needed. Many items are priced at two for 40 cents. If this month you need only one, sacrifice the second unit you save when buying two and you find extra dollars in your food kitty.

2. The ends of the aisle are arranged with special interest or sale items—take only those you can use within a week or two. Remember sales are like street cars—there will probably be another one right along. Be sure "sale" marked items are really bargains and not just there for impulse buying.

3. Shop by written list. Write a list and buy only things on the list. Study the food specials before shopping. Try armchair planning for one week, then buy only foods listed on your plan. No fair cheating on even tempting items, this once. After a week or two of planning, and doing without things not on one's list, it's amazing how you can predict the real needs. And the money saved may be considerable.

4. Avoid charging non-food items to the food budget if you're trying to track down accurate food costs. Do you pick up magazines, toothpaste, or paper products at the grocery? Be realistic and don't charge them to the food allowance. Perhaps too large a percentage of your food dollar goes for these non-food items. Do you have time to read the magazine this month? Are the children wasting paper towels or toothpaste? Being aware of where pennies go is a realistic way to keep hold of the dollar.

5. Children are costly. Anyone who has shopped with children knows that few parents can resist all requests. Maybe there is a compromise on a doughnut at the bakery counter, rather than all the nuts and candy requested. But even those doughnuts cost money. Leave the children at home if possible, or be a realistic parent and say no to the collected coining.

A few pinches for a few months and the budget will recover from the holiday splurge.
ALMONDS ADD GLAMOR
This new idea adds glamor to old-fashioned cabbage. Place layers of cooked shredded cabbage in baking dish. Sprinkle with diced pimento and green pepper. Cover with a rich cheese sauce and top with chopped or slivered almonds. Bake in moderate oven about 15 minutes.