



Here's a salad so saucy it'll become a favorite. Start with a flavorful Russian Dressing—made with equal parts creamy Best Foods Real Mayonnaise and zesty Heinz Ketchup. Add lots of shrimp and pour over lettuce hearts.



Flavor two stories high! First story: shredded carrot and chopped green peppers moistened with Russian Dressing. Second story: creamy peanut butter with crisp lettuce. For extra interest, use 2 or 3 kinds of bread. So gay!



Enjoy glamour for lunch! Blend mashed avocado, minced onion and a few drops of tangy vinegar with 1 part Heinz Ketchup and 2 parts Best Foods Real Mayonnaise. Serve in a circle of tomato wedges or grapefruit sections.



For a regal lunch, crown a cooked hamburger with this mixture: 4 parts Best Foods Real Mayonnaise and 1 part Heinz Chili Sauce. Broil . . . and be ready with "seconds." Delicious, too, on leftover chicken, roast beef and such.



Friends drop by? Turn out tuna straight from the can. Serve it with a tangy blend of 1 Tbsp. Heinz Chili Sauce, 4 Tbsp. creamy Best Foods Mayonnaise, grated onion and chopped ripe olives. Fancy eating—ready in a jiffy.



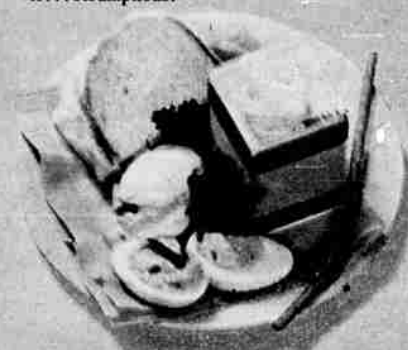
This sandwich is pure fun! Pile hot chunked franks and baked beans into frankfurter rolls. Spoon over a satiny-smooth Russian Dressing that tastes as only Heinz and Best Foods make it . . . scrumptious!



This cole slaw's almost a lunch in itself. Blend together 1 Tbsp. each Heinz Hot Ketchup and Best Foods Mayonnaise. Toss with 1 cup shredded cabbage, 1/4 cup cottage cheese, a little chopped green pepper and minced onion.



A new twist on cheese. Mix 1/4 cup each Best Foods Mayonnaise, Heinz Ketchup and chopped pickle with 1/4 lb. grated American cheese. Makes 6 tasty rolled sandwiches. Save the extras for your lunch.



Nourishing . . . and so nice to find in any lunchbox! To stuff 2 hard-cooked eggs, just mash egg yolks and crisp bacon. Mix with 1 Tbsp. Best Foods Real Mayonnaise and 2 tsp. Heinz Ketchup. Fill the egg whites. M-m-m-m-m!

how to make ho-hum lunches into yum-yum lunches

—just add color 'n spice and everything nice

See! It's as easy as flipping the lids—when you choose such flavorful teammates as Heinz and Best Foods.

Start with Best Foods® Real Mayonnaise, the one mayonnaise you know is always light and creamy . . . always smooth and fresh in flavor. Blend it with the world's favorite tomato flavor—rich, rosy Heinz® Ketchup, Hot Ketchup or Chili Sauce. (By the way, you can use chili sauce or either of the ketchups in any of the recipes, depending on your mood.)

Whether it's a tote-along lunch or an at-home spread, you'll send your family back to their day with a new burst of enthusiasm.

