



FILLER — UPPERS— Saturday morning finds all members of the family performing a variety of chores and work leads to hunger and an eye to a filling meal. Then is the time for canned barbecue beans for lunch. Here they turn into a Hawaiian dish, accompanied by salad and a warm apple strudel.

SATURDAY'S LUNCH BARBECUED BEANS

BARBECUE BEANS
How quickly Saturday rolls around from week to week. Once it starts... at the sound of an alarm... it gathers momentum until the clock chimes noon. Then what? Lunch, and of course it's up to you to prepare a satisfying one for all those clamoring around the kitchen. Fitting into this pattern are canned barbecue beans... easy to prepare and with a fresh-off-the-open-fire flavor that is excitingly different.

Mix a variety of greens and some crisp vegetable slices in your favorite salad bowl. Sprinkle with French dressing, toss, and serve with the beans. For dessert, warm applestrudel baked to a golden brown with a dusting of confectioners' sugar. Milk or coffee completes this wonderful lunch.

One of the reasons barbecue beans taste so good is the sauce they simmer in. All three kinds... Great Northerns, Baby Limas, and California Pinks... are surrounded by a gently seasoned tomato barbecue sauce that everyone has come to know and love. So when lunchtime rolls around it's only natural to hear a request for them. Perhaps as a change you'd like to try this recipe... excellent for company, too.

HAWAIIAN BEAN SKILLET
1 cup cubed luncheon meat
1/2 cup drained pineapple chunks
2 tablespoons chopped onion
1 tablespoon butter or margarine
1 can (1 pound) barbecue beans
Cook luncheon meat, pineapple, and onion in butter until meat is browned and onion is tender. Add beans. Heat, stirring now and then. Makes two to three servings.

COOKIE COOKING
School's in, vacation's out—and before you know it the cookie jar's run out of cookies, too. Fill it up with delicious Raisin Drop Cookies, quick-mix so you can whip them up in a jiffy. To prepare, sift together two cups sifted enriched flour, two teaspoons baking powder and 1/4 teaspoon salt. Add one cup shortening, one egg, 1/4 cup milk and one teaspoon vanilla extract. Mix well to blend all the ingredients, then beat 300 strokes by hand or two minutes at medium speed on electric mixer. Add one cup raisins (or currants or finely-chopped dates, if you prefer) and mix thoroughly. Drop by spoonful on ungreased baking sheet and bake in moderate oven (375 degrees) 10 to 15 minutes. Makes about four dozen two-inch cookies.

Marinate cubes of lamb shoulder in French dressing, thread on skewers with quartered small onions and broil.

Swanson's Frozen FRIED SHRIMP DINNERS
11-oz. Pkg. **65c**

Carter's FINE FOODS
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Where Does Money Go In Supermarket?

By FRANCES C. HALL, County Extension Agent
Here's how \$10 is spent by the average shopper, according to the 1960 Progressive Grocer Survey: Meat department, \$2.19; dairy department, \$1.11; produce department, \$1; baked goods, 62 cents; frozen foods, 35 cents; and grocery department (non-foods as well as foods), \$4.73, total \$10.

NEW CONVENIENCE WHEAT FOOD
A new ready-prepared whole grain wheat product was served in 19 different dishes—from soup to dessert — at a recent buffet luncheon for officials and scientists of the U.S. Department of Agriculture. The new canned, ready-to-serve product is cooked whole grains of wheat with only the

rough outer layers of bran removed. It has a delicate whole-wheat flavor and practically the same nutritive value as whole wheat. This new wheat product needs only a few minutes heating in a little water before serving and is a quick and easy alternate for rice and potatoes.

Canned whole wheat is a modern version of an ancient wheat food known as bulgur, for centuries a mainstay of Middle Eastern diets. One of bulgur's best known uses is in pilaf, made by cooking bulgur in meat or chicken broth with various seasonings. Traditionally bulgur is whole grain wheat, parboiled and then dried for storing. The new process for canning bulgur was developed by scientists at the Western Utilization Research lab in a cooperative effort between government and industry to expand markets abroad for American wheat.

Cottage Cheese Salad Mold

1 tablespoon (one envelope) plain gelatin
1 cup milk
2-3 cup French dressing
1 12-ounce carton cottage cheese (1 1/2 cups)
2 tablespoons minced onion
1/2 cup chopped celery
1/4 cup green pepper strips
1/4 cup thin radish slices
1/4 cup shredded raw carrot
1/4 cup shaved (or thinly sliced) cucumber
Soften gelatin in 1/4 cup cold milk. Heat remaining milk to lukewarm. Dissolve gelatin in double boiler. Add gelatin to warm milk. Stir in French dressing and cottage cheese. Cool mixture until it starts to thicken. Fold in vegetables and pour into one-quart ring mold. Chill until firm. Unmold on crisp lettuce and garnish with relishes. Serve plain or with a salad dressing. Makes four to six servings.

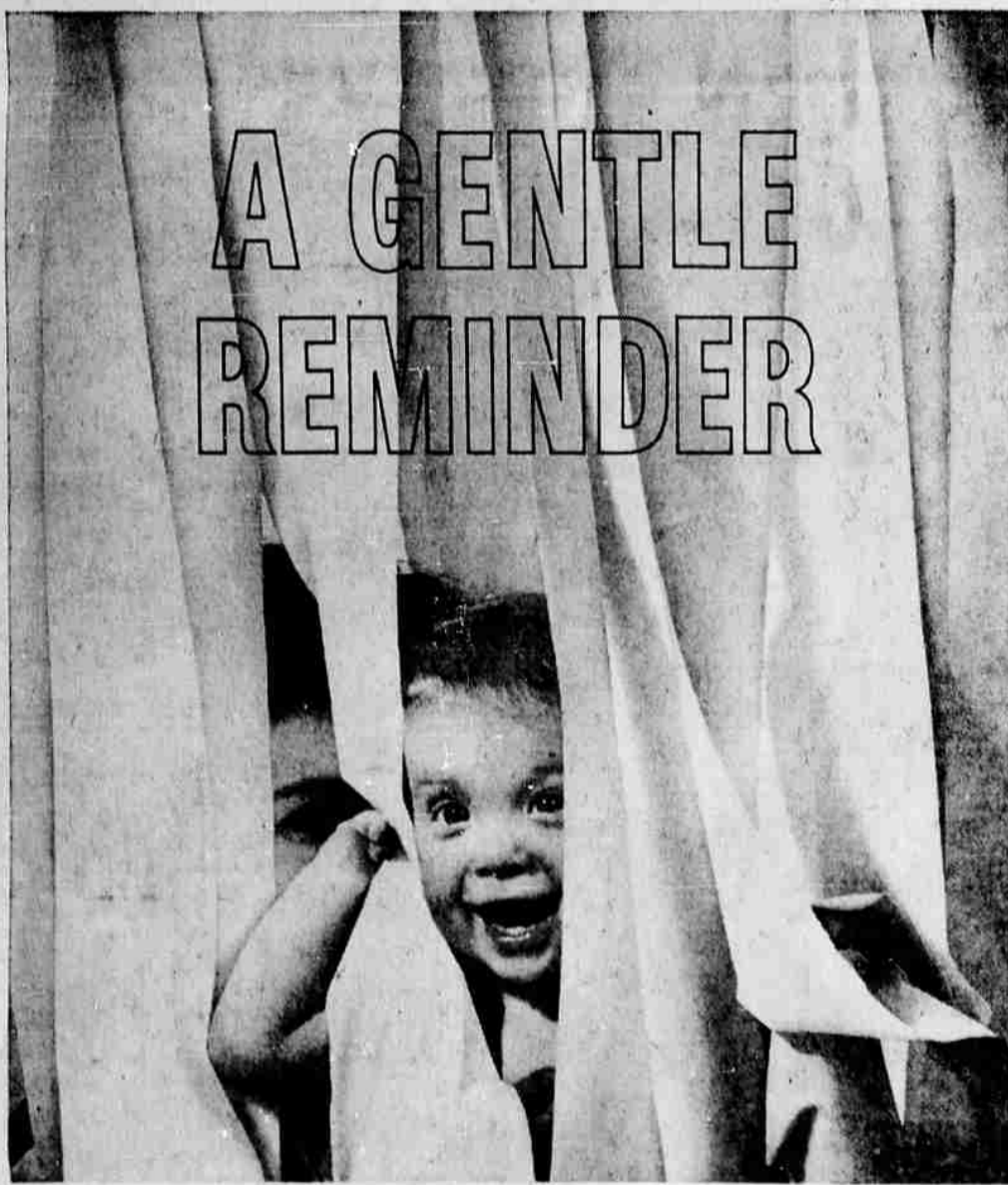
Breakfast Month
Are the breakfasts you serve your family nutritionally adequate? Far too many people eat poor breakfasts, which leads to midmorning fatigue. Breakfast should always include high-quality protein, such as found in meat, as well as citrus fruit, milk and cereal and/or toast. Ham slices, different sausages, bacon, Canadian-style bacon, lamb patties, dried beef and corned beef hash are a few meat suggestions.

The new convenience food under a test name indicating that it is ready to serve, is now being marketed by the U.S.D.A.'s Agricultural Marketing Service in cooperation with the Kansas Wheat Commission. If trials are successful, canned bulgur will be on grocery shelves around the country. It is being tried out in both seasoned (pilaf) and unseasoned (bulgur) form.



try ONION SALT in SCRAMBLED EGGS

Simple and surprisingly delicious. Add about 1/2 teaspoon of Crescent quality Onion Salt to 4 eggs as you mix them for scrambling. When you serve them, top with Crescent Granulated Pepper.



A GENTLE REMINDER

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