

# HEINZ BABY FOODS

## \$75,000

### Baby Dish Sweepstakes

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PRIZES  
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FOR 10 WEEKS!

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● **What a prize!** This beautiful new 3-section warmer heats baby's entire dinner in 10 minutes... signals "dinner's ready" with its indicator light... then keeps the food warm for half an hour or more, even after the cord is disconnected!

● **It saves mother** the fuss of heating food and transferring it to a hot-water dish. Suction bottom prevents spills. Convenient handles make it easy to carry. Entire warmer is immersible... as easy to wash as a cup. Win one—it's simple!

#### HERE'S HOW TO WIN!

1. Just write your name, address and the words, "Heinz safety-seal Caps" on any Heinz Baby Food label, Baby Cereal box top, or plain sheet of paper. Mail to *Heinz Baby Food Sweepstakes, P. O. Box 57M, Brooklyn 1, N. Y.*

2. There will be 10 weekly drawings beginning Oct. 13, 1961. You may enter every week as many times as you wish, and send as many entries per envelope as you wish. The more times you enter, the more chances you have to win!

3. Entries will be eligible for each week's drawing as received. Entries not selected as winners in each week's drawing will be eligible to win in subsequent drawings. Entries for final week's drawing must be postmarked no later than Dec. 8, 1961.

4. Sweepstakes open to residents of the U.S.A., except employees of H. J. Heinz Co. (and their families) or its advertising agency. Void in any area where taxed, restricted or prohibited by law. No purchase required.

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**Baby Foods**

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# CASSEROLE CAPERS

Family Weekly Cookbook • MELANIE DE PROFT, Food Editor

## Chicken and Vegetables on Casserole

TO PREPARE AND COOK:

ABOUT 1 HR., 15 MIN.

- 1 2- to 3-lb. broiler-fryer chicken, cut in pieces
- 1/2 cup flour
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon crushed rosemary
- 3 tablespoons butter or margarine
- 2 cloves garlic, crushed in a garlic press or minced
- 1 tablespoon butter or margarine
- 5 large mushrooms, sliced through stems and caps
- 6 green onions, chopped (about 3/4 cup)
- 2 medium-sized tomatoes, peeled and quartered
- 1/4 cup minced parsley
- 1 7-oz. bottle lemon-lime carbonated beverage
- 1/2 teaspoon salt

1. Coat pieces of chicken with a mixture of the next four ingredients.
2. Heat 3 tablespoons butter in a large, heavy skillet; add garlic. Put chicken pieces into hot fat, skin side down, and brown well on all sides. Remove to a shallow 2-qt. casserole.
3. Set casserole in a 325°F oven 45 to 50 min., or until chicken is tender.
4. Meanwhile, heat 1 tablespoon butter with the remaining butter in the skillet. Add mushrooms and onion and cook, stirring occasionally, until mushrooms are lightly browned.
5. Add remaining ingredients, bring

mixture to boiling, and simmer about 3 min.

6. Pour hot sauce over chicken during the last 10 min. of cooking. Serve immediately. 4 to 6 servings

## Vanilla Soufflé

TO PREPARE: 25 MIN. TO BAKE: 60 MIN.

- 1 tablespoon confectioners' sugar
- 1/4 cup butter or margarine
- 1/4 cup flour
- 1 cup milk
- 4 egg yolks
- 1/2 cup sugar
- 2 teaspoons vanilla extract
- 4 egg whites

1. Butter bottom of a 1 1/2-qt. casserole and sift confectioners' sugar over it; set aside.
2. Melt butter in a saucepan; stir in flour and cook until mixture bubbles. Remove from heat and gradually add milk, stirring until blended; return to heat, bring to boiling, and cook, stirring constantly, 1 to 2 min. longer. Cool slightly.
3. Beat egg yolks, sugar, and extract together until mixture is thick and lemon colored. Stirring vigorously, pour sauce slowly into egg yolk mixture. Cool to lukewarm.
4. Beat egg whites until rounded peaks are formed. Spread egg yolk mixture over egg whites and carefully fold together. Turn into casserole. Set in boiling water bath.
5. Bake at 350°F 60 min., or until a silver knife comes out clean when inserted halfway between center and edge. Serve immediately with an apricot sauce or a purée of strawberries or raspberries.

6 servings



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