



PRETTY PLATTER — Tart spinach with sauteed onion rings and surrounded with buttered canned hominy is the perfect accompaniment for crisp fried chicken. An ideal dessert is coffee ice cream on canned pear halves drizzled with butterscotch sauce.

Interesting Vegetables Are Family Winners

The question "How do I get my family interested in vegetables?" comes up time and again in the mailbag. The answer is "Make the vegetables interesting to 'your family.'" To plan the menu begin with a family favorite like crisp fried chicken and then choose vegetables that will be pleasing taste accompaniments. Tart Spinach With Sauteed Onion Rings is an especially flavorful dish the family will enjoy. Canned greens are made tart with lemon juice and topped with onion rings cooked in butter. Good served with it is canned hominy—either buttered or served with chicken gravy.

SAUTEED ONION RINGS
1 medium size onion
1/4 cup butter, or margarine
1 tablespoon lemon juice
1 can (15 oz.) spinach, or other greens
Salt

Cook sliced onion separated into rings in butter until tender but not brown; remove from pan and keep hot. Add lemon juice and drained spinach to the butter left in the pan. Heat. Add salt to taste. Serve topped with the onion rings. Four servings.

FAMILY DINNER
Fried Chicken
Canned Hominy Chicken Gravy
Tart Spinach With Sauteed Onion Rings
Tossed Garden Salad

French Dressing
Cheese Biscuits Butter
Deep Dish Cherry Pie
Iced Coffee Milk
WONDER BEAN SALAD
Colorful, tasty and especially good is Wonder Bean Salad. Prepare a dressing of pickle relish and mayonnaise. Add some sliced celery, drained canned cut green, lima and red kidney beans, and sliced onion separated into rings. Season to taste with salt and pepper; mix lightly and chill. Serve on crisp salad greens.

SALMON HURRY-UP CASSEROLE
When activities keep you jumping in Salmon Hurry-Up Casserole is a lifesaver for dinner. Layer sliced canned white potatoes and drained canned salmon broken into chunks in a casserole. Combine canned condensed cream of celery soup and chopped onion. Pour over potatoes and salmon. Sprinkle with paprika. Bake in a moderate oven until heated through.

PEPPERMINT PEAR SUNDAES
Quick desserts guaranteed to please are Peppermint Pear Sundae. Simply place a chilled canned pear half in each dessert dish. Spoon peppermint ice cream into the hollow of each. Top with chocolate sauce.

REALLY GOOD! like home made



Bacon Treats Enter The Halloween Spirit

When the weary trick 'n' treaters ring their last doorbell at your house, you had better be prepared with special treats. Whether they be ghosts or clowns, the masqueraders will no doubt be hiding a hearty appetite beneath their masks. The masks are bound to disappear when the treats begin with brown-sugar cured bacon.

Bacon means "treats" when combined with vegetables and served on a bed of fluffy, white rice. The "trick" is to select the bacon that you can always depend on for highest quality protein—the bacon with the sweet smoke taste. The brown-sugar cured bacon bearing the two most trusted words in meat is purchased in an easy to open, easy to use, easy to store container. To retain its high quality, bacon should be stored in the coldest part of your refrigerator and used within 5 to 7 days of purchase. The popular method of cooking is to pan-fry. The unseparated slices of bacon are placed in an unheated skillet and the slices separate as the bacon is frying. Broiling is another cooking method. When a pound or more is used, baking is an easy method of cooking the bacon because it does not require watch-

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T-BONE MEANS TENDER...
This is the T-bone. You'll find it in these three choice steaks...
① Club
② T-bone
③ Porterhouse

ALL ABOUT FOOD
By Tested Recipe Institute
Club Steak... is smallest, most economical of the T-bone steaks—has little fat—no tenderloin.
A steak, 1 1/2" thick, weighs 3/4-1 lb.
• Always slash fat edge of steaks before broiling to keep them from curling.

T-Bone Steak... is well-marbled—has some tenderloin in it.
A steak, 1 1/2" thick, weighs 1-1 1/2 lbs.
• To carve T-bone steaks, remove bone, then cut crosswise into 3/4" thick slices.

Porterhouse Steak... is the most tender, with a large section of tenderloin.
A steak, 1 1/2" thick, weighs about 3 lbs.
• Broil or pan-broil tender cuts of meat.

Finger salads go down well with the young set. Use a combination of tomato wedges, carrot sticks, green pepper rings, celery curls.
Chill a can of bean sprouts and drain. Mix with thin strips of green pepper and French dressing. Arrange on salad greens and serve with meat or fish.
Pour corn meal mush into a loaf pan and chill; slice and brown slowly in fat. Serve for lunch with a creole-type tomato sauce and crisp bacon.
Want a gourmet omelet for a company lunch? Add cooked lobster meat and paprika to a cream sauce and serve as the filling for the omelet.

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