



IT'S SIMPLE — Serve frozen Veal Parmesan with tomato sauce that you prepared weeks ago. It's almost as simple as it looks in the picture and what a time saver for a busy day.



KNOW HOW? — Three totally different salads served with three different dressings made with corn oil — French, Spicy French and Italian.

Ways To Dress Favorite Salads

If sometimes you are puzzled about what salad dressing to use with different salads, vegetables, fruits and seafoods try these ideas.

Mild - flavored corn oil French Dressing is recommended for fruit salads of all types and for hearts of lettuce and tomato-lettuce salads.

The corn oil spicy French Dressing is at its best on fish and meat salads or chef salads made with greens, strips of cold chicken, cheese and ham. The corn oil Italian Dressing is perfect for all types of tossed salads.

Here are three different and welcome ideas for salads.

WHITE AND GREEN SALAD
1 cup raw cauliflower
1-3 cup French corn oil dressing
1 cup chopped raw spinach
1 tablespoon corn oil French dressing
Combine cauliflower and 1-3 cup corn oil dressing. Toss spin-

ach with 1 tablespoon dressing in separate bowl. Let both mixtures marinate in refrigerator 2 hours. Toss together just before serving. Makes 4 servings.

VEGETABLE SALAD
1 (10-ounce) package frozen green beans
1 (10-ounce) package frozen peas
1 cucumber, diced
1/4 cup finely chopped onion
1-3 cup corn oil Italian dressing
2 tomatoes, sliced
Cook beans and peas according to directions on package. Let cool. Combine with cucumber, onion and corn oil dressing. Let marinate in refrigerator at least 2 hours. Serve mounded on tomato slices. Makes 4 servings.

RICE SALAD
1/2 cup uncooked rice
2 tablespoons corn oil spicy French dressing
1/2 cup chopped celery
1/4 cup diced green pepper
10 pitted ripe olives
1 tomato, pared and sliced
2 tablespoons diced onion
1/4 teaspoon basil
1/4 teaspoon nutmeg
Cook rice according to directions on package. While still warm, mix in corn oil dressing, then remaining ingredients. Makes 4 servings.

PASKA
(Greek Orthodox Easter Dessert)
(12 servings)
4 packages (3 ounces each) cream cheese
1/2 cup (1 stick) softened sweet butter
2 teaspoons pure vanilla extract
1/2 teaspoon fresh lemon juice
1/2 cup sugar
1/2 cup sour cream
1 cup chopped blanched almonds
Beat together until fluffy cream cheese, butter and pure vanilla extract. Stir in lemon juice, sugar, sour cream, almonds, glaze fruit and seedless raisins. Line a clean clay flower pot with three layers of cheesecloth and pour mixture into it. Place pot on a tray and chill six hours or overnight. Just before serving, turn out onto a serving tray. Remove cheesecloth. Decorate as desired with whipped cream and fresh or glaze fruit.

The Great Barrier Reef, which extends for about 1,200 miles along the northeast coast of Australia, is world's largest coral formation.

PERKY PASKA Is Easter Dish

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Make Freezer Your Friend

Here's a new trick clever cooks meal and prepare it all at once. Reheat one of the packages right are learning to save themselves. The trick is to serve one-third in its foil and you're ready with time, take advantage of sale for dinner the day your prepare a delicious home-cooked entree. prices and have something special, then wrap the rest in two separate foil packages and freeze. This recipe for Veal Parmesan, cial in the freezer for a busy day, arate foil packages and freeze, prepared with canned tomato all from just one session in the Comes a busy day anytime in sauce, is for twelve servings— kitchen. Sounds too good to be the next four months, any frod these meals for a family of four, true? Not when you know how: held for longer periods in the It is also fancy enough to make start by buying three times the freezer may lose some of its flavor a guest dinner, needing just a froz- amount your family eats at one (and nutrients) all you have to do is vegetable, some instant pota-

toes and a salad to complete the meal—and all these can be reheat while the veal is reheating. Try it next time you have unexpected guests or invite friends on the spur of the moment by using the frozen packages you can serve eight; then just sit back and enjoy the raves coming your way for a delicious, fussless meal!

VEAL PARMESAN

12 Frozen veal cutlets (Or have meat man cut 3 to 6

ounce veal steaks and pound thin)
3 eggs, beaten
1/4 cup grated Parmesan cheese
1 cup dry bread crumbs
1/4 cup poly-unsaturated oil
3 (15-ounce) cans tomato sauce
1/2 cup chopped green onions (tops, too)
1 1/2 cups mushroom stems and pieces

1/2 teaspoons marjoram
Dip frozen veal cutlets in egg, then dredge on both sides in mixture of cheese and crumbs. Set aside for several minutes, then saute in hot oil in large skillet. Arrange cutlets in shallow baking pans. Combine remaining ingredients and pour over meat. Bake uncovered at 350 degrees F., 30 minutes, or until meat is tender. To cook frozen portion, allow to thaw; heat in moderate oven (350 degrees F.) for 30 minutes.

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