



QUICK MEAL DELUXE — "Proof of the pudding is in the eating," and so it is with Ham Chow Mein. This delicious dish is made in short order with sliced ham added to canned chow mein or chop suey. Other times vary it by substituting canned tuna, shrimp, luncheon meat or Vienna sausage.

Canned Foods Are Helpful

Every now and again a day should be set aside as your day. Take a shopping trip, treat yourself to the theater, or spend the afternoon leisurely at home catching up on reading. But, one of the ground rules for such a day is not to neglect the family at mealtime. For lunch have sandwiches prepared the night before and stored in the refrigerator and have some quick to prepare canned soup on hand. For dinner there's no worry either with a planned ahead shelf meal—ready to prepare in a minimum of

HAM CHOW MEIN
3 or 4 medium size green onions
1/4 cup butter, or margarine
1 1/2 cups sliced canned ham
2 cans (1 lb. each) meatless chow mein, or chop suey
Canned chow mein noodles, or hot cooked rice
Soy sauce
Cook sliced onion in butter until tender but not brown. Add ham; cook until browned. Stir in chow mein; heat. Serve over chow mein noodles or hot cooked rice. Pass soy sauce. Four to six servings.
Note: Substitute 1 1/2 cups canned tuna broken into chunks, drained canned shrimp, sliced canned luncheon meat, or Vienna sausages for ham in recipe.

Use Lamb For Shish Kebab

This shish kebab is a balanced meal in itself with meat and vegetables neatly skewered. Serve it as a back yard treat now while lamb is still plentiful. A plate of hot rolls and ice cream for dessert will satisfy most appetites; for the hungry teen-ager, a side order of hearty beans or corn pudding may be in order.

SHISH KEBAB

2 to 3 pounds of lean lamb cut in 1-inch cubes
2 teaspoons of Beau Monde Seasoning
3 tablespoons of garlic flavored red wine vinegar
1 teaspoon of honey
1/4 cup of salad oil
1 teaspoon of Bouquet Garni for Lamb, crushed vegetables such as green pepper squares, firm ripe tomatoes or small whole onions
Trim excess fat from lamb. Combine seasonings and pour over lamb cubes. Marinate at least four hours, preferably overnight. Pour boiling water over green pepper squares and onions; let stand five minutes. Alternate cubes of lamb with vegetables on skewers. Broil 20 to 30 minutes. Brush frequently with marinade and turn skewers several times. Makes five servings.

AVOCADO BOATS

Cool and fresh as a summer sailing are delicate pale green California avocado boats filled with gay fresh fruits. Fold crisp green grapes, peach slices and pineapple chunks into dairy sour cream. Spoon into avocado half-shells which have been sprinkled with lime juice. Serve with dainty cheese pinwheel biscuits for an elegant summer luncheon.

TRAVELS WELL
A delicious salad that travels well to picnics and beach parties is made by mixing shredded spring cabbage with chopped green pepper and chopped onion, and a can of red kidney beans, drained. Add salt and pepper to taste and toss with mayonnaise. If the salad will not be eaten for several hours, for safety's sake, carry the mayonnaise in a separate container, keep it chilled, and add it just before serving.



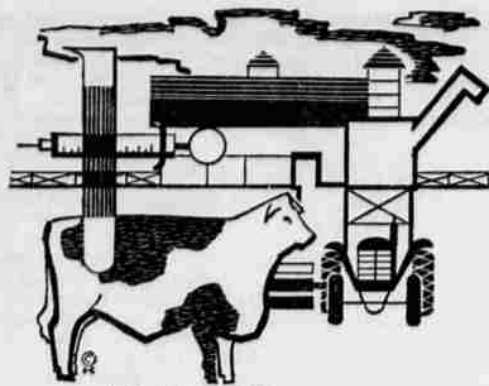
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