



SOMETHING OLD — Wheat germ-veal cutlets Milanese are centuries-old favorites. Legend says St. Ambrose invented them in the 4th century.

An Old, New Recipe

Today we have a "something old and something new" recipe. Actually, it's nothing more than veal cutlets Milanese, but a story goes with it. Legend has it that veal cutlets Milanese were cooked first under the direction of St. Ambrose, a fourth century bishop of Milan. Noted for his charity, St. Ambrose daily fed the poor of the city. But as more and more hungry folks showed up, his supply of meat was insufficient.

Inspired, perhaps, by the Biblical tale of the loaves and the fishes, Ambrose ordered his cooks

to beat the meat slices thin and bread them with crumbs and egg. There was now enough to go around—and the legend is commemorated by a carving called "Banquet of the Poor" on the pulpit of St. Ambrose Cathedral in Milan.

That's our something old. The something new in the recipe is wheat germ breading, which bolsters the cutlets with more good quality protein, lots of B vitamins, iron and especially vitamin E. It's St. Ambrose's fourth century recipe with a 20th century touch.

WHEAT GERM-VEAL CUTLETS MILANESE

1 pound veal cutlets
2 eggs
2 tablespoons water
Salt and pepper
1 cup wheat germ
6 tablespoons vegetable oil
Have veal sliced thin and pounded, as for scallopine. Beat eggs lightly; stir in water. Dip meat first in egg mixture, then in wheat germ. Heat oil in skillet. Fry veal slowly over low heat, about 10 minutes on each side, until golden brown and well done. Garnish with parsley and cherry tomatoes. Makes four servings.



GOOD EATING, ANYTIME — Serve Cheese Waffles for breakfast, lunch or supper. Tart homemade applesauce or creamed shrimp are marvelous toppers.

Fall's The Time For Cheese Waffles

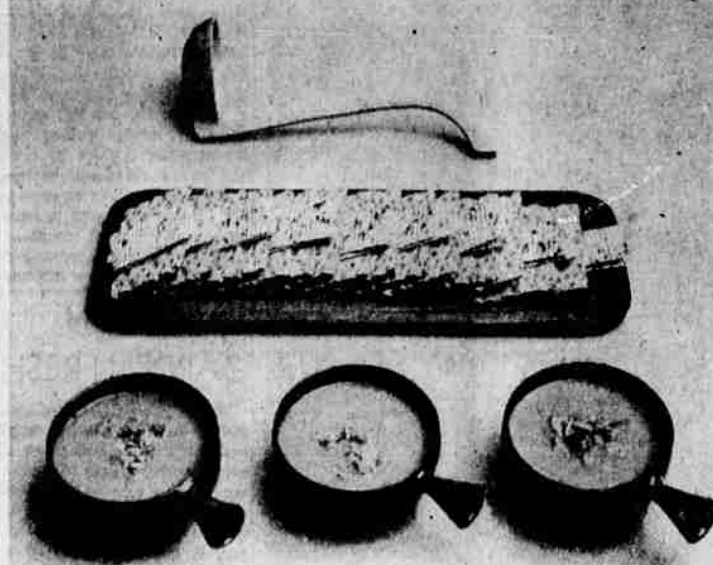
Greet these crisp mornings with a real autumn breakfast—Cheddar Cheese Waffles topped with tart, homemade applesauce.

Apples and cheese are a congenial pair anytime. Serve the applesauce hot. For extra tang, add a trace of lemon juice after the apples are cooked.

Cheese Waffles also taste good

later in the day. For brunch, luncheon or supper, feature them with the dill-flavored Seafood Toppings. It's brimming with chunks of shrimp and chopped celery. To make Cheese Waffles, just mix shredded Cheddar in with the dry ingredients. The cheese melts while the waffles are baking. The addition of cheese also makes

these waffles more nourishing. **CHEESE WAFFLES** (3 large waffles)
Preheated waffle baker.
3 egg yolks
2 cups milk
2 cups sifted flour
2 tablespoons sugar
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A WELCOME IDEA — In these weeks of in between, not quite winter, yet far from spring, a bowl of steaming soup is made more interesting, nourishing and appetizing with chunks of tender colorful salmon.

Soup-Suppers

By simply combining a can of soup and a can of salmon, both staples on every supply shelf, then adding a touch of an herb, a kiss of a spice, a nourishing super-in-a-bowl is ready to serve in less than five minutes. You're saving precious time as well as money, yet you're serving a dish that everyone will enjoy. Try one of these flavorful combinations today.

SALMON CHOWDER

1 can condensed cream of celery soup
1 can (7 1/4 oz.) salmon, flaked
Liquid from salmon plus milk to measure 1 1/2 cups
1/2 teaspoon paprika
1 tablespoon chopped parsley
1/2 teaspoon dried dill weed
Combine ingredients and heat over simmering water or stir over direct heat. Serves two.

CURRIED SALMON AND TEA SOUP

2 tablespoons butter

1 tablespoon minced onion
1 teaspoon curry
1 can pea soup
1 can (7 1/4 oz.) salmon, flaked
Liquid from salmon plus part milk and part cream to measure 1 1/2 cups
1 teaspoon lemon juice
In a saucepan heat butter and in it cook onion and curry until onion is soft. Stir in remaining ingredients. Heat over simmering water or stir over direct heat. Serves two.

BLUSHING MUSHROOM SOUP

1 can condensed cream of mushroom soup
1 cup milk
1 can (7 1/4 oz.) salmon, including liquid
1/2 teaspoon ground pepper
1/2 teaspoon paprika
1/4 cup cooking sherry
1 teaspoon lemon juice

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Combine soup, milk, and salmon liquid. Flake and add salmon. Stir in remaining ingredients. Heat over simmering water or stir over direct heat. Serves two.

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