



PERFECT COMPANIONS — Quickly baked Blue Cheese-Noodle Casserole and make-ahead chilled Fruit Salad with Rosy Dressing both derive color excitement from canned tomato sauce and both are planned to do away with last-minute flurry in the kitchen.

Blue Cheese-Noodle Casserole

Looking for a tasty, simple-to-fix casserole high in protein, requiring a short baking period? Blue Cheese-Noodle Casserole is your best bet for an easy luncheon or supper—a delight to the eye and to the tongue as well, a dish of wonderful aromas. This casserole nestles cooked noodles amidst the baked creaminess of tangy blue cheese and snowy cream cheese. It takes advantage of the brightness of tomato sauce, the flavor spark of onion, the sweetness and texture of celery and the pretty color of peas.

A fruit salad is a good accompaniment for this casserole, with Rosy Dressing mixed in with the fruits or spooned over. The dressing, based upon tomato sauce and sour cream, makes a handsome fruit salad taste even better.

It's fun to turn a tasty trick in the kitchen, and easy fixin's for the main dish are the secret of many a successful and poised cook and hostess. No last-minute flurry with Blue Cheese-Noodle Casserole and make-ahead Fruit Salad with Rosy Dressing!

- BLUE CHEESE-NOODLE CASSEROLE**
 (Serving, 6)
- 1 (6-ounce) package noodles, cooked and drained
 - 1 Tablespoon butter
 - 1 (3-ounce) package cream cheese
 - 1 ounce blue cheese
 - 1 (8-ounce) can tomato sauce
 - 1 Tablespoon dehydrated minced onion
 - 1/2 cup finely chopped celery
 - 1 package frozen peas, defrosted

Melt butter, cream cheese, and blue cheese together. Add cooked noodles and remaining ingredients and mix well. Turn into 1 1/2 quart casserole. Bake at 350 degrees for 20 minutes.

- ROSY DRESSING**
- 1 cup commercial sour cream
 - 1 cup tomato sauce
 - 1 Tablespoon grated lemon rind
 - 1 Tablespoon lemon juice
 - 1 Tablespoon honey
 - 1 Tablespoon sesame seeds
- Combine all ingredients. Chill.

Swiss Steak

With the coming of cooler weather and your desire to prepare braised meat dishes once again, swiss steak naturally comes into focus. This is one of the most well known ways of serving less-tender beef steak.

This particular recipe for individual swiss steak calls for the usual tomatoes and onions, as well as celery and thyme for variety.

- INDIVIDUAL SWISS STEAKS**
- 1 beef round steak, cut 3/4 inch thick
 - 1/4 cup flour
 - 2 teaspoons salt
 - 1/4 teaspoon pepper
 - 3 tablespoons lard or drippings
 - 1/2 teaspoon thyme
 - 1 medium onion, sliced
 - 1/2 cup sliced celery
 - 1 can (16 ounces) tomatoes
- Cut steak into 4 to 6 pieces. Combine flour, salt and pepper. Pound seasoned flour into steak. Brown in lard or drippings. Pour off drippings. Add thyme, onion, celery and tomatoes. Cover tightly and cook slowly 1 1/2 to 2 hours or until meat is tender. 4 to 6 servings.



A FAREWELL TO SUMMER — Before the nights get too cool for outdoor parties, serve one more for special friends. Make it a gay affair with a bounty of roast beef on the carving board. Be sure it has a minimum of fat with a maximum of flavor. Let the family and guests make their own roast beef sandwiches, topped off with a coleslaw made with new cabbage dressed with a mustard whipped cream combination. Try this Whipped Cream-

Mustard Coleslaw — 4 to 6 servings. Combine two cups of shredded cabbage, two tablespoons wine vinegar, two tablespoons salad oil, 1 teaspoon salt, 1 teaspoon sugar and 1/4 teaspoon celery seed. Refrigerate for one hour. Fold one teaspoon prepared mustard into 1/2 cup whipping cream, whipped and combine with coleslaw. Serve with the roast.

Fall's The Time For Cheese Waffles

(Continued from Page 3-C)

- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 cups (1/2 pound) shredded Cheddar cheese
- 1/2 cup (1 stick) butter, melted
- 3 egg whites

In a mixing bowl beat egg yolks; add milk and blend thoroughly. Sift together flour, sugar, baking powder and salt; add cheese. Add to milk mixture, stirring only until dry ingredients are moistened; blend in butter. Beat whites until peaks fold over; fold into batter. Bake until golden brown. Serve with Seafood Topper or Apple Topper.

SEAFOOD TOPPER

(6 servings)

- Saucepan, two-quart
- 3 tablespoons butter
- 1-3 cup finely chopped celery
- 3 tablespoons flour
- 1/2 teaspoon salt
- Dash of pepper
- 1 1/2 cups milk
- 1 tablespoon lemon juice

FAT OVERWEIGHT

Available to you without a doctor's prescription, our product called Galaxon. You must lose ugly fat in 3 days or your money back. Galaxon is a tiny tablet and easily swallowed. Get rid of excess fat and live longer. Galaxon costs \$2.00 and is sold on this guarantee: If not satisfied for any reason, just return the package to your druggist and get full money back. No questions asked. Galaxon is sold with this guarantee by Wood's Drug Store, 391 Main—Mail Orders Filled.

2 cups fresh shrimp, cut up low heat, stirring constantly, until mixture thickens. Add lemon juice and shrimp; heat to serving temperature. Spoon over waffles and garnish with a sprinkle of dill weed.

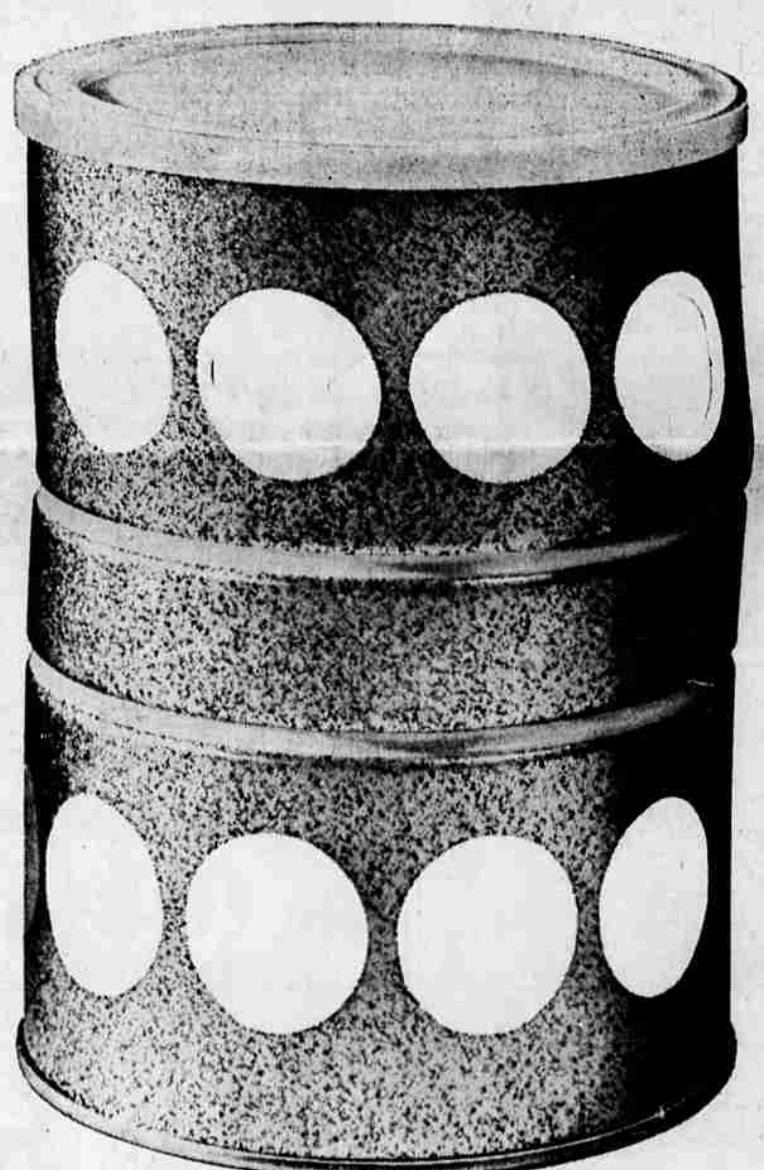
It's So Easy To Use



Simply cover the area you want accented with a layer of 4 mil polyethylene plastic, cut holes for plants and cover with milky-white BERMUDA ROCK. (See... no dust, no sharp edges to cut your fingers! Safe for the most delicate plantings, glistening BERMUDA ROCK actually looks whiter as time goes by!)

Insist on genuine Bermuda Rock

BERMUDA ROCK DIVISION
Bristol Silica Company
 Rogue River, Oregon
 write for free literature.



We've taken the wraps . . . off our 2-lb. CANISTER!

Whisk the label off MJB's new two-pound can of coffee, and look what you've got! A gleaming, golden canister, with its own snug-fitting, plastic lid... for coffee and rice and everything nice! And best of all, you get the coffee that gives you more measures, more flavor—plus the canister—at no increase in price! P.S. MJB's three-pound size comes in a canister, too—so now's the time to start a set. Hurry—supply is limited!



Have you heard which instant coffee is the richer one, the stronger one? MJB