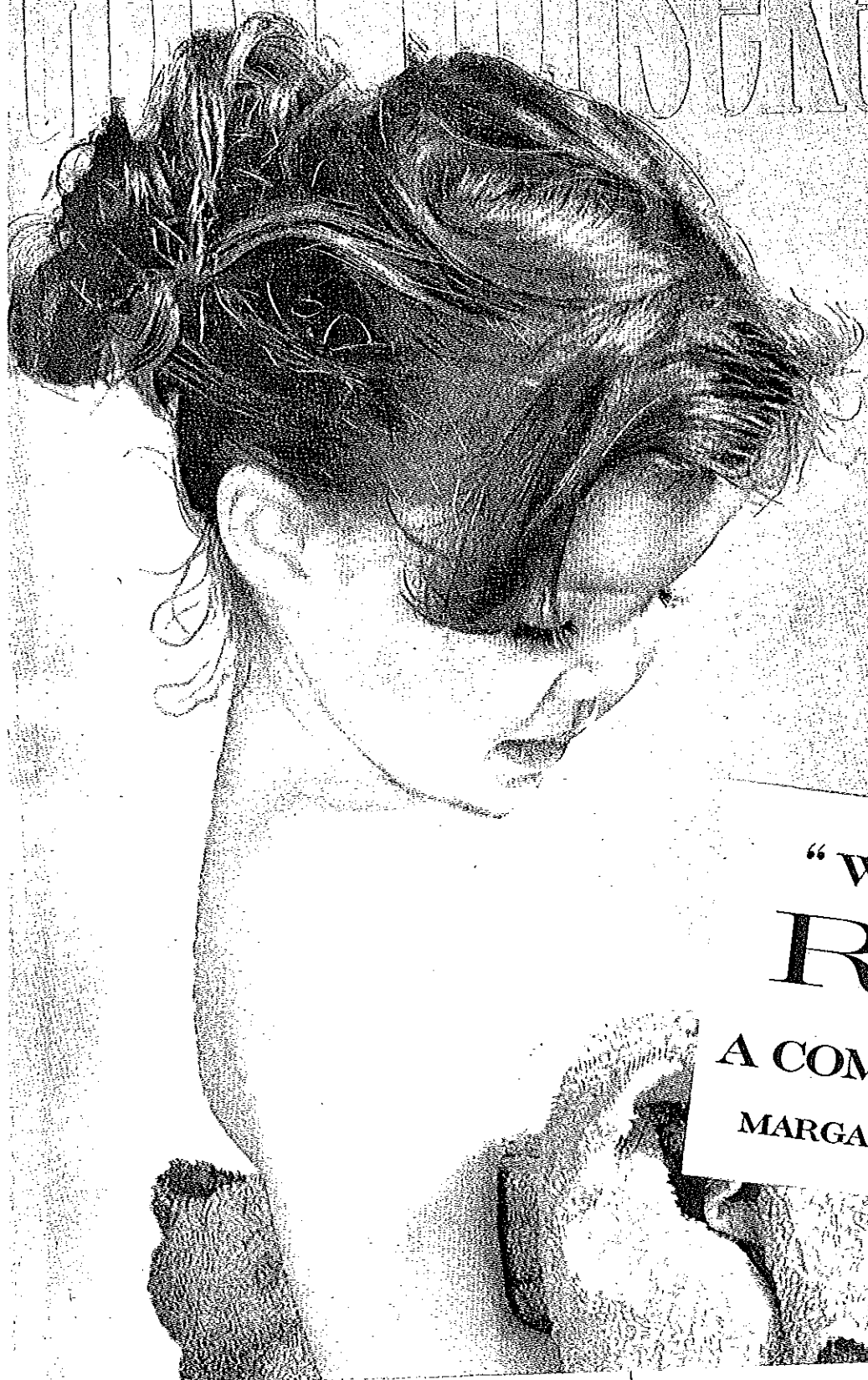


# Good Housekeeping



*My Husband  
Is  
No Joke  
to Live With*

BY  
MRS. BENNETT CERF

**"WITH THIS  
RING"  
A COMPLETE NOVEL  
MARGARET LEE RUNBECK**

**WEEKEND COOK BOOK**

*Best-Dressed Dress for Queen*

OH JULY 55 BYR 1A LPP X  
MRS GEO NEWMAN SR  
LYERLYLE RD  
RT 1  
CHATHAM N J



Everyone on your block has agreed to devote this weekend to doing something about the lawns and gardens. You all decide to take a break in your tussle with nature Saturday evening and share a potluck supper outdoors. Everyone chips in for the food, and you offer to make a king-size casserole

*This Weekend*

# You're Joining the Neighbors

*Check This List on Friday*

- Before shopping on Friday, get together with the neighbors for a last-minute check on the potluck-supper details. The nearest neighbor with a freezer makes the ice-cream sandwiches (place slice of ice cream, spread with chocolate or caramel sauce, between large cookies; freezer-wrap). Ice-cream cones can be dipped "to order."
- Get your share of the party work—concocting the Potluck-Supper Dish—done early Saturday morning. You can stay out of the kitchen while it bakes at suppertime.
- Incidentally, on Saturday morning, you can make Sunday's dessert.

*Saturday-Night Supper*

## POTLUCK-SUPPER DISH

### Potluck-Supper Dish

- Tomato Wedges,
- Onion and Cucumber Slices,
- Assorted Olives
- Big Loaf Rye Bread
- Ice-Cream Sandwiches and Cones
- or Refrigerator Pineapple Pie
- Iced Tea
- Lemonade with Strawberries

- ¼ cup fat, bacon fat, or salad oil
- 1 cup chopped onions
- 2 lb. chuck beef, ground
- 2 1-lb. cans tamales

- 2 No. 2 cans chick-peas
- 1 small can pitted ripe olives, drained
- 2 12-oz. cans whole-kernel corn
- 2 1-lb. cans chili con

- carne (with or without beans)
- 2 cups grated process sharp American cheese (½ lb.)

*Saturday morning:* In hot fat in large skillet, cook onions 3 or 4 min.; add beef and cook, stirring, until red color disappears. Drain tamales; cut each into fourths. Drain chick-peas, reserving ¾ cup juice. Drain olives. Combine meat mixture, tamales, chick-peas and reserved juice, undrained corn, half of olives, chili con carne (cut into large pieces), and half of cheese. Turn into 1 4-qt., or 2 2-qt., greased casseroles. Sprinkle rest of cheese and olives on top. Refrigerate.

*About 1 hr. 45 min. before supper:* Start heating oven to 300° F. Bake casserole, uncovered, 1½ hr., or until hot and bubbly. Makes 16 servings.

## REFRIGERATOR PINEAPPLE PIE

- 2 tablesp. soft butter or margarine
- 1½ cups shredded coconut
- 1 env. unflavored gelatine

- ¼ cup granulated sugar
- 3 eggs, separated
- 1 cup canned crushed pineapple
- ¼ cup cold water

- 1 teasp. grated lemon rind
- 3 tablesp. lemon juice
- ¼ teasp. salt
- 6 tablesp. granulated sugar

*Saturday morning:* Start heating oven to 350° F. Spread butter evenly on bottom and sides of 9" pie plate. Add coconut, and spread it evenly over butter, pressing down firmly, to form pie shell. Bake 12 to 15 min., or until golden brown; cool.

Meanwhile, mix gelatine and ¼ cup sugar. In double boiler, mix egg yolks with undrained pineapple, water, lemon rind and juice, and gelatine mixture. Cook, stirring frequently, 10 to 15 min., or until smooth and thickened. Remove from heat and cool slightly. Beat egg whites with salt till quite stiff; gradually add 6 tablesp. sugar, beating until stiff. Fold in pineapple mixture. Heap in coconut crust. Refrigerate until dessert-time. Garnish with whipped cream if desired.



### Sunday-Morning Brunch

#### GEN'S HAM AND EGGS

2 or 3 eggs  
1 thin slice ready-to-eat, fully cooked ham (about 1/2 lb.)  
3 tablesp. butter or

margarine  
3 tablesp. flour  
2 cups milk  
2 teasp. bottled horse-radish

2 teasp. chili sauce  
4 teasp. Worcestershire  
Salt and pepper  
Hot buttered toast

Hard-cook eggs; shell and slice while hot. In skillet, sauté ham until lightly browned; remove from skillet; then cut into cubes. In same skillet, melt butter; stir in flour, then milk; cook, stirring, until smooth and thickened. Add horse-radish, chili sauce, Worcestershire, sliced eggs, and cubed ham. Taste; add salt and pepper to taste. Keep warm over lowest heat. Serve on toast. Makes 4 servings.

- Orange Juice
- 
- Help-Yourself Cereal Tray (assorted ready-to-eat cereals and milk)
- 
- Gen's Ham and Eggs
- 
- Buttered Toast
- 
- Coffee

### Sunday-Afternoon Dinner

#### MARVELOUS BARBECUE SAUCE

1/4 cup vinegar  
1/2 cup water  
2 tablesp. granulated sugar  
1 tablesp. prepared mustard  
1/2 teasp. pepper

1 1/2 teasp. salt  
1/4 teasp. cayenne pepper  
1 thick slice lemon  
1 sliced onion  
1/4 cup butter or margarine

1/2 cup catchup  
2 tablesp. Worcestershire  
1 1/2 teasp. liquid or powdered smoke (optional)

*Any time ahead:* In saucepan, mix vinegar, water, sugar, mustard, pepper, salt, cayenne, lemon, onion, and butter; simmer, uncovered, 20 min. Add catchup, Worcestershire, and liquid smoke; bring to boil. Cool; then store in refrigerator. Use as basting sauce while grilling chicken, hamburgers, franks, etc., outdoors, or broiling them indoors; or just heat and serve as help-yourself sauce with grilled meats. Makes 1 3/4 cups.

#### CARAMEL WHIP

2 teasp. unflavored gelatine  
3/4 cup cold water  
3/4 cup brown sugar, packed  
3 eggs, separated

Dash salt  
1 teasp. vanilla extract  
3 tablesp. sugar  
Dash salt  
1 1/2 cups milk  
1/2 teasp. vanilla

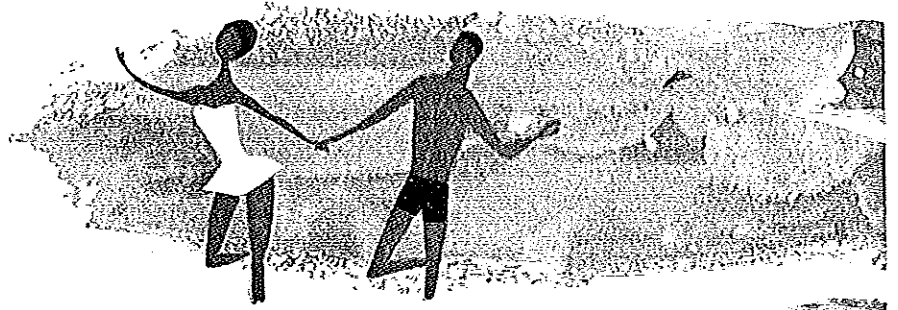
extract  
1/4 teasp. lemon extract  
1/4 teasp. almond extract  
Chopped walnuts

*Saturday morning:* Soften gelatine in 1/4 cup water. Boil brown sugar with remaining 1/2 cup water to 232° F. on candy thermometer, or until syrup spins thread. Meanwhile, beat egg whites with dash salt until stiff. Remove syrup from heat; stir in gelatine until dissolved; slowly add to beaten whites, beating constantly. Add 1 teasp. vanilla; with rubber spatula, fold in well. Pour into 1-qt. mold or 6 individual molds. Refrigerate.

For sauce, in saucepan, beat egg yolks until lemon-colored; stir in granulated sugar, dash salt, then milk. Cook over *low heat*, stirring, until thickened. Stir a few min.; then add 1/2 teasp. vanilla extract and lemon and almond extracts. Cool; refrigerate.

*At dessert time Sunday:* Unmold caramel dessert; sprinkle with walnuts. Pass custard sauce. Makes 6 servings.

- Barbecued Broiled Chicken (out of doors or in the range)
- 
- Parsley Rice
- 
- Finger Salad (lettuce sections, carrot strips, cucumber sticks, radishes; dunk dressing)
- 
- Caramel Whip with Custard Sauce
- 
- Instant Coffee and Iced Tea



You're staging an official opening for summer, and in your family that means a picnic. As usual a few friends have practically invited themselves to join you. Praying for sunshine, you begin your plans

*This Weekend*

# You're Planning a Picnic

*Check This List on Friday*

- Today's the day to shop. As soon as you're home from the market, organize the refrigerator. Be sure Sunday's salad ingredients are chilling, as well as cans of tomato aspic and pears. Order ice, or make extra cubes for the picnic.
- On Saturday, after breakfast, make cookies. While they bake, mix up ham loaf for dinner tonight and sandwiches tomorrow. Clean Swiss chard.
- Sunday's the picnic—for you too. Just make sandwiches, mix salad, and prepare relish sticks. Refrigerate these until just before you leave. When you're packing to go, don't forget salt, lots of napkins, plastic-coated paper plates, bottle opener. Don't take chances with food spoilage; plan to eat as soon as you arrive at picnic site.

*Saturday-Night Supper*

Glazed Ham Loaf

•  
Tomato Aspic  
on Lettuce  
with Mayonnaise

•  
New Potatoes  
with  
Lemon and Chives

•  
Swiss Chard  
or

Spinach  
with Chopped,  
Hard-cooked Egg

•  
Chilled, Spiced  
Pears

•  
Pitcher of Milk

## GLAZED HAM LOAF

2 eggs  
1 cup undiluted evaporated milk  
 $\frac{1}{2}$  cup cold water  
 $\frac{1}{4}$  cup catchup  
3 tablesp. Worcestershire

10 drops tabasco sauce  
1 lb. ground ham  
1 lb. chuck beef,  
ground  
1 cup uncooked rolled  
oats; or  $1\frac{1}{2}$  cups 2-  
or 3-day-old bread

crumbs  
 $\frac{1}{2}$  teasp. salt  
 $\frac{1}{2}$  cup brown sugar,  
packed  
1 teasp. whole cloves

*Saturday morning:* In bowl, beat eggs; add milk, water, catchup, Worcestershire, tabasco, ham, chuck, rolled oats, and salt; mix well. Grease 9" x 5" x 3" or 10" x 5" x 3" loaf pan; sprinkle brown sugar evenly over bottom; dot with cloves. Pack meat mixture firmly on top of sugar and cloves. Refrigerate.

*About  $1\frac{1}{2}$  hr. before supper:* Start heating oven to 350° F. Bake meat loaf 1 hr. 15 min. Lift loaf from pan onto platter; spoon pan juices over it. Serve, cut into rather thick slices. Refrigerate leftovers; slice thin for sandwiches at Sunday's picnic.

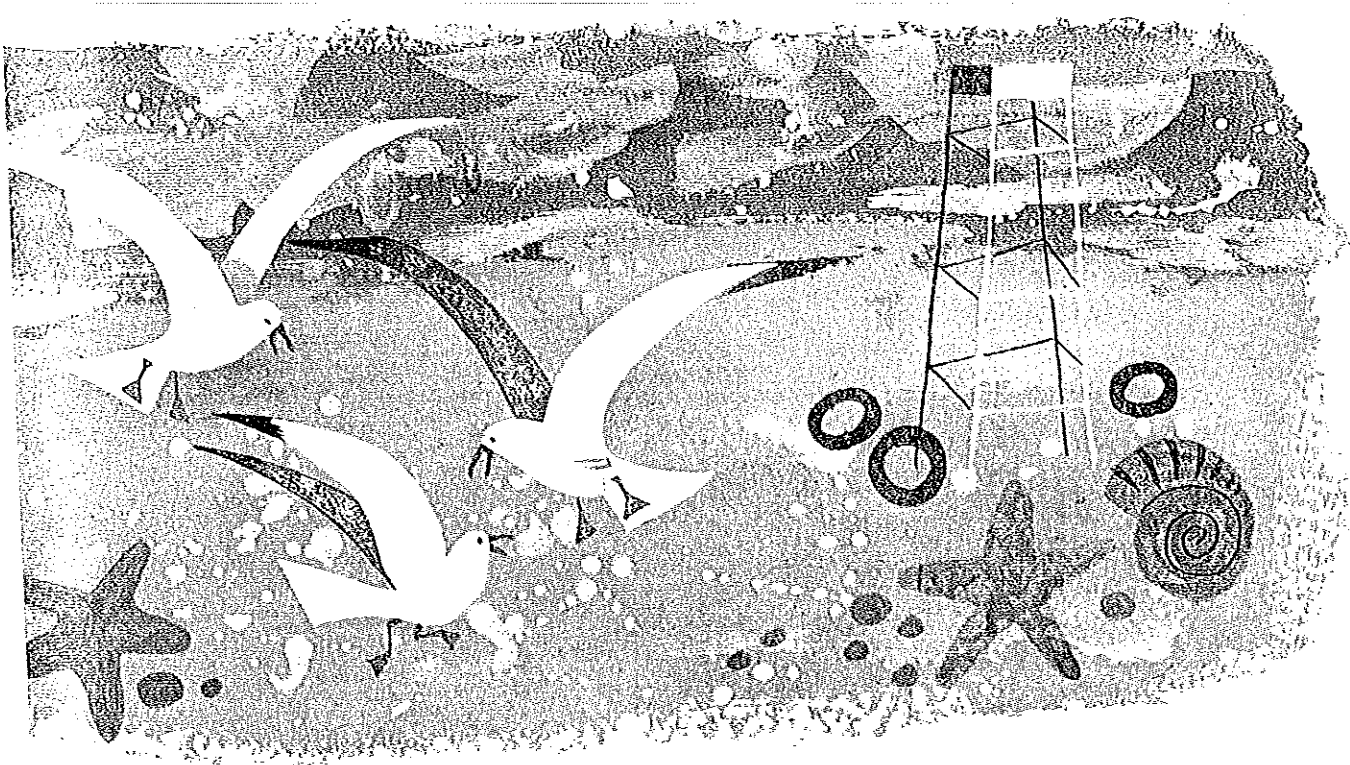
## NEW POTATOES WITH LEMON AND CHIVES

2 lb. new potatoes  
 $\frac{1}{4}$  cup butter or  
margarine

Grated rind of 1 lemon  
2 tablesp. lemon juice  
2 tablesp. snipped

chives  
Salt and pepper  
Dash nutmeg

Scrub potatoes well; pare narrow strip from center of each. Add potatoes to 1" boiling salted water in saucepan; boil, covered, 35 to 40 min., or until tender. In small saucepan, heat butter with lemon rind and juice and chives until butter melts. When potatoes are done, drain; remove skins. Then pour on butter mixture; sprinkle with salt, pepper, and nutmeg; toss until well coated. Makes 6 servings.



## Sunday-Morning Brunch

### SPIDER CORN BREAD

1 cup sifted all-purpose flour  
 ¼ cup granulated sugar

2 teasp. baking powder  
 1 teasp. salt  
 ½ teasp. baking soda  
 ⅔ cup yellow corn meal

¼ cup shortening  
 2 eggs  
 1 cup buttermilk or sour milk

*Saturday morning if desired:* Into bowl, sift together flour, sugar, baking powder, salt, and soda; stir in corn meal.

*About ½ hr. before breakfast:* Start heating oven to 400° F. Melt shortening in 9" iron skillet. With egg beater, beat eggs; stir in buttermilk, then dry ingredients. Add melted shortening; mix well. Pour batter into hot greased skillet. Bake 20 to 25 min., or until nicely browned. Serve hot, right from skillet; cut into wedges. Makes 8 servings.

Orange and Grapefruit Juices

•  
 Cream-Cheese Scrambled Eggs

•  
 Spider Corn Bread

•  
 Cherry Jam

•  
 Pots of Coffee

## Sunday-Afternoon Dinner

### CRUNCHY KIDNEY-BEAN SALAD

1 1-lb. can kidney beans  
 ½ cup diced celery  
 ⅓ cup diced sweet pickles

½ cup sliced stuffed olives  
 2 tablesp. snipped scallions  
 ¼ to ⅓ cup mayon-

naise  
 3 tablesp. chili sauce  
 ½ teasp. salt  
 Crisp lettuce leaves

*On Friday:* Get beans and other ingredients into refrigerator to chill.

*On Sunday:* Just before leaving for picnic, drain kidney beans; rinse in cold water; drain well. Combine beans with rest of ingredients except lettuce; mix thoroughly. At picnic, turn salad into wooden bowl; arrange lettuce along one side of bowl. Use some of this lettuce to tuck into sandwiches. Makes 6 servings.

Double-Decker Ham-Loaf Sandwiches

•  
 Crunchy Kidney-Bean Salad

•  
 Carrot Sticks, Cucumber Sticks, Tiny Tomatoes

•  
 Potato Chips, Pretzels

•  
 Assorted Fruits

•  
 Flying-Saucer Cookies

•  
 Bottled Soft Drinks

•  
 Hot Instant Coffee

### FLYING-SAUCE COOKIES

4 cups sifted all-purpose flour  
 4 teasp. baking powder  
 1 teasp. salt  
 2 cups soft shortening

2 cups granulated sugar  
 2 teasp. vanilla extract  
 2 eggs  
 1 cup milk

2 sq. unsweetened chocolate, melted  
 Granulated sugar  
 Cinnamon  
 Blanched almonds

*Saturday morning:* Start heating oven to 350° F. Sift together flour, baking powder, and salt. With electric mixer at medium speed, or "cream" (or with spoon), mix shortening, 2 cups sugar, vanilla, and eggs until *light and fluffy*. At low speed, or "blend," beat in flour mixture alternately with milk until blended. Divide dough in half; into one half, with spoon, stir melted chocolate until well blended. For each saucer cookie, turn ½ cup cookie dough onto greased cookie sheet; spread out until about 4" in diameter and ¼" thick. Sprinkle vanilla cookies with mixture of sugar and cinnamon, chocolate cookies with almonds. Bake about 20 min., or until golden. Cool on wire rack. Makes about 12.





Friday's headlines announce, "Scorching Weekend Predicted." You wisely spend the last few hours of pleasant temperature getting ready to feed the family well with a minimum of cooking time and fuss

# *This Weekend* You're Caught in a Heat Wave

## *Check This List on Friday*

- Take it easy. You'll market Friday, of course. But the only advance work to do is to prepare Sunday's dessert, which you or your daughter can start in the cool of Saturday morning, then finish Sunday morning. For Saturday night's frozen grape sauce, buy frozen grape-juice concentrate; use just thawed.
- Bring out the trays. Dinner Saturday and Sunday, and breakfast too, can go on trays to be carried to the coolest spot indoors or out.
- Pancakes needn't keep you tied to the range. If you have an electric skillet or sandwich grill, make them right at the table. For Two-in-One Syrup, heat butter or margarine with maple-flavored table syrup.

Cheesy Spaghetti  
Omelet or  
Macaroni Sauté

Tossed Lettuce  
with  
Radish Slices,  
Favorite Dressing

Buttered  
Whole-wheat-Bread  
Fingers

Purple Fruit Sundaes  
(vanilla ice cream,  
seedless grapes,  
frozen grape sauce)

Gingersnaps

Iced Tea or  
Lemonade

## *Saturday-Night Supper*

### CHEESY SPAGHETTI OMELET

3 eggs, separated  
¼ teasp. salt  
⅛ teasp. pepper

1 1-lb. can spaghetti in to-  
mato sauce with cheese  
2 tablesp. butter or mar-

garine  
¾ cup grated process sharp  
American cheese

Mix egg yolks, salt, and pepper with spaghetti. Beat egg whites till stiff; fold into spaghetti mixture. Start heating oven to 375° F. Heat butter in medium iron skillet; pour in spaghetti mixture. Cook over medium heat about 10 min., or until spaghetti is brown around edge when lifted with fork or spatula. Sprinkle top with cheese. Then bake 10 to 12 min., or until cheese melts and top browns. To serve, cut into wedges. Makes 4 servings.

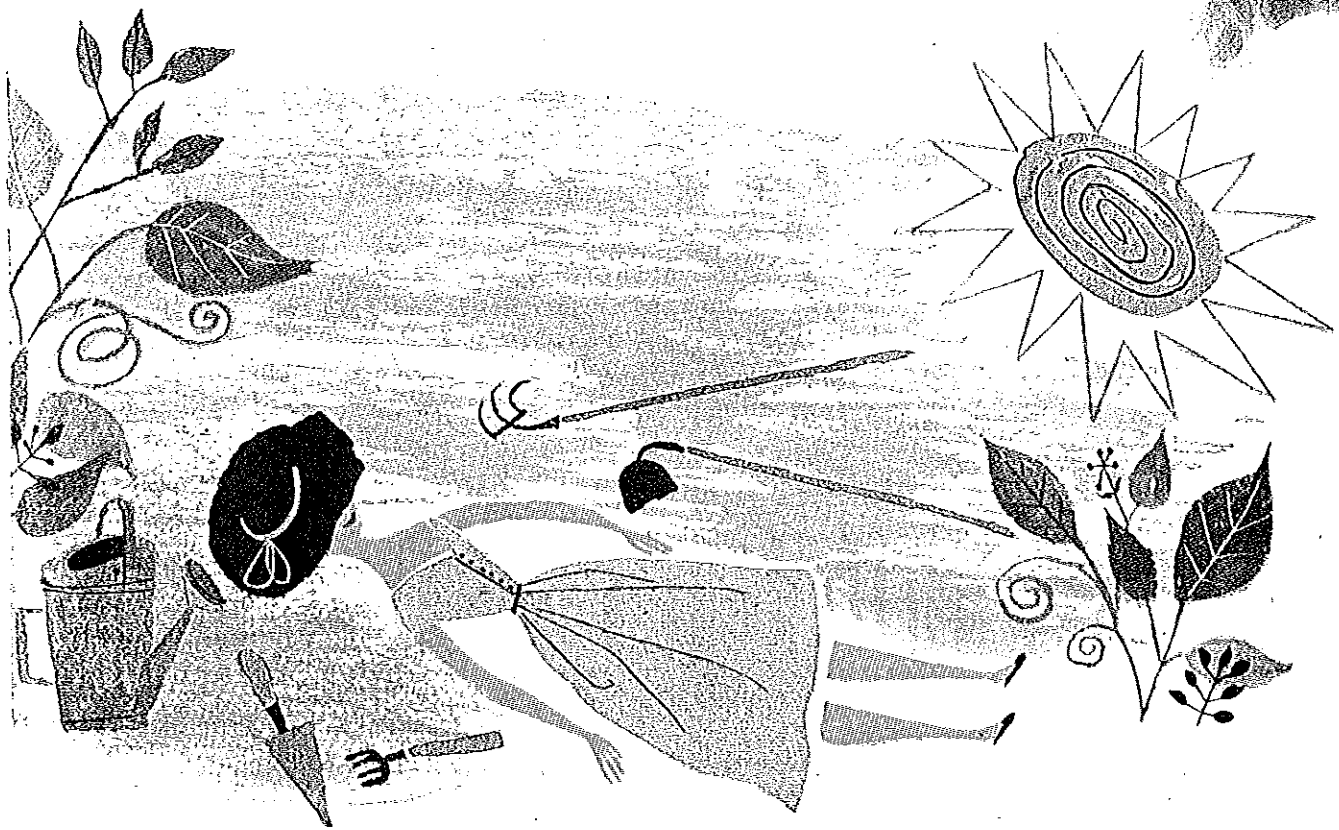
### MACARONI SAUTE

½ cup fat or salad oil  
½ lb. uncooked elbow  
macaroni (2 cups)  
½ cup minced green pep-  
pers

½ cup minced onions  
1 minced clove garlic  
(optional)  
3 cups tomato juice  
1 teasp. salt

¼ teasp. pepper  
2 tablesp. Worcestershire  
Sliced ready-to-eat meat,  
such as bologna; or  
brown-and-serve sausages

In hot fat in skillet, sauté macaroni, green peppers, onions, and garlic about 10 min. or until macaroni turns yellow. Add tomato juice, salt, pepper, and Worcestershire; stir; then bring to boil over high heat. Turn heat low; then cook, covered, without stirring. 20 min. Shortly before macaroni is done, sauté ready-to-eat meat in small amount of fat until edges curl; or brown brown-and-serve sausages as package directs. Serve macaroni heaped on heated platter, garnished with meat. Makes 4 to 6 servings.



### *Sunday-Morning Brunch*

#### BEST-EVER BLUEBERRY PANCAKES

1 1/4 cups sifted all-purpose flour  
 2 1/2 teasp. baking powder  
 2 tablesp. granulated sugar  
 3/4 teasp. salt

1 egg  
 1 1/4 cups regular, liquefied nonfat dry, or diluted evaporated milk  
 3 tablesp. salad oil or

melted butter, margarine, or fat  
 Fresh or unfrozen unsweetened blueberries

Into mixing bowl, sift flour with baking powder, sugar, and salt. Beat egg well; add milk and salad oil; slowly add to flour mixture, mixing only until dry ingredients are wet. Heat electric skillet or sandwich grill, or griddle, lightly greasing or not, as manufacturer directs. With tablespoon, drop batter onto heated skillet, spreading each cake out lightly with back of spoon to form round about 4" in diameter. Cook until puffed, full of bubbles, and cooked at edges. Then sprinkle each pancake with 1 teasp. blueberries; turn; cook other side. (Turn only once.) Serve at once. Makes about 12 cakes.

Chilled Juice  
 •  
 Best-Ever  
 Blueberry Pancakes  
 •  
 Two-in-One Syrup  
 •  
 Crisp Bacon  
 •  
 Coffee      Milk

### *Sunday-Afternoon Dinner*

#### QUICK-COOKED CABBAGE

Prepare 5 cups finely shredded cabbage. In 10" skillet, heat about 2 tablesp. bacon fat; add shredded cabbage, 3/4 to 1 teasp. salt, and dash pepper; toss several times, or until cabbage is coated with bacon fat. Cook, covered, about 3 min. Makes 4 servings.

#### SWEET-SOUR FRESH TOMATOES

About 1/2 hr. before supper: Cut 3 peeled large ripe tomatoes into thick chunks or slices; arrange in serving dish. Mix 1/2 cup wine vinegar, 1/4 cup water, 1 tablesp. sugar, and 1 1/2 tablesp. minced onion; pour over tomatoes. Let stand in refrigerator until serving time; then sprinkle with plenty of freshly ground pepper. Makes 4 servings.

#### PINEAPPLE-RICE-CREAM DESSERT

1/4 lb. marshmallows (about 16)  
 1 cup canned crushed

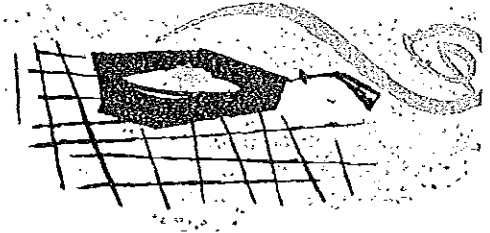
pineapple  
 1 cup cold cooked rice  
 1 cup chopped walnuts

1 cup heavy cream, whipped

*Saturday morning:* Snip marshmallows into small pieces (first dip scissors into hot water, to keep them from sticking). Add undrained pineapple. Refrigerate.

*Sunday morning:* Lightly fold rice, nuts, and whipped cream into marshmallow mixture. Refrigerate until serving time. Makes 6 to 8 servings (if you are lucky, there may be some left over for Monday; it seems even more delicious the second day).

Pan-Broiled  
 Cube Steaks on  
 Toasted Buns  
 •  
 Quick-Cooked  
 Cabbage  
 •  
 Sweet-Sour  
 Fresh Tomatoes  
 •  
 Pineapple-Rice-  
 Cream Dessert  
 •  
 Iced Instant Coffee



Your offspring have been begging to have their two favorite cousins visit them, and this weekend is the big occasion. You resolve to make it a gala affair for the kids, which means, first and foremost, the kind of food they like best and plenty of it

# This Weekend You're Entertaining Teen-agers

## Check This List on Friday

- It's their party, so the teen-agers do the shopping Friday while you bake the dreamy lovelight-cake layers. (Or, if you wish, you may bake them Saturday.)
- Before Saturday's activities get under way, let the youngsters frost the cake and get the hamburgers soaking in barbecue sauce. You prepare the Baked Ham-and-Egg Sandwiches and the casserole for Sunday so they're ready-to-bake.
- On Sunday you'll hardly see the kitchen at all—but make sure the watermelon is in the refrigerator early, so it will chill well.

## Saturday-Night Supper

- Barbecued  
Broiled Hamburgers  
on Toasted Buns
- 
- Corn on the Cob
- 
- Dill-Pickle Slices
- 
- Sliced Tomatoes
- 
- Lovelight  
Chocolate Chiffon  
Cake
- 
- Milk    Coffee

### BARBECUED BROILED HAMBURGERS

- |                      |                          |                 |
|----------------------|--------------------------|-----------------|
| ½ cup catchup        | margarine                | ½ teasp. salt   |
| 6 tablesp. vinegar   | 4 teasp. Worcestershire  | ⅛ teasp. pepper |
| ¼ cup water          | 1 teasp. salt            |                 |
| 3 tablesp. butter or | 2 lb. chuck beef, ground |                 |

*Saturday morning:* In saucepan, combine catchup, vinegar, water, butter, Worcestershire, 1 teasp. salt; heat almost till boiling. Meanwhile, with 2-tined fork, lightly toss meat with ½ teasp. salt and pepper; shape into 6 thick, or 12 thin, patties. Place patties in shallow pan; pour on sauce. Refrigerate.

*At barbecue time:* Lift patties from sauce; broil on outdoor grill or griddle, basting with sauce left in pan. If desired, as soon as patties are done, top each with spoonful of pasteurized process cheese spread (cheese sauce). Makes 6 servings.

### LOVELIGHT CHOCOLATE CHIFFON CAKE

- |                           |                                     |                                   |
|---------------------------|-------------------------------------|-----------------------------------|
| 2 eggs, separated         | ⅓ cup salad oil                     | 1 cup sifted confectioners' sugar |
| 1½ cups granulated sugar  | 1 cup buttermilk*                   | ½ cup cocoa                       |
| 1¾ cups sifted cake flour | 2 sq. unsweetened chocolate, melted | Dash salt                         |
| ¾ teasp. baking soda      | 2 cups heavy cream                  |                                   |
| ¾ teasp. salt             |                                     |                                   |

*Friday or Saturday:* Start heating oven to 350° F. Grease, then lightly dust with flour, bottoms of 2 1½"-deep 8" or 9" layer pans. With electric mixer at high speed or with egg beater, beat egg whites until frothy. Gradually beat in ½ cup granulated sugar. Continue beating until whites are glossy and stiff enough to stand in peaks; set aside. Into large mixing bowl, sift remaining 1 cup granulated sugar, flour, soda, and ¾ teasp. salt; pour in oil and half of buttermilk; beat 1 min. at medium speed, or 150 full round-the-bowl strokes with spoon, scraping sides and bottom of bowl as necessary with rubber spatula. Add remaining buttermilk, egg yolks, chocolate; beat 1 min. more. Gently fold in whites. Turn into pans. Bake 30 to 35 min. Cool 10 min. on rack; remove from pans.

*Saturday morning:* In chilled bowl, with electric mixer or egg beater, beat cream with confectioners' sugar, cocoa, and dash salt until creamy and fluffy. Use to fill and frost cake layers. Refrigerate until serving time.

\*Sweet milk may be substituted for buttermilk.





## Sunday-Morning Brunch

### BAKED HAM-AND-EGG SANDWICHES

- |  |  |                         |
|--|--|-------------------------|
| 2 thin slices ready-to-eat, fully cooked ham (about 1 lb.) | 1 cup grated process sharp American cheese (¼ lb.) | 4 eggs, slightly beaten |
| 12 slices white, French, or Vienna bread                   | 2 tablesp. soft butter or margarine                | ½ teasp. salt           |
|  |  | 1 teasp. dry mustard    |
|  |  | 1 qt. milk              |
|  |  | Dash paprika            |

*Saturday morning:* In hot skillet, fry ham slices till golden; cool slightly; then cut into small cubes or strips. Use ham drippings to grease 12" x 8" x 2" baking dish (or any shallow 2-qt. casserole). Arrange 6 slices bread in bottom of dish. Scatter ham and cheese over bread. Put matching slices of bread on top. Spread tops lightly with butter. Mix eggs with salt, mustard, milk, paprika; pour over sandwiches. Refrigerate.

*About 1 hr. 15 min. before serving:* Start heating oven to 325° F. Bake sandwiches, uncovered, 60 to 70 min., or until custard is firm in center and sandwiches are puffy and lightly browned. To serve, cut around each sandwich. Makes 6 servings.

Pineapple Juice

Baked  
Ham-and-Egg  
Sandwiches

Quick-Fried  
Apple Rings

Coffee Cocoa

## Sunday-Afternoon Dinner

### SUNDAY-DINNER CASSEROLE

- |  |                              |                                |
|--|------------------------------|--------------------------------|
| 1½ lb. lean veal shoulder, cut into 1" cubes | 2 cups water                 | 3 tablesp. butter or margarine |
| 1 cup chopped onions                         | ½ lb. wide noodles (4 cups)  | 1 cup fresh bread crumbs       |
| 1 teasp. salt                                | 1 6-oz. can sliced mushrooms | ¼ cup grated Parmesan cheese   |
| ¼ teasp. pepper                              | ½ pt. commercial sour cream  | ¼ cup snipped parsley          |
| ½ teasp. monosodium glutamate                |                              |                                |

*Saturday morning:* Simmer veal with onions, salt, pepper, monosodium glutamate, and water, covered, 1 hr., or until very tender. Cook noodles in boiling salted water just 3 min.; drain; then add to veal, with undrained mushrooms and sour cream. Taste for seasoning. Pour into 3-qt. casserole. Cool; then refrigerate.

*About 1¼ hr. before dinner:* Start heating oven to 350° F. Melt butter; stir in bread crumbs; remove from heat. Stir in cheese, parsley; sprinkle over mixture in casserole. Bake, uncovered, about 1 hr., or until bubbly and brown. Makes about 8 servings.

Sunday-Dinner  
Casserole

or  
Mexican-Border  
Casserole

Garlic French Bread

Lettuce-and-  
Avocado Salad

Ice-cold Watermelon

Instant Coffee,  
Hot or Iced

### MEXICAN-BORDER CASSEROLE

- |                               |                                       |  |
|-------------------------------|---------------------------------------|--|
| 3 tablesp. bacon fat          | (without beans)                       | 1 3-oz. can chopped mushrooms, drained             |
| ½ chopped medium green pepper | 1 1-lb. can red kidney beans, drained | 1 cup grated process sharp American cheese (¼ lb.) |
| 1 chopped medium onion        | 1 12-oz. can whole-kernel corn        |  |
| 1 1-lb. can chili con carne   |                                       |  |

*Saturday morning:* In hot fat in small skillet, cook green pepper and onion about 5 min., or until tender and golden. Place in 2-qt. casserole; add chili con carne, beans, corn, mushrooms, spreading each out into layer; sprinkle cheese on top. Refrigerate.

*About 1 hr. 45 min. before serving:* Start heating oven to 325° F. Bake casserole, covered, 1 hr.; then uncover and bake 30 min. longer. Makes 9 or 10 servings.