keep that heavenly figure

ABOUT 46 CALORIES PER SLICE

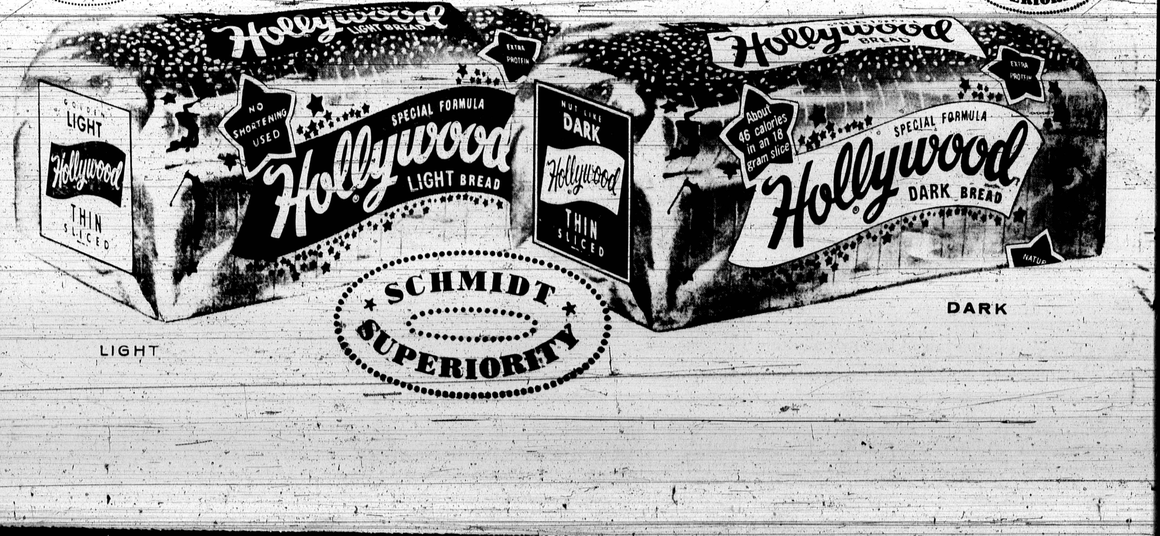
If you want to be an angel from every angle, remember this:

There are only about 46 calories in an 18 gram slice of Hollywood Bread.

Hollywood tastes heavenly, too. There are 16 vegetables and grains in its special formula. It's rich in natural vitamins and minerals . . . Your whole family will love it!

← (Both the seven day menu and calorie chart are available, FREE of charge, at your Friendly Grocer who sells Hollywood Bread.)

SCHMIDT SUPERIORITY — YOU'LL GET THE FINEST OF FOOD WHEREVER SCHMIDT'S BAKED PRODUCTS ARE SOLD — SCHMIDT SUPERIORITY



magrand tops for ste and economy

buy on this week's list ns of Superfine Lima- that is because you serve Lima-

chittlins fun and fast to fix with KREY chitterlings

dern cooks let Krey pre- their chittlins for them. y cooks away all odor waste . . . lets you enjoy or-filled chitterlings that instantly, conveniently dy to serve!

his delicious recipe . . .

grands baked with pork chops or in an elegant seafood casserole you have superb eating at an economical price.

• • •

TAKE BAKED Limagrands with pork chops, for instance.

You will need one No. 303 can of the Superfine Limagrands, a medium size onion, minced, a tablespoon of French liquid style mustard, two to three tablespoons of molasses, according to taste, and a tablespoon of vinegar.

Mix all ingredients well and pour into baking dish. Place on top of ingredients four to six pork chops. Salt chops and bake in slow oven one and a half to two hours to brown. This serves four. And this you will love!

• • •

SEAFOOD CASSEROLE requires 4 oz. egg noodles, 4 tablespoons fat, 1 medium size onion, 2 tablespoons flour, 1 teaspoon salt, 1½ cups milk, 14 oz. can mushrooms, 1 5 3/4 oz. can shrimp, 1 No. 303 can SUPERFINE Limagrands, 2 tablespoons cooking sherry (optional), 1 cup bread cubes buttered.

Cook noodles in salted water and drain. Melt fat in skillet and cook diced onion until tender but not brown. Stir in flour and seasoning. Add milk, cook until thickened, stirring.

Combine noodles, mushrooms (with liquid), shrimp, Limagrands and sauce. Turn into a casserole. Top with bread cubes, bake in a moderate oven (375 degree F.) about 40 min. until brown. Eight servings.

Note: Tuna fish, crab or salmon may be used instead of shrimp.

• • •

FOR LIMAGRANDS Mushroom Casserole use 1 8 oz. can mushrooms, ¼ cup diced onion, 2 tablespoons flour, ½ teaspoon Worchestershire sauce, 1 tablespoon melted butter, 1 No. 303 can SUPER FINF Limagrands, 2 tablespoons butter, ½ teaspoon salt, and 2 slices bread.

Drain liquid from mushrooms and Limagrands — reduce by boiling to about half. Saute mushrooms and onion in butter. Slowly add flour, stirring constantly until well blended.

Add enough milk to the vegetable liquid to make 1¼ cups and stir into the mushroom mixture until smooth and thickened. Add the seasoning and Limagrands. Cut bread into tiny cubes and add melted butter.

Sprinkle on top of vegetables. Bake in moderate oven (350 degree F.) for 20 minutes. Four servings.

• • •

MAKE LIMAGRANDS AU GRATIN with ¼ cup chopped onion, 1 minced clove garlic, 1/3 cup butter or margarine, ½ cup chili sauce, 2 tablespoons Worchestershire sauce, 1 No. 303 can SUPERFINE Lima grands, 3/4 cup bean cooking liquid or milk, 2 cups grated American cheese, and salt and pepper.

Fry onion and garlic in butter until golden. Stir in chili sauce, Worchestershire sauce, Limagrands, cooking liquid and one half the cheese. Season lightly with a little salt and pepper. Turn into baking dish and top with rest of cheese.

Bake in moderate oven (350 degree F.) until cheese melts and flavors are well blended. 30 to 40 minutes. Serves 4 to 5.

CHITTERLING CASSEROLE

1 pound 2-ounce cans Krey Chitterlings
tablespoons butter or margarine
onion, sliced
green pepper, sliced
clove garlic, chopped
1 pound can (2 cups) tomatoes
in chitterlings, cut in small es and place in 1-quart cas- . Fry onion, pepper and lic in butter until tender, about minutes. Add tomatoes and well. Pour over chitterlings. with toasted bread crumbs. e at 425° for 25 minutes. es 4 servings.

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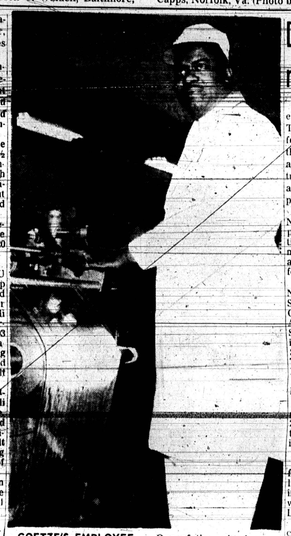
the FINEST for 40 Years

PLANS FOR the August session of the national convention of the Women's Auxiliary to the National Medical Association were discussed when the board held executive meeting in New York City, last week. Among members attending were, left to right, seated: Mrs. Emerson C. Walden, Baltimore, president-elect; Mrs. P. L. Cornish, Washington, president; Mrs. C. Mansell Lawrence, Baltimore, Eastern Zone director; standing: Dr. Bessie B. Small, Denton, Md., past president; Mrs. Murray B. Davis, High Point, N.C. and Mrs. John W. Capps, Norfolk, Va. (Photo by Cecil Layne)



GOETZE'S EMPLOYEE — One of the valued employees at Goetze's is Arthur Lee Williams, shown here operating a packaging machine.

Bean soup for meatless day

Bean soup, nicely seasoned with onion and tomatoes, and embellished with ring olives to add both color and flavor, makes a delicious supper soup.

This hearty and filling "Olive-Bean Soup" is just right for winter time. Serve it scalding hot, with hot corn bread squares, carrot and raisin salad, and a fruit cobbler for dessert. Remember this satisfying soup for meatless days, when you're tired of fish.

MAKE OLIVE BEAN SOUP with 2-3 cup ripe olives, 2½ cups cooked navy beans, 3 cups water, 1½ teaspoons instant minced onion, or 2 tablespoons finely chopped raw onion, 1 teaspoon salt, and ¾ cup cooked tomatoes.

Cut olives into large pieces. Cook beans with water, onion and salt about 20 minutes. Mash about half the beans in the soup mixture. Stir in tomatoes and olives. Heat thoroughly and serve.

Makes 5 to 6 servings.

MUELLER'S Menu for Tonight

by Barbara Allen of the Mueller Kitchens

Sea-Shell Casserole
Cole Slaw
Grapefruit, Cookies
Tea • Coffee • Milk

Any day's a high day in good eating when you serve this seafood casserole, made with Mueller's Sea-Shell Macaroni. (A marvelous company dish, by the way. Appeals to the most persnickety guests.) But you simply *have* to use Mueller's Sea-Shells to get the scrumptious results I promise. Mueller's, you see, is made from a blend—not just one kind of wheat, but *two*. Semolina *plus* easy-to-digest Farina. Try this tasty casserole today!

SEA-SHELL CASSEROLE

1—8 oz. pkg. Mueller's Sea-Shell Macaroni
2 cups white sauce
½ tsp. dry mustard
Juice of ½ lemon
2—8 oz. cans of either salmon, shrimp, crab, lobster or 1 lb. fresh or frozen seafood
½ cup grated cheese

Make a standard white sauce, adding dry mustard. Squeeze lemon juice over flaked fish. Cook Sea-Shell Macaroni according to package directions and arrange in baking dish in alternate layers with fish and sauce. Top with cheese. Bake 30 minutes in moderate (350) oven. Serve 6 happy people.

P.S. To be sure of luscious results, be sure to use Mueller's. Mueller's Sea-Shell Macaroni is "Tops for Taste"—and so digestible! Treat your family to it tonight!

Cranberry Crunch Pie

Cranberry - sparked meals are family sellouts nearly every time, especially when cranberry crunch pie is served at the end of the meal. The U.S. Department of Agriculture says cranberry crunch pie is an easily fashioned, delicious pie, which has a crust made of quick-cooking oats that teams flavorfully with cranberries.

TO PREPARE, put the contents of one can of whole cranberry sauce into a bowl. Break the sauce apart with a fork and stir in one - half teaspoon fresh lemon juice. Set the sauce aside.

$5 MILLION FOR AFRICA

New York (ANP) — The Ford Foundation has added $5 million to its 1961 appropriations for aid to underdeveloped countries, and pointed out one reason for the increase was the need for skilled manpower in the new African states.

Spicy Apple Pudding treat for blustery winter days

When good treats are on the house . . . there's no more tantalizing, one than SPICY APPLE PUDDING. Any hostesses can be proud to serve this dessert to guests. It looks so good—all bubbly hot applesauce topped with golden dumplings, tart spicy-sweet, and tasty as can be!

Serve Spicy Apple Pudding soon. There's hardly an easier way to draw compliments from admiring guests and your family will declare you the world's best idea-girl.

• • •

SPICY APPLE PUDDING is made with 1-lb. can sweetened apple sauce, ¼ cup sugar and ¾ teasp. cinnamon, 1 cup biscuit mix, 3 Tablsp. and 1-3 cup Pet Evaporated Milk.

In 9-in. pie pan mix well apple sauce, ¼ cup sugar, and ¼ teasp. cinnamon. Heat in 450 oven (extremely hot) 10 minutes, or until bubbly hot. In 1-qt. bowl mix biscuit mix, 3 teasp. sugar and ½ teasp. cinnamon.

Add PET Milk and stir just until all dry ingredients are wet. Take apple sauce from oven. With 2 tablespoons, drop dough on top to make dumplings. Bake 10 minutes more or until dumplings are golden brown.

Serve warm. Makes 4 servings.

Deltas reveal regional dates

WASHINGTON, D.C. — Seven Regions of Delta Sigma Theta Inc., will meet in Conferences in 1961 to reaffirm the organization's purposes and give members an opportunity to research objectives and plan regional and local programs.

With the theme of the 1960 National Convention, "Appraising Values, For A Creative Life in Freedom and Dignity," as the regions' theme also, Deltas will meet in the following conferences:

Central Region, Omaha, Neb., March 30 - April 1; Southern Region, Atlanta, Ga., March 30 - April 1; South Atlantic Region, Orangeburg, S.C., April 7 - 9; Midwest Region in Toledo, Ohio, May 4-6; Southwest Region, Houston, Texas, June 8 - 10; Farwest Region, Portland, Ore., June 18 - 20; and Eastern Region, Newark, N.J., July 1-3.

The national public service organization, which has some 28,000 members in 269 chapters will assist the Delta Regions in planning.

• • •

AT EACH Regional Conference there will be a public meeting, with an outstanding speaker and a highlight will be the International Luncheon.

Subjects of discussion at closed sessions of the Conferences will include the organization's five national and local projects which are:

Library, motivating wider reading among school children by stimulating their interest in books and ideas; Volunteers, making select womanpower available to community services of agencies which depend upon volunteers; mental health, dissemination of information to increase public knowledge and awareness of mental health problems; Job Opportunities, Guidance Workshops; Parent Clinics, and other means of informing the col-

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For a hearty Lenten meal with male appeal, serve

Superfine Limagrands

You need never serve "routine" Lenten meals again . . . if you have some imagination and cans of Limagrands on your pantry shelf.

Delight your family with Limagrand mushroom casseroles, surprise them with scalloped Limagrands and tomatoes, have them asking for more when you serve the Limagrands Quickie.

So when you're looking for something different to serve for those meatless Lenten meals, think of delicious, nutritious Limagrands with the special, savory sauce.

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