



INTERESTING CASSEROLES highlight thrifty winter meals and this one is Mexican, a combination of macaroni, tomato sauce, seasonings, celery soup and tuna, with a topping of cheese. All the nutrients are here awaiting your pleasure. A tossed green salad, coffee and a simple dessert complete the menu.

## FOR WINTER MEALS Thrifty Casseroles Are Long on Flavor

With the first month of 1964 gone and spring around a couple of corners from here, there is still time to pull in the purse strings for an all-out money-saving campaign we began as a New Year's resolution.

And one of the best places to start is with your menu planning.

It's really not hard to plan good hearty meals that are thrifty and delicious, too.

Ready prepared tomato sauce with the good blend of tomato and spicy flavors that appeals to Western appetites is an ingredient that peps up budget items.

### DOUGHNUT REAL TREAT FOR PARTY

At winter's gatherings one of the most favored snacks is doughnuts and mulled cider. They hit the spot on a brisk night.

Even more well-received among your friends would be homemade potato doughnuts, still warm from their trip to the fryer. Make it an exciting production with guests watching the cooking process.

Making doughnuts is not difficult. You'll mix the dough in advance and chill it in the refrigerator. When a most time to serve, just roll out the dough, cut and fry.

After draining, the doughnuts can be dipped in confectioners' or granulated sugar.

- POTATO DOUGHNUTS**
- 6 cups sifted flour
  - 7 tsp. baking powder
  - 1 tsp. salt
  - 1 tsp. nutmeg
  - 2 eggs
  - 2 cups sugar
  - 1 1/2 cups warm mashed potatoes
  - 6 tbs. melted butter
  - 1/4 cup milk
- Fat for deep-fat frying**

Sift together flour, baking powder, salt and nutmeg. Beat eggs; add sugar, potatoes and butter and continue beating. Add milk and mix well.

Add dry ingredients and mix only until flour disappears. Chill thoroughly.

Place 1/2 of dough at a time on lightly floured surface. Roll dough to 1/4-inch thickness. Cut with floured doughnut cutter.

Fry until golden brown in fat at 375 degrees. Drain on absorbent paper. Makes 4 to 4 1/2 dozen doughnuts.

### Why the Price Tag?

Chickens — fryer-broilers are still specaled. Do you wonder why the price per pound of chicken is often so much less than many cuts of meat?

One reason is the availability of various animals to convert feed to meat. It takes 2 1/2 pounds of feed to develop 1 pound broiler meat but 3 1/2 pounds of feed for a pound of pork and 8 to 10 pounds of feed to produce 1 pound of beef.

And it's particularly exciting in one dish meals, such as the Mexican casserole in our picture today and Beef-Noodle Bake also listed.

You'll find them long on favor and short on cost and that is a terrific combination in anybody's cook book.

- MEXICAN CASSEROLE**
- 1 1/2 cups cooked elbow macaroni
  - 1 tbs. butter
  - 1/4 cup chopped onion
  - 1/4 cup diced green pepper (optional)
  - 2 tbs. minced parsley
  - 1 can (10 oz.) condensed cream of celery soup
  - 2 cans (8 oz. each) DEL MONTE tomato sauce
  - 1 tsp. prepared mustard
  - 1/2 tsp. salt
  - 1/2 tsp. basil, crumbled
  - 1 can tuna, flaked with fork
  - 1/2 lb. Cheddar cheese, sliced

Cook macaroni as package directs until tender; drain. In butter, saute onion, green pepper and parsley.

In bowl, combine vegetables, soup, tomato sauce, mustard, salt and basil.

In buttered 2-quart baking dish make a layer with half the macaroni.

Cover with half the tuna, half the tomato mixture and half the cheese. Repeat layers. Bake at 375 degrees for 30 minutes or until bubbly-hot. 4 to 5 servings.

- BEEF-NOODLE BAKE**
- 8 oz. wide noodles
  - 2 tbs. butter
  - 2 lbs. ground beef
  - 2 cans (8-oz. each) DEL MONTE tomato sauce
  - 2 tbs. flour
  - 1 cup dairy sour cream
  - 2 cups small curd cottage cheese
  - 2 tsp. salt
  - 1/2 cup chopped green onions
  - 2 tbs. chopped green pepper
  - 1/4 cup chopped ripe olives
  - 1 tsp. chili sauce

Cook noodles as package directs; drain. In skillet melt butter, then brown meat. Drain excess drippings; add 1 teaspoon salt; stir in tomato sauce, flour, chili sauce; simmer 10 minutes.

Mix together sour cream,



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### Airy Pudding Invites Eye

Dessert can be a high point of interest to the most routine luncheon or dinner. And when made from eggs, rum and whipped cream, the end result is an airy pudding.

Separate egg whites and yolks carefully for even a slight trace of yolk in the white will prevent full volume.

When adding sugar to the egg whites (after they have been beaten to foamy consistency) do so gradually — one tablespoon at a time.

If too much sugar has been added at once, the whites lose their shiny, moist appearance and their peaks.

- RUM PUDDING**
- 1 env. unflavored gelatine
  - 1 1/4 cups milk
  - 1/4 tsp. salt
  - 1 cup sugar
  - 4 eggs, separated
  - 1/4 cup medium dark rum
  - 1 cup heavy cream, whipped
- Soften gelatine in 1/4 cup cold milk. Add to remaining milk in top of double boiler. Heat with salt and 1/2 cup sugar to boiling point; slowly add slightly beaten egg yolks.
- Return to heat and cook until mixture coats spoon, stirring constantly. Add rum. Refrigerate until slightly thickened.
- Beat egg whites with re-



REGAL RING IS a delicious and colorful salad featuring canned purple plums and shredded cabbage. It does not require dressing but sour cream or mayonnaise may be served on the side.

- BOYSENBERRY SAUCE**
- 1 box frozen boysenberries
  - 1 tsp. cornstarch
  - Sugar as desired
- Thaw berries and crush. Add cornstarch. Cook over low heat until sauce is slightly thickened, stirring constantly. Sweeten to taste.

## Salad Wears Crown for February Dates

This elegant gelatine salad, Regal Ring, looks—and is —fancy enough for a special occasion, yet it's quite inexpensive and easy to put together.

The bottom layer is reminiscent of old-fashioned Perfection Salad with crisp shredded cabbage and pickle relish in plain gelatine.

Crowning this is a layer of pitted canned purple plums held in gelatine made with plum syrup and a carbonated beverage.

Regal Ring doesn't require any trimmings or dressing, but for a party you might serve as we show it here.

Fill the center with greens and additional plums and serve a bowl of dairy sour cream or mayonnaise on the side.

**Crisp salad greens**  
Dairy sour cream or mayonnaise (optional)

Drain and pit purple plums, reserving all syrup. Soften gelatine in cold water; dissolve over hot water.

Combine gelatine mixture with plum syrup and carbonated beverage. Arrange plums in bottom of 6-cup ring mold.

Pour 2 cups gelatine mixture over plums to cover. Chill until set. Combine remaining gelatine mixture with cabbage and pickle relish.

Turn into mold over plum layer. Chill at least two hours. Unmold on salad greens to serve. Top each serving with sour cream or mayonnaise, if desired.

- REGAL RING**
- 1 can (1 lb. 15-oz.) purple plums in extra heavy syrup
  - 2 env. plain gelatine
  - 1/4 cup cold water
  - 1 can (12-oz.) lemon-lime carbonated beverage or ginger ale
  - 2 cups finely shredded cabbage
  - 1/4 cup sweet pickle relish



# COOK HEARTY

with the flavor of the West

Tonight, spark a stew with zesty tomato sauce born here in the West for Western tastes—DEL MONTE Tomato Sauce.

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P.S. Want 18 good recipes with the flavor of the West? Write to Mary Wise, DEL MONTE Tomato Sauce, P.O. Box 18, Los Angeles 51, California, for your free recipe cards.



- STEW ROMANO**
- 2 slices bacon, diced
  - 2 lbs. very lean beef, cut in 1 1/2-in. cubes
  - 1 tsp. salt
  - 1/4 tsp. each, pepper and marjoram
  - 1 clove garlic, minced
  - 1 small onion, diced
  - 1 1/2 cups broth or water
  - 1 can (8 oz.) DEL MONTE Tomato Sauce
  - 1 Tbsp. red wine vinegar
  - 4 or 5 pared medium potatoes, cut in half
  - 4 pared carrots, quartered
  - 1/4 cup coarsely sliced celery
  - 1/2 cup ripe olives

In heavy skillet or Dutch oven, gently fry bacon till it begins to curl. Add beef, sprinkle with salt, pepper, marjoram; brown on all sides. When nearly brown, add garlic and onion; cook until richly browned. Stir in broth, tomato sauce, vinegar. Cover; simmer 1 1/2 hours. Add potatoes, carrots, celery (and a bit of water, if needed). Cover; cook until tender, 20-30 min. Just before serving, add olives; salt if needed. Serves 4-5.

## Del Monte Tomato Sauce

