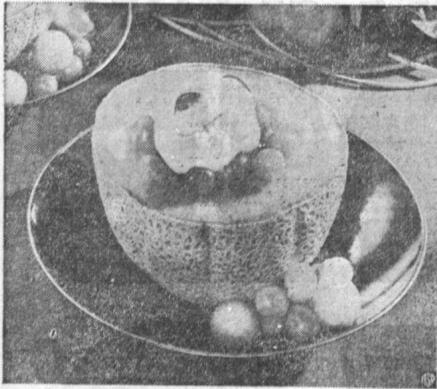


California Cantaloupe Eye-Catcher

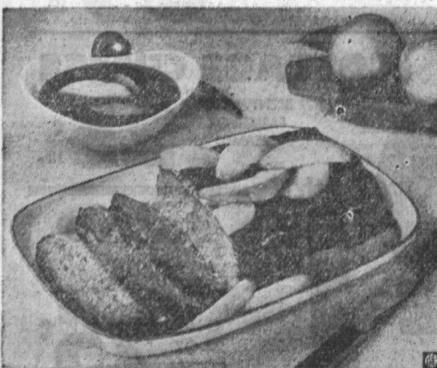


Whether served as salad or dessert, "Snow-Capped Cantaloupe" is a warm-weather delight. Seedless grapes are heaped into California cantaloupe half-shells and peaked with fruit-flavored sour cream for this refreshing eye-catcher. September marks the end of the season for California Mid-summer cantaloupes, so now is the time to treat yourself to an incomparable summer fruit. You'll recognize them by their beige-colored rinds with high, well defined netting all over the exterior. Stem ends are clean because the fruit is picked only when it leaves the vines at a touch. Seed cavities are small and the thick meat is apricot color—tender, fragrant and flavorful. Some California cantaloupes are stamped Cal-lope to help you identify them in markets. With or without the stamp, these are the monarchs of the melon harvest—rich in Vitamin A, a good source of ascorbic acid (Vitamin C) and elegant eating any time of day, with only 35 to 40 calories in the average half-shell.

**Snow-Capped Cantaloupe**  
 2 California cantaloupes 1 tablespoon orange juice  
 2 cups seedless grapes 1/2 teaspoon grated lemon rind  
 1/2 cup dairy sour cream 2 tablespoons chopped maraschino cherries 1 teaspoon grated orange rind  
 Dash salt

Cut cantaloupes into halves; remove seeds. Heap grapes into melon half-shells. Combine remaining ingredients; spoon over grapes. If you wish, garnish with cantaloupe balls and additional grapes. Makes 4 servings.

Meat Loaf—New With Nectarines



Perfectly natural flavor partners, fruit and meat get together with spectacular results in "Meat Loaf a la Nectarine." The zippy seasoned ground beef loaf acquires unusual moistness with a tangy topping of jellied cranberry sauce and sliced fresh nectarines. It's an easy and ever so flavorful way to glamorize a popular American main dish. Heating juicy fresh nectarines accents their luscious flavor and orchard-fresh fragrance without harming their rich golden color. Here they are peeled, but in most cases there's no need to remove their thin, fuzz-free skins. That's one reason they are one of summer's favorite eaten-out-of-hand fruits. Enjoy red-and-gold fresh nectarines from California often while they are in markets into September.

**Meat Loaf a la Nectarine**  
 2 lbs. ground beef 1 tablespoon instant minced onion  
 1/2 cup chili sauce 1 can (1 lb.) jellied cranberry sauce  
 2 eggs 1/2 cup soft bread crumbs 2 teaspoons Worcestershire  
 2 teaspoons salt 2 teaspoons crushed marjoram  
 1/2 teaspoon fresh nectarines

Combine beef, chili sauce, eggs, bread crumbs, 1 1/2 teaspoons salt, marjoram and onion. Shape into loaf in large shallow well-greased pan. Bake in 350-degree (moderate) oven 45 minutes. Meanwhile, heat cranberry sauce in a saucepan until smooth; blend in remaining salt, Worcestershire and Tabasco. Peel and slice nectarines to make 2 cups. Stir fruit into cranberry mixture; simmer 15 minutes. Spoon half of sauce over meat loaf and bake 15 minutes longer. Serve remaining sauce in bowl. Makes 6 to 8 servings.

Homemade Milk Shakes Are Super Special



As summer sets in, kitchen traffic increases. The children not only want more to quench their thirst but they want it more frequently. One suggestion that makes sense is to keep a shaker of chocolate-flavored milk ready and waiting in the refrigerator. By making it ahead, you can add just the right amount of fortified syrup without being extravagant or wasteful. As a surprise delight, vary the shake occasionally with additional ingredients. In addition to the 1 quart of milk, and the 1/4 cup fortified chocolate flavored syrup, add an additional ingredient such as 1/4 cup malted milk powder, or a few drops of peppermint extract, or 2 or 3 tablespoons instant coffee. For special occasions and parties, prepare the shakes ahead as usual, then let the guests add their own final touches of whipped cream, a scoop of ice cream and toppings such as crushed peppermint candy, chocolate sprinkles and the like. The shaker shown above is a 1-quart plastic shaker currently being offered for 50c and a label from a jar of Bosco. Send money and label to Bosco Shaker, Box 8070, Erie, Pa.

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