MR. WISE Menu Planners AND SHOPPING SUGGESTIONS

MEXICRN STUFED MEAT LOAF takes ground meat out of the every-day staple catery and elevates it to a main dish artistic enough for entertaining.

Stuffed Meatloaf Uses Mix

Mexicorn stuffed meat loaf has a surprise inside—for it's made with preseasoned Mrs. Cubbin's Cornbread Stuffin', alba-toasted for finer texture and extra goodness. Mrs. Cubbison's gives home-made dressing with minimum of effort.

Texture and flavor to the meatloaf are provided by the addition of whole kernel corn, green pepper, celery and onion to the stuffing.

MEXICON STUFFED MEAT LOAF

1 6½-oz. pkg Mrs. Cubbison's Cornbred Stuffin'
½ cup chopped celery
¼ cup chopped onion
¼ cup chopped green pepper
2 tbs. diced pimiento
1 cup whole kernel corn, drained
2 eggs
¼ cup melted butter
½ cup water
2 lbs. ground round

Combine cornbad stuffing with celery, onion, green pepper, pimiento and corn. Blend in eggs, melted butter and water and toss thoroughly but lightly.

Shape into an long loaf. Pat or roll ground round in a rectangle. Place dressing loaf in center and bring ground meat up around entire dressing loaf.

Bake at 350 degrees about an hour or until meat is cooked to desired doneness. Let rest 10 minutes. Garnish with green pepper and pimiento strips. Slice and serve. Makes 6 servings.

BUSY TELEVISION STAR Cheryl Miller likes the convenience of frozen Ore-Ida Tater Tots, and she adds a gourmet touch by sprinkling them with frozen chopped chives. You've seen busy Cheryl on the Donna Reed Show, Perry Mason, The Farmer's Daughter, My Three Sons and other shows.

Don't Neglect Luncheon Menu

When nutritious menus for the family are being planned, the noon meal too often neglected and the lunch to be eaten away from home.

Wherever lunch is eaten, it should supply about one-third of the daily nutritional needs. A good lunch includes a protein-rich main dish of meat, cheese, eggs or fish, for protein is necessary to growth and repair of body tissues. Another necessity is bread or cereal, source of iron, B-vitamins and protein. Include fruits and vegetables, which provide needed vitamins and minerals.

Cheesecake Is A Favorite Dessert

That favorite dessert, cheesecake, with its crisp cooky crust and melt-in-your mouth cheese filling, is based on a recipe that's more than 2200 years old. Chefs of ancient Greece developed and perfected cheesecake recipes that are amazingly like the ones used today.

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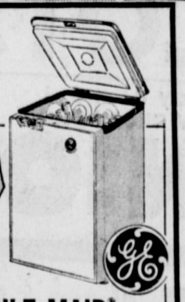

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