Rice-Meat Stuffed Peppers Make Economical Dinners

With the green pepper season reaching a peak we offer a tasty-tempting method of serving them—stuffed with rice! These simple stuffed peppers require only ten minutes of baking time for most of the cooking is done on top of the stove.

The sauce is of the "canned variety"—requires no preparation—simply open the can, pour it into a shallow baking dish, add the stuffed, parboiled peppers and bake for ten minutes or until they are heated through. One 8 oz. can of sauce makes just enough for the two large (halved) or four small peppers.

Note: Keeping cooked rice in a covered container in the refrigerator during the hot summer months is a trick worth remembering. Ready at a moments notice, it combines well in such dishes as stuffed peppers, rice puffs, rice fruit desserts, rice waffles — or tossed into a salad (made like potato salad—using rice instead of potatoes).

Ingredients

1 cup cooked rice
½ teaspoon salt
½ cup cooked meat, chopped, or 1 can chopped meat (baby or junior food)
pepper, garlic, salt and monosodium glutamate to taste
2 tablespoons curry powder
3 large green peppers or 4 small peppers
bread crumbs for topping
paprika
1 tablespoon bacon fat

To Cook The Rice

Put 1 cup of white rice, 1 teaspoon salt and 2 cups cold water in a two-quart saucepan. Cover with a tight-fitting lid. Set over a hot flame until it boils vigorously. Then reduce the heat as low as possible and simmer for 14 minutes more. During this time the rice will absorb the water and come out deliciously tender. Remove the lid to permit the rice to steam dry. Lift rice with fork to test its consistency. Never stir rice while cooking—and the grains will be separate and tender. Makes approximately 3 cups fluffy white rice. Keep left-over cooked rice in a covered bowl in refrigerator—you'll find it handy next time you're in a hurry to fix a quick meal.

Note: This produces very firm rice grains. If you prefer more tender grains, use ½ cup additional water for each cup of rice and increase your slow cooking period 4 or 5 minutes.

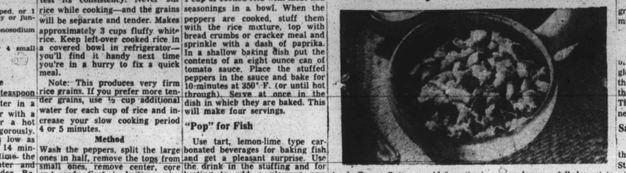
Method

Wash the peppers, split the large ones in half, remove the tops from small ones, remove center, core and seeds. Cook in boiling water for about 15 minutes or until tender. Heat the oven to 350° F. Mix 1 cup of cooked rice with meat and seasonings in a bowl. When the peppers are cooked, stuff them with the rice mixture, top with bread crumbs or cracker meal and sprinkle with a dash of paprika. In a shallow baking dish put the contents of an eight ounce can of tomato sauce. Place the stuffed peppers in the sauce and bake for 10 minutes at 350° F. (or until hot through). Serve at once in the dish in which they are baked. This will make four servings.

'Pop' for Fish

Use tart, lemon-lime type carbonated beverages for baking fish and get a pleasant surprise. Use the drink in the stuffing and for basting to add a pleasant new tang.

Brown Betty Cool Weather Dessert



Apple Brown Betty, an old favorite, is as popular as a fall dessert today as it was when Grandmother made it.

Corn-Cutting Bord

In Iowa where the tall corn grows extension food specialists remind homemakers of a simple device to make the job of cutting from the cob safer and easier. Drive a nail through a piece of smooth sturdy board at an angle, so that the nailhead is against the board. Then put the board on the table with the nailhead down. The nail holds the ear while kernels are cut off.

Sandwich Idea

Looking for something new in the way of sandwiches for lunch? Start with raisin bread and spread with cottage cheese flavored with a little grated orange rind.

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COME EARLY FOR BEST SEATS

Cheese Dishes Really Cut Down on Family Meat Budget

For holding untried or favorite recipes, paste a large manila envelope inside the back cover of your cookbook.

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Penny-Pinching Cheese Dishes Fine Palate-Pleasers, Too

When meat prices go up cheese dishes to keep the budget down . . . as well as please the family palates.

A wide variety of cheeses are now available in almost every part of the country due to improved methods of storing and shipping. Native cheese makers are able to produce imitations of the finest imported cheeses, and so well that only the fussiest gourmet would know the difference.

Following are cheese recipes that will please most palates.

CHEESE CASSEROLE

Twelve slices day-old bread, 2 cups grated American cheese, 3 eggs slightly beaten, 3 cups milk, one-half teaspoon salt, 1 teaspoon Worcestershire sauce, paprika, butter.

Spread the slices of bread with softened butter. Place a layer of 6 slices in a large shallow baking dish and sprinkle generously with the grated cheese. Repeat the process, making 2 layers. Combine the remaining ingredients and pour over the bread. Sprinkle lightly with paprika. Place in a dish of hot water and bake in a slow oven about 1½ hours. Serve hot. Yield: 6 generous servings.

CHEESE LOAF SALAD

One envelope plain gelatin, ¼ cup cold water, 2 cups cottage cheese, half cup milk, half cup salad dressing, ¼ cup chopped celery, 2 tablespoons minced pimiento, 2 tablespoons chopped ripe olives, 2 tablespoons chopped sweet pickle, 1 teaspoon onion juice, half teaspoon salt.

Soften the gelatin in cold water. Dissolve over hot water. Cool. Put cottage cheese through a sieve and slowly add the milk, mixing thoroughly. Add dissolved gelatin and the rest of the ingredients. Pour into a loaf pan. Chill until firm. Serve in slices on salad greens with any kind of dressing you like.

CHEESE SCUFFLE

One-half cup milk, 2 tablespoons flour, ¼ cup cheese, 2 tablespoons fat, 3 eggs, ¾ teaspoon salt.

Melt fat, add flour and stir until well blended. Add milk slowly. Cook until thick. Add grated or finely cut cheese and salt. Melt cheese. Remove from fire and add beaten egg yolks. Cool, fold in stiffly beaten whites. Pour mixture into oiwell greased dish, place in pan or hot water and bake about 30 minutes in moderate oven. Test with a knife and if it comes out clean, the souffle is done.

SCRAMBLED EGGS WITH CREAM CHEESE

Melt 3 tablespoons butter or substitute in a frying pan, stir in 1 cup cream cheese (3 ounces), mashing it into the butter. Remove from the fire and stir in about half cup light cream, enough to make a thin sauce. Add 6 well-beaten eggs, salt and pepper to season and 3 tablespoons minced parsley. Stir constantly over low heat until eggs are thick and creamy. Heap on toast spread anchovy paste.

Acme Super Markets
Wake Up and Eat a Better Breakfast
Breakfast is the most important meal of the day because the body has been without food for 10 or 12 hours and should be supplied with nourishment for the morning's activities.

Gold Seal Prepared Buckwheat or
Pancake Mix 2 20-oz pkgs 25c

IDEAL GOLDEN SYRUP	24-oz btl	19c
KING TABLE SYRUP	40-oz can	31c
ORANGE JUICE Ideal Fancy	2 18-oz cans	35c
GRAPEFRUIT JUICE Glenwood	2 18-oz cans	33c
CALIF. PRUNES	lb pkg	23c
PRUNE JUICE Ideal Calif.	qt bot	27c
APPLE JUICE Ideal Pure	46-oz can	29c

Luella Homogenized Vitamin Enriched MILK 4 baby cans 25c 4 tall cans 47c

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Round French Crumb Cake 29c | Cinnamon Raisin Buns pkg 8 19c
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YOUR DOLLAR BUYS MORE AT THE ACME

Add New Bread Interest

Those glamourous "Pan Tans" are, as you may suspect, just a dolling up of an old recipe. But at that, they do add a new interesting way of serving a hot bread.

Here's the recipe:

Pan Tans
(Makes 18)

½ cup milk
½ cup sugar
2¼ teaspoons salt
3 tablespoons shortening
½ cup lukewarm water
1 package active dry yeast or 1 cake yeast
4½ cups sifted all-purpose flour

Scald milk, add sugar, salt and shortening. Stir until dissolved. Cool to lukewarm. Put lukewarm water into a large mixing bowl. Sprinkle or crumble in yeast. Let stand until dissolved, about 10 minutes. Add lukewarm milk mixture. Stir in 2½ cups flour and mix until dough forms an irregular ball and comes away from sides of bowl. Turn out on lightly floured board and knead until dough is tightly stretched, does not stick to board. Place in greased bowl and brush top lightly with melted shortening. Cover with a towel. Let rise in a warm place, free from draft, until doubled, about 1 hour and 25 minutes. Punch down with fist, pull sides into center and form into a ball. Divide into two parts. Roll out each part into an oblong about 17x10½ inches and ¼ inch thick. Brush lightly with melted margarine or butter. Cut with a sharp knife into crosswise strips 1½ inches wide and ile 7 strips together. Cut crosswise into pieces 1½ inches wide. Place cut-side up in greased muffin pans and cover with a towel. Let rise in a warm place, free from draft, until doubled, about 1 hour. Bake in a moderate oven, 400°, about 20 min.

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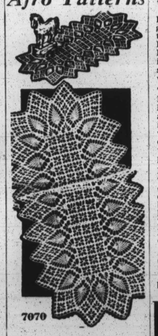

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Date Nut Pudding in Casserole

A pudding chewy with dates and nuts gets a topping of orangy sauce to please the family that likes its desserts on the sweet side.

Make Date Nut Pudding for Fine Fall Dinner Dessert

There is a pudding to suit every taste, and one that should please just about everybody is a rather rich date-nut pudding with either an orange or lemon sauce.

This pudding will please the one who makes it, too, for it's easy to put together. Cutting up the nuts and dates takes the most time, and that isn't much. The dates are easy to cut if you use kitchen shears and dip them into warm water now and then as you snip.

If you do not have a 1½ quart casserole, use an 8-inch square pan. Like most puddings, date-nut pudding is at its best served warm with sauce to match. Servings may either be spooned out into a sauce dish, or cut into squares, garnished with walnut or pecan half, and topped with sauce. Either walnuts or pecans are very good in this pudding.

Because it is made with enriched flour, date-nut pudding provides excellent vitamin values for the family, including three B-vitamins, food iron, and food energy. Dates and nuts supply additional nourishment.

Date-Nut Pudding

1½ cups sifted enriched flour
1½ teaspoons baking powder
½ teaspoon salt
1 cup chopped nuts
1 cup chopped dates
¾ cup boiling water
½ cup butter or margarine
1 egg
1 cup sugar
½ teaspoon vanilla extract
½ teaspoon lemon extract

Sift together flour, baking powder and salt. Add nuts. Mix dates, water and butter or margarine. Beat egg and blend with sugar and flavoring extracts. Add to date mixture. Add flour mixture to date mixture. Pour into greased 8x8 inch pan or greased 1½ quart casserole. Bake in moderate oven (350 degrees F.) about 45 minutes for square pan or about 1 hour for casserole. Serve hot or cold with orange sauce.

Orange Sauce

1½ cup sugar
1½ tablespoons cornstarch
½ teaspoon salt
1 cup water
3 tablespoons butter or margarine
1 teaspoon grated orange rind
½ teaspoon orange extract
½ cup orange juice

Combine sugar, cornstarch and salt. Gradually add water and stir until smooth. Cook over low heat until clear and thickened, stirring constantly. Add butter or margarine, rind, extract and juice. Serve warm or cold over date-nut pudding. Makes about 8 servings.

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HENDIN'S Gives $100 Suit Free
Special "Sunset Boulevard" Model by Lili Ann of California To Be Given Away At Regent Theatre October 28th
BALTIMORE, Md. — Movie goers will have the opportunity to win a beautiful $100 Fall Suit—when they attend the REGENT theatre this week during the showing of the sensational picture "Sunset Boulevard"—starring Gloria Swanson.
The suit is being given away by HENDIN'S Hollywood Fashions, Baltimore's leading style center at 1725 Pennsylvania Avenue. It is the stunning "Sunset Boulevard model designed by Lili Ann of California . . . in honor of the film which has won the praise of all critics.
HENDIN'S Hollywood Fashions will award this suit to a patron of the Regent Theatre at 10 o'clock Thursday night, September 28th—when the store will hold a special Hollywood Fashion Show on the stage of the popular movie house.
The Sunset Boulevard suit to be given away by HENDIN'S is now on display at the Regent Theatre. Full particulars as to how you can win this suit may be obtained at the theatre or at
Hendin's
HOLLYWOOD FASHIONS
1725 Pennsylvania Ave.
Open Monday, Thursday, Friday and Saturday nights

Mac O'Tuna Casserole Is Quick-to-Prepare Course

Brisk fall evenings increase family appetites. Here's a hearty, quick-to-fix main course—Mac O'Tuna Casseroles—that has plenty of the food values you need for good health.

To make it you'll need:

2 cups cooked macaroni
2 tins chunk pack or solid tuna
1 can condensed mushroom soup
½ cup milk
½ cup grated cheese
tomato
bread crumbs

Mix the macaroni, tuna, soup, milk and cheese and place in casserole. Garnish with tomato and bread crumbs. Bake 20 minutes at 375 degrees.

Canapes for Muscle Men

Canapes with he-man appeal—trim crusts from slices of whole wheat or yeast bread, spread with margarine or butter and thin slices of cold meat loaf. Roll up jelly-roll fashion. Secure with toothpick and chill.

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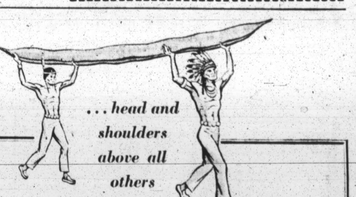

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