

Combine ham, olives, wor-
shere sauce, mayonnaise
mustard; mix.
Cut half the slices of
with the filling; top
remaining slices; cut in

NOTE If desired, may
in freezer for 2 to 3
Will thaw at room
temperature in about 3 hours

CHOCOLATE BROWNIES

cup plus 2 tablespoons
squares unsweetened
chocolate, melted
cups sugar
eggs, beaten
teaspoons vanilla
cups sifted cake flour
teaspoon salt
cups walnuts or pecans
chopped

butter, chocolate.
sugar, eggs, vanilla; beat
thoroughly. Sift flour, salt to-
add, beat until
er, both fo'd in nuts. Pour
ungreased 15"x10"x1"
spread evenly. Bake for
5 minutes at 350 degrees.
slightly, cut into 2-in.
squares. Yields 24 squares.

another good cookie for a

**CHEWY PEANUT BUTTER-
APRICOT BARS**

¼ cup peanut butter
2 tablespoons shortening
1 cup sugar
2 eggs
1 teaspoon vanilla
¾ cup sifted flour
½ teaspoon baking powder
¾ teaspoon salt
2 tablespoons milk
½ cup chopped peanuts

Blend peanut butter, short-
ening and sugar in a large
mixing bowl. Stir in eggs &
vanilla. Sift dry ingredients
together into the bowl and
blend well. Stir in milk. Add
nuts. Pour batter into an 8
by 8 by 2-inch greased cake
pan. Bake in a moderate oven
(350 degrees) for 25 to 30
minutes.

TOPPING

½ cup peanut butter
1 teaspoon lemon juice
¼ cup apricot preserves
Combine peanut butter,
lemon juice and apricot pre-
serves. Spread on top of
warm bars. Place under the
broiler until peanut butter
topping bubbles. Cool. Cut
into 16 one-inch squares.

FREEZING MELON
There is a bumper crop of

watermelons this year. The
sweet, juicy, ripe watermel-
on flesh may be cut into
cubes or balls, placed in
freezer containers, covered
with syrup and frozen. Water-
melon preserved this way
might be used as a novelty
first-course for Christmas
dinner, for example. Its at-
tractive red fits the holiday
color scheme. A large whole
watermelon need not be too
much of a buy at this season's
prices even for a small
family, if the part not eaten
fresh is preserved by freez-
ing.

Cantaloupes, and Cren-
shaws, Honeydews, Casabas
and Persian melons also may
be successfully frozen. Com-
mercially frozen packages of
melon balls usually include
several kinds of melon for
variety in color and flavor.
This is a possibility for home-
freezing, too, in a year when
so many kinds are abundant.

For home freezing, select
firm-fleshed, well colored,
ripe melons. Cut in half, re-
move seeds, and peel. Cut

the peeled melon into cubes
or cut in balls the size of
large marbles using one of
the small spoon-scoops sold
for the purpose.

Pack into freezer contain-
ers and cover with cold sy-
rup made in the proportion
of 1 cup sugar to 2 cups wa-
ter. Leave enough headspace
for expansion in freezing —
½ inch for a pint container
with widemouth opening and
1 inch for a similar quart
container. Freeze at zero de-
grees F. or below and keep
stored at zero.

FROZEN DESSERT

An excellent, smooth-text-
ured frozen dessert that may
be made at home from cantaloupe
puree deserves the
homemaker's consideration
now while record - large
supplies of this popular mel-
on are going to market. The
dessert may be made in an
electric ice cream freezer —
or hand-operated or in the
trays of the "freeze-compart-

ment" of the refrigerator.
Here's how to make this
product according to the U.S.
Department of Agriculture
which developed it. Choose
fully ripe, sound cantaloupe
at its peak of sweetness. Cut
in half, remove seeds, and
peel. Slice and press through
a food mill or sieve to form
the puree. For a half gallon
dessert, ingredients are:

- 3 cups of cantaloupe puree
- ¾ cup sugar
- 1 tablespoon lemon juice
- ½ teaspoon salt
- 1 tablespoon granulated gelatin
- ¼ cup cool water

Mix the cantaloupe puree,
sugar, lemon juice and salt.
Soak gelatin in cool water 5
minutes to soften, then dis-
solve by heating over boiling
water. Add the cantaloupe
mixture slowly to softened
gelatin, stirring while add-
ing. Pour into an ice cream
freezer, and for freezing use
a mixture of 8 parts ice to 1
part rock salt. Keep the
freezer turning about 20 min-
utes until the mixture be-
comes firm and clings to the
dasher. Remove the dasher.
Serve this frozen dessert im-
mediately or drain water
from freezer and pack with
3 parts ice to 1 part salt and
keep covered until served.

The mixture also may be
frozen successfully in refrig-
era or trays though it will
not be quite so smooth. Pour
the mixture into trays, turn
temperature control to low-
est point, and freeze until
firm. Remove the trays and
stir the mixture rapidly yet
thoroughly to incorporate
air and make it smoother.
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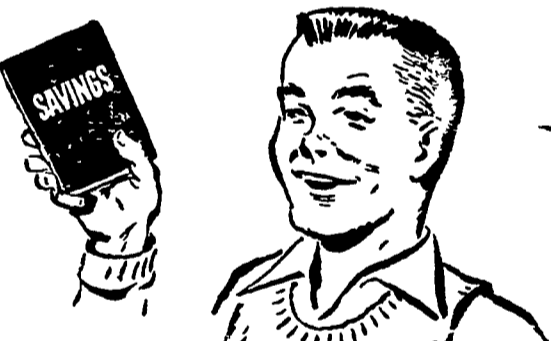
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POLIO
Chiropractic IS effective
against polio, research sur-
veys show


In a study of 300 acute
poliomyelitis cases under
Chiropractic care, conducted
by the Research Department
of the International Chiro-
practors Association, 86.7 per
cent were well in an average
of 46 days, with no residual
paralysis. An additional 11
per cent were much improv-
ed.

Results of an independent
four state survey conducted
by a conference committee
of the International Chiro-
practors Association also
point up the value of Chiro-
practic

This survey was limited to
children under 12 years of
age who were Chiropractic
patients during 1949 to 1953.
A total of 31,868 children
was reported, and in this
group only nine cases of po-
o occurred, of which none
resulted in any paralysis or
other disability.

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