Good Health

Here's another tempting nenu, done the easy way. fruit cup or juice_

Scrambled Eggs and Bacon BLUEBERRY KUCHEN Coffee Tea

BLUEBERRY KUCHEN packages blueberry

muffin mix prepare bater as directed on package. Pour batter square of foil; refrigerate. eggs and bacon.

Lunch and dinner should complement each other as mealtime planning. one or more foods from each group for both of these meals will round out the day's diet For a hearty lunch or dinner, you might serve a casserole like Beef-Vegetable Curry with Cheese Baked Corn Bread Topper.

Icy Cold milk goes well pto lightly greased 9-inch as a beverage with this dish guare cake pan. Cover with and as a salad, tomatoes stuf fed with a mixture of crea-Moining: Pre-heat oven to my cottage cheese, fresh gar-400 degrees. Remove foil den vegetables and grape-) govering from pan; place in fruit segments. For dessert, bake 35 minutes, consider Ice Cream Datewhile Blueberry Kuchen is Nut Log with Maple Syrup prepare scrambled Topping Both the casserole

and ice cream roll may be Lancaster Farming, Saturday, September 25, 1960-9 prepared and frozen ahead -and advantage of advance

well as breakfast. Selecting BEEF-VEGETABLE CURRY WITH CHEESE BAKED CORN BREAD TOPPER

1 clove garlic, chopped 14 cup chopped onion 14 cup (1/2 stick) butter, me'ted

2 pounds boncless beef. cut in ½ inch cubes 1 teaspoon salt

11/2 tablespoons curry pow der

1½ cups water 12 cup golden raisins 1 cup peeled, sliced ap-

1/2 cup grated Parmesan cheese

2 tablespoons flour 1 package frozen peas and carrots

Brown garlic and onion in melled butter. Remove vegetables and add meat to brown Stir in seasonings, water raisins, apples, Parmesan cheese, browned onions and garlic and simmer. covered, about 30 minutes or urtil meat is tender. Mix in tiour and sprinkle frozen peas and carrots over the meat mixture. Top with the Cheese Corn Bread batter

skillet or casserole. CHEESE CORN BREAD TOPPER

Make recipe for corn bread according to directions on box of corn meal or use me box of corn bread mix. Told 1 cup of Cheddar cheese cubes into batter Pour

over the meat mixture and bake accordingly.

STUFFED TOMATOES WITH COTTAGE CHEESE 2 cups cottage cheese, dr-

ained ½ cup chopped green pepper

½ cup chopped celery ¼ cup sliced green onions 1 large grapefruit, peeled and diced

Salt and pepper to taste 8 small tomatoes

Sieve drained cottage cheese. Add green pepper, celery, onions, grapefruit and seasonings: blend. Remove skins from tomatoes, if desired; quarter each, cutting only halfway to center. Sprinkle lightly with salt and fill each with cottage cheese mixture Chill thoroughly. Serve on bed of curly endive or water cress.

ICE CREAM DATE-NUT LOG WITH MAPLE SYRUP TOPPING

1 can date-nut roll 1 pint vanilla ice cream

or butter pecan ½ pint lime or orange sherbert

for topping.

Maple Syrup Cut date-nut roll in 12 slices. Spread 6 slices with ½ pint ice cream and 6 slices with sherbert. Stack alternate slices in small loaf pan; freeze. Soften remaining ½ pint ice cream and spread over frozen log; freeze. To serve, slice on diagonal and pass maple syrup

Lancaster Poultry (Continued from page 3)

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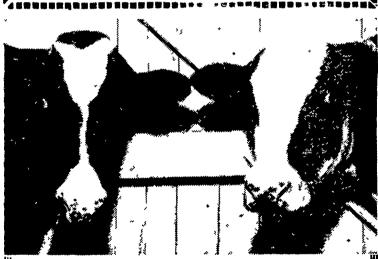
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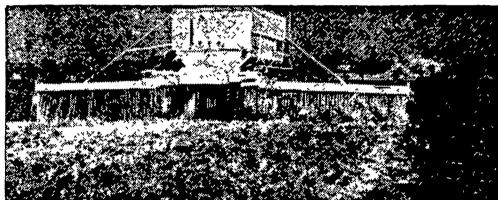
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