

Good Health

Here's another tempting menu, done the easy way.
Fruit cup or juice.
Scrambled Eggs and Bacon
BLUEBERRY KUCHEN
Coffee - Tea Milk
BLUEBERRY KUCHEN
2 packages blueberry muffin mix
Prepare batter as directed on package. Pour batter into lightly greased 9-inch square cake pan. Cover with square of foil; refrigerate.
Morning: Pre-heat oven to 400 degrees. Remove foil covering from pan; place in oven, bake 35 minutes. While Blueberry Kuchen is baking, prepare scrambled

eggs and bacon.
Lunch and dinner should complement each other as well as breakfast. Selecting 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 as a beverage with this dish and as a salad, tomatoes stuffed with a mixture of creamy cottage cheese, fresh garden vegetables and grapefruit segments. For dessert, consider Ice Cream Date-Nut Log with Maple Syrup Topping. Both the casserole

and ice cream roll may be prepared and frozen ahead—and advantage of advance mealtime planning.

BEEF-VEGETABLE CURRY WITH CHEESE BAKED CORN BREAD TOPPER
1 clove garlic, chopped
1/4 cup chopped onion
1/4 cup (1/2 stick) butter, melted
2 pounds boneless beef, cut in 1/2 inch cubes
1 teaspoon salt
1 1/2 tablespoons curry powder
1 1/2 cups water
1/2 cup golden raisins
1 cup peeled, sliced apples
1/4 cup grated Parmesan cheese
2 tablespoons flour
1 package frozen peas and carrots
Brown garlic and onion in melted butter. Remove vegetables and add meat to brown. Stir in seasonings, water, raisins, apples, Parmesan cheese, browned onion and garlic and simmer, covered, about 30 minutes or until meat is tender. Mix in flour and sprinkle frozen peas and carrots over the meat mixture. Top with the Cheese Corn Bread batter and bake according to directions on box. Garnish with parsley and serve right from skillet or casserole.

CHEESE CORN BREAD TOPPER
Make recipe for corn bread according to directions on box of corn meal or use one box of corn bread mix. Fold 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, drained
1/2 cup chopped green pepper
1/2 cup chopped celery
1/4 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
1/2 pint lime or orange

sherbert
Maple Syrup
Cut date-nut roll in 12 slices. Spread 6 slices with 1/2 pint ice cream and 6 slices with sherbert. Stack alternate slices in small loaf pan; freeze. Soften remaining 1/2 pint ice cream and spread over frozen log; freeze. To serve, slice on diagonal and pass maple syrup for topping.

Lancaster Poultry
(Continued from page 3)

ver, 3800 WRC, 8-2, Daniel K. Good, 16 6, 40 Same, 36-00 WRC, 9-2, Daniel K. Good 16 6
41. Elmer Metzler, 3000 WVC 9-2, NO SALE, 16 6 bid; 42 Moore Farms (Abram Faus), 650 WHF, 17 mo W C Mellinger & Son 16 8 43 Same, 80 males, Walter B Lehman, 10 3 44 Longenecker's Hatchery, 500 WRF, 15 mo, Roy E Ream, 16-6.

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