

Save dishes by heating beverages in foil, too. For each cup, make a rim and handle by bending and twisting coat-hanger wire around a small can. The foil cup is made by molding a doubled square of foil around the same can and setting it into the rim. Crimping the edges around the rim makes the cup secure.

OTHER TREATS ON THE GRILL

On a sheet of foil, sprinkle 1/2 package of onion soup mix and cover with a flank steak, allowing at least half a pound for each person. On the steak, sprinkle another 1/2 of the dehydrated onion soup mix, and add two or three teaspoons of

water. Wrap securely in the foil by gathering opposite ends and folding them over tightly two or three times. Do the same with the sides to make a snug package.

Alternate slices of potato and Italian onion, seasoned with salt and pepper, are "spud 'n onion" treats. Wrap tightly in foil.

Fresh peas, beans, asparagus or other vegetables can be cooked in wrappings like the steak. Frozen vegetables cook nicely this way, too. Season the vegetables and add a little water and perhaps the rest of the onion mix to the package.

When the fire has burned to coals, place the potato-onion combination and meat packages

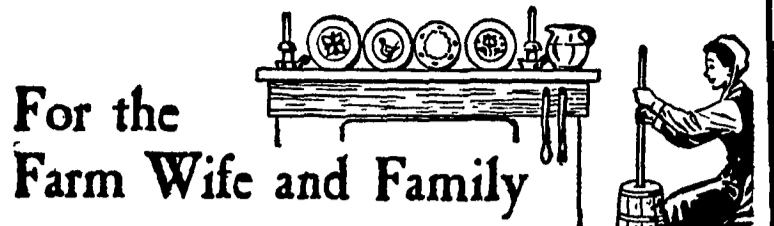
near the coals. Turn them occasionally and allow about an hour of cooking time. Do the same with the other vegetables, allowing them about half an hour to cook. Test the foods with a fork to be sure they are done, avoiding puncturing the bottoms of the packages so the juices won't run out. Open the packages and use the foil as a serving dish.

DESSERTS MADE ON THE GRILL

We told you earlier how to prepare apples and bananas on the grill as a dessert. Fruit kabobs are another tasty dessert. Have your guests make their own fruit combinations or at least have them roast their own kabob. String chunks of banana, pineapple, orange sections, apple wedges and marshmallows on a skewer. Squeeze a little lemon over the fruit and roast over the coals.

Another dessert for guests to make is the old favorite called "some mores". On a graham cracker put a piece of chocolate bar. Roast a marshmallow and place on the chocolate. Top

(Continued on Page 11)



Ladies, Have You Heard? . . .

By: Jane Thurston, Extension Home Economist
Cheese To Please

The nation's cheesemakers have put before us an interesting array of products to meet our needs. And many cheese varieties are featured in dairy counters.

Taste may dictate choice of cheese, but trying a new variety can give a lift to the family menu. For a mild cheese, you can choose from mild cheddar, cottage, cream, and any of the processed cheese spreads.

Medium cheddar, brick, edam, gouda, muenster, and swiss cheese give you a more flavorful product.

For a hearty, robust cheese, you'll find sharp cheddar, blue, roquefort, parmesan, provolone, and sapsago to your liking.

During the coming months, you can give full rein to cheese and use it in salads, main dishes, side dishes, and desserts.



THURSTON

Consult your favorite cookbook for cheese recipes you'd like to try.

One Way To Beat The Heat

When the heat and humidity are getting you down, you'll feel better if you have a well-balanced diet. Don't try to get by on skimpy, low-protein meals during the summer. It's the choice of foods that is important, not the quantity of food you eat. So remember this when the temperature goes up and you don't feel like eating so much as usual.

Frankfurters, hamburgers, cold cuts, and quick-cooking steaks will help to keep you feeling fresh and fit throughout the summer. These meats are easy to prepare for warm weather meals.

Good To Know Anytime

Potatoes themselves are not fattening — it's what you do to them that makes them high-calorie items. A small boiled potato with a little butter has about 80 calories. But add rich gravy and more butter, and you add calories. Potatoes are a good source of vitamin C and contain other vitamins. They also contain minerals.

For a flavorful, colorful dessert, garnish servings of fruit sherbet with a generous sprinkling of fresh blueberries.

Fruit and cheese kabobs make a colorful picnic dessert. Arrange cubes of cheese alternately with chunks of fruit on wooden skewers. Good combinations are pineapple chunks with gouda or edam cheese, bananas with sharp cheddar cheese, peas with swiss cheese; grapes with blue cheese.



One Call Does It All!

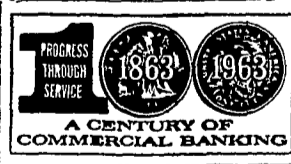
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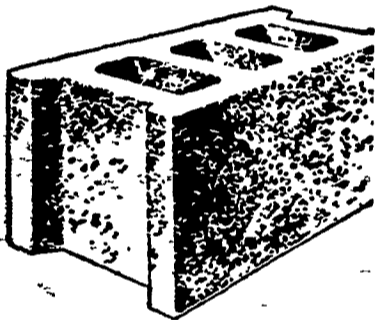
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