

Women

6 The Guardian, Charlottetown, Mon., April 18, 1966.

IDA BAILEY ALLEN

Health-Giving Lettuce Heads Up Three Recipes

How can a fragile - appearing leafy green vegetable, like lettuce prove invigorating? Because it contains small amounts of protein, fat, and carbohydrates: an impressive list of minerals and vitamins—all essential in building good health and beauty.

Measurements level; recipes for 4

LETTUCE WESTERN STYLE

1 large head western iceberg lettuce
 1/4 c. beef or chicken bouillon, or 1/4 c. water and 1/4 tsp. beef broth powder
 1 tsp. vinegar
 1/2 tsp. sugar
 3/8 tsp. chili powder
 1/4 c. tomato sauce with cheese

Core head of lettuce and run cold water in center. Turn upside down and drain. Tie the head tight with clean white string. In medium saucepan, heat bouillon, vinegar, sugar, and chili powder. Add lettuce; cook over medium heat 5 to 8 min. or until slightly wilted. Remove lettuce; take off string and put lettuce in heated serving dish. Add tomato sauce to

liquid remaining in saucepan.

MEXICALLI

STUFFED LETTUCE

1 large head western iceberg lettuce
 1 tsp. unflavored gelatin
 2 tsp. cold water
 4 oz. cream cheese or Neufchatel cheese
 1 packet green onion dip
 1 tsp. salad oil
 1/2 tsp. salt
 1 tsp. chili sauce
 1 tsp. lemon juice
 1 c. drained cooked or canned kidney beans
 1/2 c. corn chips, crushed
 Remove core of head of lettuce. Rinse lettuce with heavy stream of cold water. With knife, hollow out center of lettuce head. Turn it upside down and drain thoroughly.

Add gelatin to cold water; place over boiling water to dissolve. In electric mixer bowl, mix together cream cheese, onion dip, oil, salt, chili sauce, and lemon juice and dissolved gelatin. Fold in beans and half the corn chips. Pack into hollow of lettuce. Cover and refrigerate 1 hr. or more. Serve cut in slices. Garnish: remaining corn chips.

SWEET-SOUR

LETTUCE-PASTRAMI SALAD

1 large head western iceberg lettuce
 4 slices pastrami

Heat; pour over the lettuce; serve sliced.

cut in 1/2" squares

1/4 c. white wine vinegar

1/4 c. hot water

2 tsp. sugar

1/4 tsp. salt

Wash lettuce; drain. Tear into bite-size pieces. Put pastrami in oiled skillet; saute until brown. Combine vinegar, water, sugar and salt. Bring to boil. Pour over lettuce; toss in pastrami.

TOMORROW'S DINNER

Wilted Lettuce Pastrami Salad - Broiled Chicken with Buttered Noodles, Italian Green Beans - Criss-Cross Apple Pie or Orange Segments in Orange Gelatin - Coffee, Tea, Milk

FOOD NEWS FROM THE CHEF

Tomato sauce with cheese is now on the national market. Try heating it, pouring over hot buttered toast and topping with poached eggs.

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HAPPENINGS

Audrey Jenkins, Women's Editor. Phone 4-5506

Mr. and Mrs. Claude Hogg, accompanied by their daughter, Pamela and Mr. and Mrs. Joseph H. Woodside, Kensington spent the Easter season with relatives in Boston, Mass.

Mrs. Keir Crafer and Mrs. Graham and James Crafer arrived in Baltic after spending some time in London, Ontario.

Mr. and Mrs. Gerald Lockhart, Malpeque left by plane for Toronto, Ont. to visit their son, Bryce Lockhart.

Cpl. Kenneth and Mrs. Greer and their three children, Linda Carl and Paul of Greenwood RCAF Station in Nova Scotia

spent the Easter holidays with Mrs. Greer's parents, Mr. and Mrs. Otto Doull of Central Be-deque.

Mrs. George Wall, Kensington entertained the members of the Baltic Women's Institute at their April meeting held recently.

Arnold Reeves of Central Be-deque has returned home after spending Easter holidays in Halifax, N.S.

Mrs. Wilton Ramsay and Mrs. G. W. Ramsay entertained the members of Malpeque and Baltic UCW recently. The devotional period was led by Mrs.

Owen McGowan and the program was presented by Mrs. Muriel Bryanton. Refreshments were served by the hostess assisted by Mrs. Gordon Champion.

Mrs. Ferne Horton is visiting friends in Saint John, Moncton and a sister in Sackville, N. B. She will also visit with her sister and aunt in Halifax, N. S. before returning to Murray River the last of April.

Jeremiah Peters, Jr., Mayfield, left Thursday morning for Toronto to attend the wedding of Audrey Provost, South Rustico and Ronald Gallant of Mayfield. He will also visit with his brothers, Clarence and Arnold.

Mrs. George T. MacLeod, Long River and Mrs. Eric Heaney, Clinton left recently to attend

the marriage of Mrs. MacLeod's son, Wendell at Toronto, Ont. on Wednesday, April 13. His bride is Linda Osborne formerly of Halifax, N. S.

Marshall Proffitt, Summerside spent part of the recent vacation at Kensington, guest of his grandparents, Mr. and Mrs. Ellis Proffitt.

Donald Young, who is serving with the Canadian Army returned to Petawawa, Ont. after spending the holidays with his parents, Mr. and Mrs. James Stewart, St. Mary's.

Rev. L.G. and Mrs. Caseley, Juniper, N.B. were recent guests of Mr. Caseley's parents, Mr. and Mrs. S.L. Caseley, Kelvin Grove.

Karlene Sharpe, Summerside East, spent the Easter hol-

WI Members Enjoy Contest At Clinton

It was decided to collect for the Salvation Army and the sum of \$10.00 was voted to be sent to the Cancer Society at the April meeting of Clinton WI, held at the home of Mrs. Wilfred Pickering on Tuesday evening.

Due to the absence of the president, the vice president, Mrs. Robert Heaney presided and opened the meeting with the "Thought for the month". Mrs. William Cotton was appointed to act as secretary and seven members responded to roll call

days at Margate guest of her grandparents, Mr. and Mrs. Standly Sharpe.

with "a household chore I enjoy". The sum of \$5.00 was voted for CAC subscription dues.

Several articles were passed in to the Red Cross convener, Mrs. Ivan Pickering and more work was given out. The members were reminded to save the Canada Packers labels for premiums.

The report of the school committee was given. Mrs. William Cotton will be hostess for the May meeting when roll call will be "If you could be some one else for a day, who would you like to be?"

Following business, the members enjoyed a contest prepared by Mrs. Wilfred Pickering. The hostess also served refreshments.

BULL FETCHES CASH

The grand champion bull at the 1966 Calgary Hereford bull sale, Standard D Brit's d'n's V fetched \$4,050.

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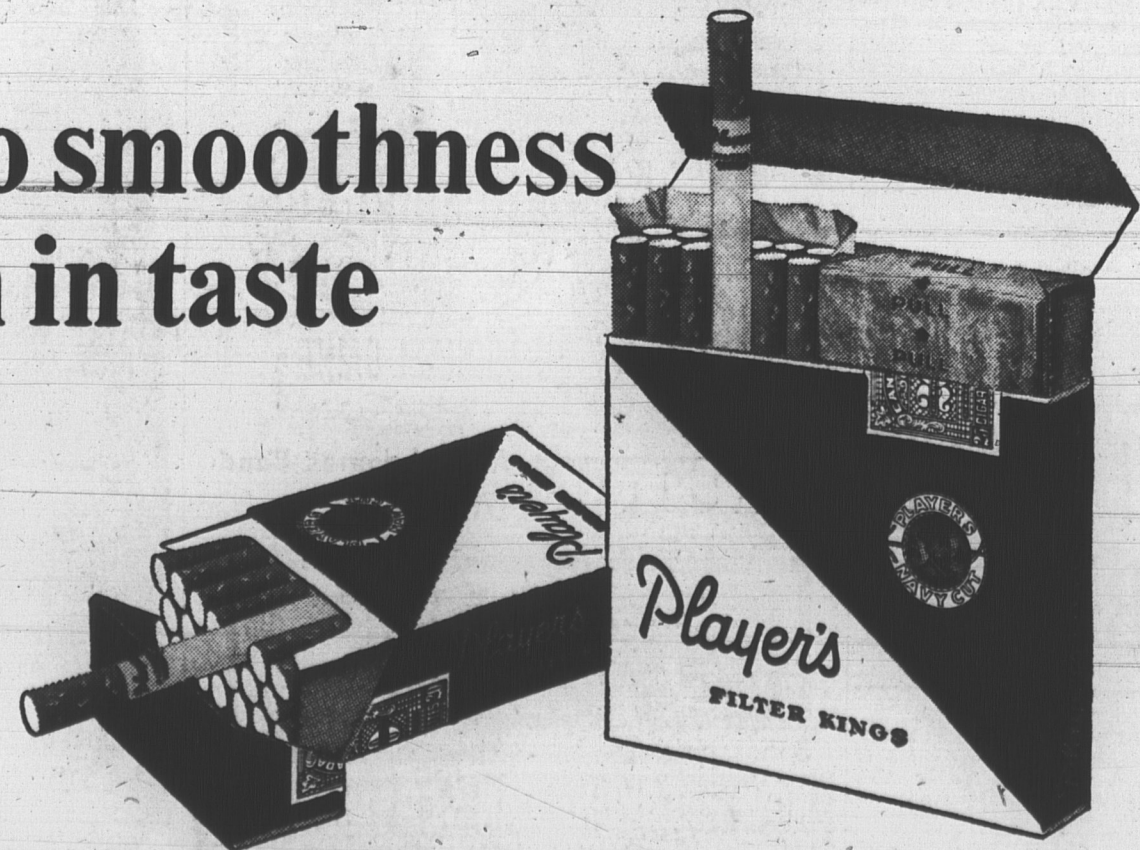


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