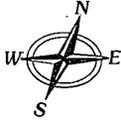


HOT DOG! IT'S HOT DOGS!



Americans put on the dog with regularity, and it's no wonder. Hot dogs are nutritious, satisfying and economical.

They boast the same amount of protein as an egg, but have 90% less cholesterol. Whether they're made with beef, pork, turkey, chicken, or a combination, they're an excellent source of complete animal protein and all eight essential amino acids. They contain protein, carbohydrates, fat, iron, thiamine, riboflavin, niacin, phosphorus, zinc, vitamins B-6 and B-12. All of which are good for one's body, and nobody can argue with that.

It's no surprise that hot dogs are top dogs when it comes to meal planning, but some of the toppings tossed on can be unexpected. (Also unsurpassed!)



North, south, east and west, all over the land, the preserving kettles are bubbling, the jelly bags are dripping, and gleaming glass jars are being filled with another summer's harvest.

And some are carefully inspected with a practiced eye. The clearest glass of jelly or marmalade, the perfect jar of raspberry jam is labeled and set aside.

These chosen few will be entered in the local county fair or even the great state fair.

Although the deep freeze gets its share of fruit and vegetables, the visual pleasure and sense of accomplishment of seeing those rows of jars upon the shelves is as great as it was in great-grandmother's time.

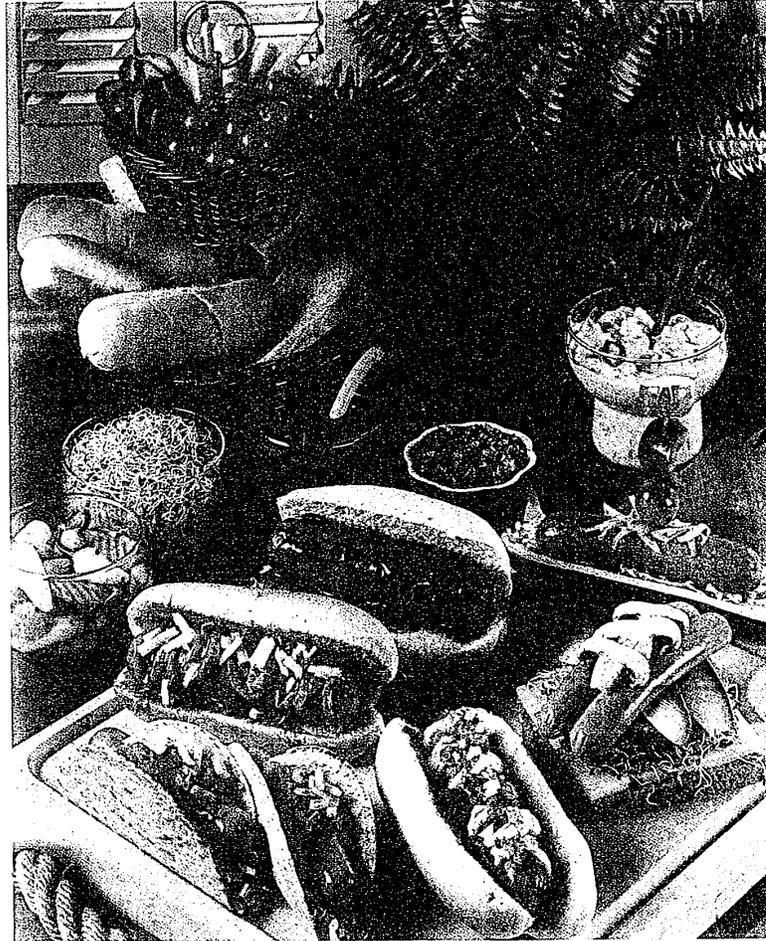
The advent of the dishwasher has done away with one of grand-mother's chores — the sterilization of the containers. One round in the dishwasher leaves them ready for canning.

The local sweet corn is coming on and there's no better recipe for corn relish than Gram Hart's. Here it is.

CORN RELISH

- 20 large ears sweet corn
- 6 green peppers, seeded and chopped
- 6 red peppers, seeded and chopped
- 4 large yellow onions, sliced
- 1 large head cabbage, chopped
- 4 cups sugar
- 2 tbsp. dry mustard
- 2 tbsp. celery seed
- 2 tbsp. salt
- 1 tbsp. ground tumeric
- 5 cups cider vinegar
- 1 cup water

* Cut corn off cobs. Combine with other ingredients. Cook for 20 minutes. Place in hot sterilized jars and seal at once. Makes 10 pints.



THE DO-IT-YOURSELF DOG:

A Party with Panache

The party buffet is here to stay, to the delight of the hostess and guests. It means less work for her, more fun for them, add—in this case — food fashioned to one's fancy. And since hot dogs are so inexpensive as compared to other party foods, one can really put on the dog with the toppings...

Absolute necessities: mustard (mild and hot), catsup, chopped onion, pickles, pickle relish. Taco sauce, barbecue sauce, stewed onions in tomato sauce, sour cream.

- Shredded lettuce, slaw, alfalfa sprouts, bean sprouts.*
- Olives, ripe and green. Peppers, hot and sweet.*
- Chunks of tomato, avocado, cucumber, pineapple.*
- Zucchini, mushrooms, avocado.*
- Chili, baked beans, corn relish, kraut, black-eyed peas.*
- Grated cheese, good old American, plus. Try feta, Monterey Jack, tilsit or caraway. (A small electric table-top oven would be handy for those who prefer their cheese melted.)*

- Bacon bits, onion salt, dill.*
- Celery salt, garlic salt, onion salt, dill.*

Bring forth a basket of wheat buns and rye, onion rolls, poppy seed rolls, caraway rolls. Try pita bread and taco shells, French bread as well as the basic bun.

Whatever you put on the dog, you'll have a doggone good party, or a great family meal. And that's the meat of the matter!

NEW YORK STYLE HOT DOGS

- 1 tablespoon butter or margarine
- 3/4 cup sliced onions
- 1/4 cup diced green pepper
- 2 cans (8-ounces each) tomato sauce
- 1 tablespoon Worcestershire sauce
- 1 teaspoon chili powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon dry mustard
- 1/2 teaspoon garlic salt
- Dash of MSG
- 1/4 teaspoon cayenne (optional)

*Hot dogs, heated
Buns or rolls, split and warmed
Butter*

Melt butter or margarine in a small skillet. Add onions and green pepper and saute until just tender. Stir in tomato sauce, Worcestershire, chili powder, cinnamon, mustard, garlic salt and MSG; simmer for 5 minutes. Arrange hot dogs in warmed, buttered buns or rolls. Top with sauce. Makes 3 cups sauce.

CALIFORNIA BUTTERFLY FRANKS

- 8 slices firm whole wheat bread
- Low-calorie mayonnaise
- 8 slices Swiss cheese
- 2 cups alfalfa sprouts
- 8 slices tomato
- Avocado, peeled and sliced
- 8 hog dogs, heated and split (butterflied)

Spread bread slices with mayonnaise. Arrange Swiss cheese, 1/4 cup alfalfa sprouts, tomato and avocado slices on each. Top with a "butterflied" hot dog. Makes 8 sandwiches.

HOT DOGS WITH DIXIE BARBECUE SAUCE

- 1 can (6-ounces) of tomato paste
- 1 cup pineapple juice
- 1/4 cup finely minced onion
- 2 tablespoons brown sugar
- 1/4 teaspoon hot sauce

*Grilled hot dogs
Buns or rolls, split and warmed*

Heat together tomato paste, pineapple juice, minced onion, brown sugar and hot sauce; simmer for 5 minutes. Arrange hot, grilled hot dogs in buns or rolls and cover with sauce. Makes approximately 2 cups sauce.