

# Create magic the French way

The French have a definitive eye on the potato... as well as on cheese. No other country can match the variety available in France, over 400 distinct and delicious varieties.

When the French combine both favorites, the results are sheer culinary magic. Either of the following recipes will make a big hit at your next dinner party. Or surprise your youngsters with some fancy potatoes plus

French cheese just for the family supper.

## POTATOES ROQUEFORT

(Makes 6 servings)

6 baking potatoes  
1 cup crumbled Roquefort  
Heavy cream  
Salt and pepper  
3 cup finely crushed French blue cheese  
1 clove garlic, mashed  
3 tbsp. melted butter

Baked scrubbed potatoes in moderate oven

(350 degrees) for 1 hour or until easily pierced. Slice off tops and scoop out potatoes. Reserve shells. Mash potatoes and beat in Roquefort. Gradually beat in cream until potatoes are light and fluffy; season with salt and pepper. Spoon mixture into reserved potato shells. In bowl, mix crumbs, garlic and butter; sprinkle over potatoes. Bake at 350 degrees for 20 to 25 minutes or until brown and crusty.

## POTATOES A L'ALSACIENNE

(Makes 6 servings)

1/2 cup butter  
1 small green cabbage, cored and chopped  
2 large onions, chopped  
6 potatoes, cooked, peeled thinly sliced  
1/2 cup flour  
1 can chicken broth  
2 cups grated (10 oz.) Beausmont, Doux de Montagne or St. Paulin cheese

In large saucepan or Dutch oven heat butter

and saute cabbage and onions until wilted. Place cabbage, onions and potatoes into shallow 3-quart casserole. Stir flour into pan juices. Gradually stir in chicken broth. Stir over low heat until sauce bubbles and thickens. Pour sauce over vegetables. Sprinkle top of casserole with grated cheese. Bake in preheated moderate oven (350 degrees) for 40 to 45 minutes or until brown and bubbly.

# Keep herbs dry, cool

Not many household cooks know that the best place to store herbs and spices is in your refrigerator. And the worst place is where many people store them—in a cabinet right next to the stove.

"The heat and moisture from cooking destroy their flavor and aroma," says John Mann, vice president for worldwide quality at Kentucky Fried Chicken and an expert on spices. "Most seasonings will keep their potency for up to two years if they're stored properly," Mann said. He recommends storing them in sealed plastic bags or glass jars in the freezer or refrigerator.

Mann suggests the following tips for cooking with spices:

- Fresh herbs should be minced or chopped as needed; store them whole in sealed plastic bags in the refrigerator and use as soon as possible.
- Herbs become concentrated in the drying process, so use much less of the dried herb than you would of its fresh equivalent.
- Crumble dried herbs to release their flavor before adding them to the dish you're preparing.
- When browning meat and herbs in a pan, brown meat first; then add herbs to prevent them from frying to a crisp.
- When you try a new herb or spice, use it sparingly at first. Flavor increases during the cooking process.

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## Diet Pill Sweeping U.S.

### New Grapefruit 'Super Pill' Gives Fast Weight Loss

No Dieting - Eat All You Want Pill Does All the Work

BEVERLY HILLS, CA. (Special)—An amazing new "super" grapefruit pill has recently been developed and perfected that reportedly "guarantees" that you will easily lose at least 10 pounds in 10 days. Best of all, it allows you to "eat as much as you want" of your favorite foods and still lose a pound a day or more starting from the very first day until you achieve the ideal weight and figure you desire.

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Pill Has ALL Daily Vitamins The powerful and unique combination of ingredients are what make this a "super-pill." It contains highly potent grapefruit concentrate and a diuretic to help eliminate bloat and puffiness. No need to take any vitamins to maintain your good health and energy. The pill is fortified with ALL (100%) of the U.S. Government daily vitamin requirements.

Contains Japanese 'Glucosannan' Each pill also contains an amazingly effective amount of "glucosannan", the remarkable natural dietary fiber discovery from Japan (used successfully for over 1500 years) that expands in your stomach and gives you a full and satisfied feeling all day long.

The super-pill is already sweeping the country with glowing reports of easy and fast weight loss from formerly overweight people in all walks of life who are now slim, trim, and attractive again.

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