Dive into dishes with varieties of noodles

"IT IS GOOD for people with health problems," said Maciaszek. Both Schmidt Noodles and Herb's Homestyle Pastas are sold national-ly, and are widely available in this

y, and are widely available in this area.
Rosemary Squires of Birmingham learned to "fast cook," as she calls it, when her husband was in college and she was working.
"We'd get home and be starving," said Squires.
Source would gut a not of mater.

PETER MACIASZEK'S quick pas-ta favorite is to cook a bag or part of a bag of Herb's Homestyle Paraley Garile Fetucine and toss with some melted butter or margarine, salt, peper and Romano cheese. For an extra special treat, he suggests add-ing some abrimp and scallions. Easy and delicious. said Squires.

Squires would put a pot of water on the stove, add a handful of noodles and dream up some flavor for a sauce. Squires cooks with her imagina-

"I think what I want it to taste like

"It think what I want it to taste use and put things together. Sometimes it works and sometimes it doesn't." Over the years, Squires' husband has become a taste-testing expert. She likes to buy the low-calorie noo-dle brands, which are seen more fre-

CHICKEN CARUSO (Recipe from Rosemary Squires)

Lightly dredge two large boneless (split) chicken breasts in flour and brown the four pieces in three orfour tablespoons olive oil. Sprinkle with salt, pepper and paprika while

browning. Add ¼ cup water, cover and cook on low for 12-15 minutes, Remove chicken breasts from pan and set aside. After removing browned breasts, make sauce in

and delicious.

And, in case you are wondering what famous people like Mitch Miller grab for a quick diet lunch, try this. Cook pasta, add low fat cottage cheese and sprinkle with parmesan cheese and pepper.

quently on grocery shelves.

One of Squires' favorite fast-cook meals is goulash. In a frying pan she cooks ground beef, onlone, canned to-malo, sall, pepper, a bit of sugar and meacroni. She then puts the mixture into a casserole and bakes it with Velveeta cheese on top for 30 minutes. (Squires uses frozen onlons rather than chopping fresh. "You can't tell the difference.")

Sauce
1 can Campbell's tomato soup
1 can (8 ounce) Hun's tomato sauce
1 can (14% ounce) Del Monte Italian
Style stewed tomatoes
2 teaspoons Kitchen Bouquet

tablespoon worcestershire sauce % teaspoon cum 2 teaspoon sugar

Cook sauce (uncovered) for 12-15 minutes on low beat. Reserve 1/2 to 1/4 cup sauce to use later.

While sauce is cooking, cook four generous servings Prince Light Thin spaghett in boiling, satted water with one tablespoon oil added. Stir constantly to prevent sticking, Cook al dente. Drain spaghetti and run cold water over it to separate.

Put spaghetti into Pyrev dish approximately 8 by 11 inches. Pour ¾ of sauce onto spaghetti, lay the four pieces of browned chicken on top of spaghetti and pour the remainder of sauce on top. Sprinkle generously with grated Parmesan cheese.

Bake, covered with foil, for 40 minutes at 350 degrees. Uncover and bake for five more minutes.

Server four, Reserved sauce can be used for garnishing.

Serving suggestions: Serve with tossed salad (marinated artichoke hearts added to salad are great) and hot bread.

APRICOT NOODLE PUDDING (Recipe from Rosemary Squires) pound wide noodles

w pound wide noodles
I coup milk
% pound cottage cheese, dry (or
small curd cottage cheese)
% plut sour cream
2 eggs
% cup pugar
I tenspoon suit
2 featwork vanilla

teaspoons vanilla i pound butter, melted can (13½ ounces) crushed pineap-le, drained pie, urameu 14 box dried apricots, cut up

Topping: 1% cups crushed corn Topping: 1% cups crushed corn flakes, clinamon and sugar to taste. Cook noodles and drain. Mix with other ingredients, Place in 18 by 9 by 2 inch Pyrex dish. Top with corn flakes mixed with clinamon and sugar. Dot with butter, Bake at 350 degrees for one hour, cool 15 minutes before cutting. Serves 12.

Start cooking: ¼ pound Herb's whole wheat flats

Saute: Saute:

1 stablespoon butter
1 small onion, finely chopped
½ pound mushrooms, halved
1 to 2 cloves garlic crunhed
(add 2 tablespoon fresh, or 1 tablespoon dried, parsley when onion is
almost done)

almost done)
Sitr la:
I dashes worcesteraltre sauce
Remove from heat and just before
serving sitr in:
I cup collage cheese, blended
smooth with % cup yogurt
salt and fresh pepper to aste
Serve immediately over hot whole
wheat noodles and garnish with
more naralley.

more paraley.

HERB'S GARLIC VINAIGRETTE

HERBS GARLIC VINAIGRETTE
DRESSING AND PARSLEY
GARLIC FETTUCINE
1 teaspoon dry mustard
1 tablespoon water
1 clove garlic, finely minced
1 teaspoon granulated sugar
1 teaspoon sait
1 teup olive oil
3 tablespoons lemon juice or wine vinegar

1 teaspoon freshly grated onion (optional)

Combine the reveted with

tional)

Combine the mustard with the water and let it stand for 10 minutes, then add the garlic, sugar, salt and olive oil and let stand for one hour. Add the lemon juice or vinegar and the noino, then pour into a screw-top jar and shake well. Cook 8-ounce bag of Herb's parsley garlie fettucine according to instructions and pour dressing over fettucine for a delicious side dish.

Bakery

White

Bread

3/200

Fried Cake 2 / 300

French



Rosemary Squires of Birmingham gets ready to put an easy meat on table featuring chicken Caruso, which is a combination of chicken breasts, stewed tomatoes and thin spaghetti.

Dessert buffet for change

AP — A more casual alternative to a formal dinner party is the descert buffet, with coffees and cognac. Some suggestions:
Plan to serve three to four descrits for 10 to 15 guests, four to five desserts for a group of 20 or 25.
Mix mugs with coffee cups and pull out the extra plates from the cupboard.
A tray of three or four varieties of cognac, French brandy, cases the need for an elaborate bar setup.
Another idea is to add alcobal to the hot coffee and top it with whipped cream and garnish.
For cafe Italiano, and an ounce of amaretto; for Dublin coffee, an ounce of Irish Mist Caribbean coffee calls for an ounce of Kahlua and half-an-ounce of rur, and Kloki coffee is made with an ounce of Kahlua fee is made with an ounce of Kahlua and an ounce of brandy.

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Coffee

Cat Food...

Beg, or No tare + 15-17 cz. C. Premich Style or Beg. Cut Cre

Del Monte Vegetables.

Purina 1004 / 100

2/100

8 Pack + deposit





creamy Blends 2/100 FAME 100





deep yellow fruits and veg-etables rich in vitamins A

-3. Include cabbage, broc-colt, brussels sprouts, kobl-rabi and cauliflower.

14. Be moderate in con-sumption of salt-cured, smoked, and nitrite-cured foods.

5. Cut down on total fat intake from animal sources and fats and oils.6. Avoid obesity. He moderate in con-sumption of alcoholic

No one faces cancer alone.