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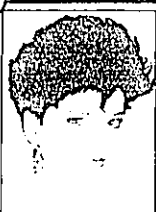
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Cookbooks as gifts

Continued from Preceding Page

This book offers a whole new concept on how to prepare portable meals. Happel, food and nutrition editor of Redbook magazine, has written a book, an eminently portable book, for those who care enough to eat the very best — nutritious brown-bag lunches. Between the covers are more than 200 fast, easy and satisfying meals to take to school, the office, anywhere and everywhere.

If you were laboring under the impression that lunch away from home consisted mainly of gloppy sandwiches, Happel's book should change your mind pronto. In it you'll discover all kinds of recipes from lovely lunch-box soups to tempting dessert treats, plus cooking and preparation tips, recommended equipment, speedy shortcuts and tips for dieters. It's a great stocking stuffer.

"Authentic Cajun Cooking," by Paul Prudhomme.

The McIlhenny Co., makers of products bearing the Tabasco label, and Chef Paul, owner of K-Paul's

Restaurant in New Orleans, maximized on their friendship to produce this big softcover book, illustrated in full color and spiced with photos and vignettes from the master cook's childhood.

The book contains 17 special recipes to enable everyone to share the culinary magic of Cajun cooking. For a copy, send name and address with a check for \$1.75 to "Authentic Cajun cooking," McIlhenny Co., Avery Island, LA 70513.

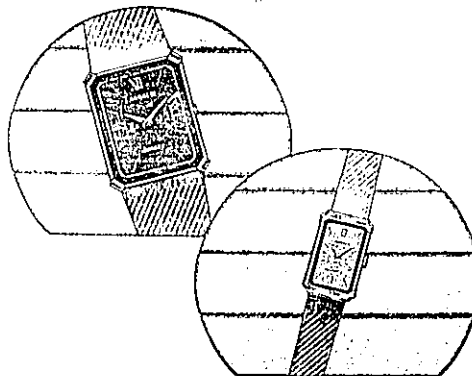
"16 Classic American Recipes," by Jean Anderson.

The McIlhenny Co. combined forces with Anderson, author of "The Grass Roots Cookbook," to create yet another large cookbook. It brings to life America's culinary heritage from 16 regions of the United States with details on the people, the times and origins of such dishes as chili, shrimp jambalaya, black bean soup, Maryland chicken and more.

For a copy of this book, send name and address with a check for \$1 to: "16 Classic American Recipes," Department 16, McIlhenny Co., Avery Island, LA 70513.

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