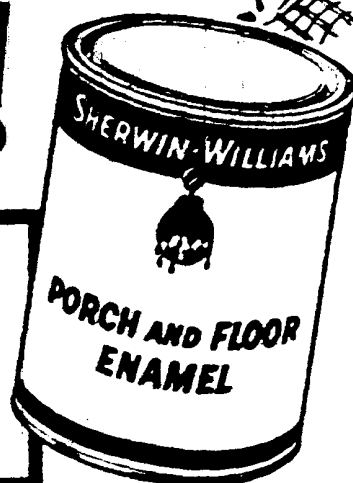


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PRE-CUT

GET MOST OF

A Hot Short Cut: 1

Home economist Ruth Bean convinced that women like idea of preparing a whole meal at one time, in the oven of kitchen range—main course, table, sometimes hot bread, dessert. So sure is she that keeps homemakers from feeling kitchen-bound, that she has written "All-in-One Oven Meals" (Barrett \$2.95) devoted to just this kind of meal.

Her cookbook is widely used not only because of its practical menus and recipes—but because she has one section devoted to meals to be placed in a preheated oven. This means that you can prepare foods in advance and refrigerate them until cooking time.

As reassurance here, Mrs. Bean says, "Do not hesitate to move your baking dishes from the refrigerator into a hot oven. The temperature difference between refrigerator and room is rarely more than 40 degrees, but there may be a 100 degrees difference between refrigerator and oven temperature. The additional 40 degrees will not matter."

A second section of "All-in-One Oven Meals" takes homemakers into the field of cold oven meals. This method is particularly satisfactory with clock controlled ovens.

A third section is concerned with broiler meals. And still another feature, the index, lists menus that take 30 minutes or less cooking time, those that take 60 minutes or more, and those that need more than 60 minutes' oven time.

Here is a menu adapted from Mrs. Bean's book. When we set it in a gas oven, all we did was set the oven for the right temperature.