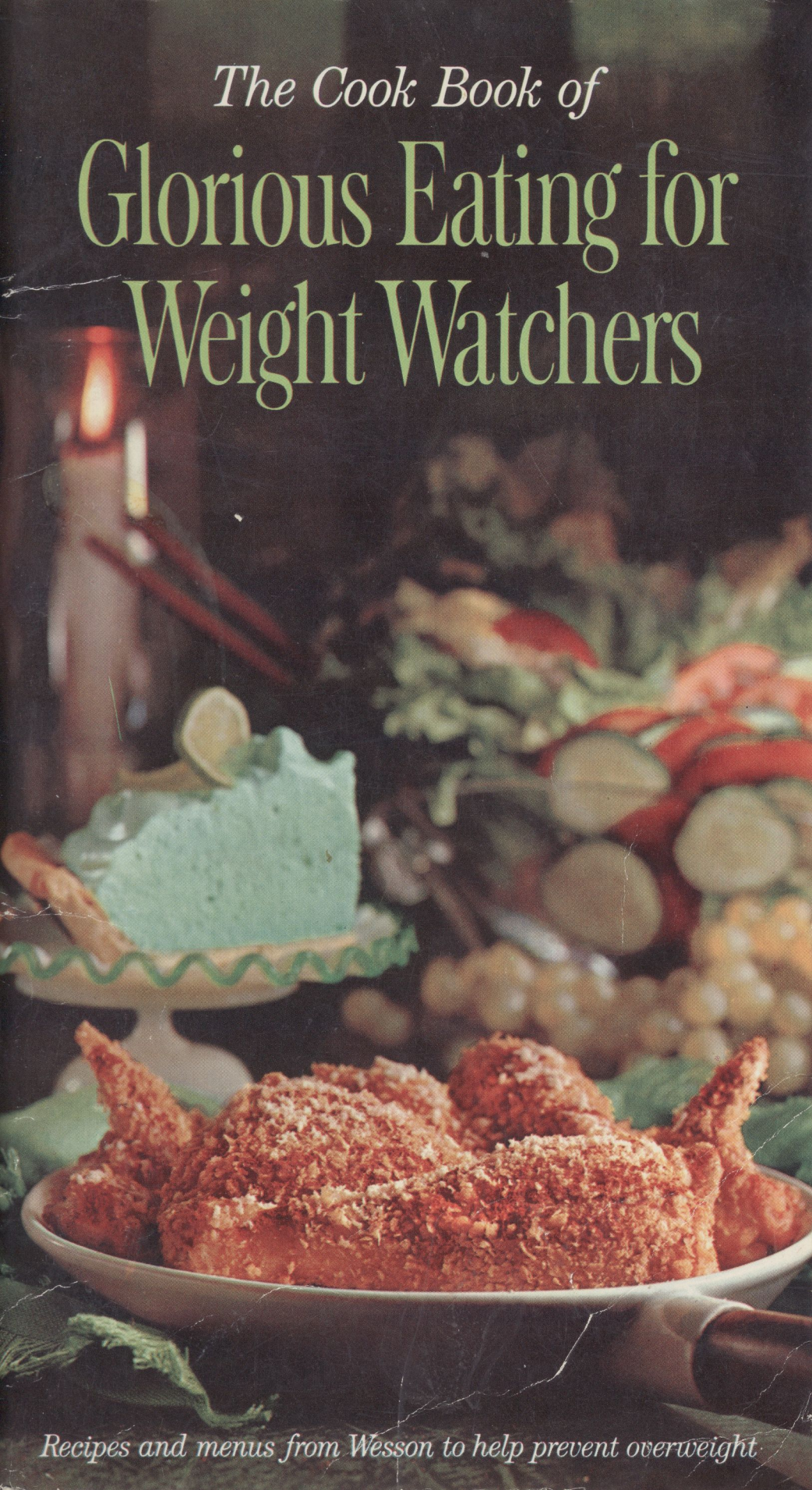
The Cook Book of

Glorious Eating for Weight Watchers



Recipes and menus from Wesson to help prevent overweight

The Cook Book of

Glorious Eating for Weight Watchers

The cook book designed to help prevent overweight without giving up delicious foods.

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WEIGHT CONTROL MENUS APPEAR ON THE FOLLOWING PAGES—9, 18, 25, 29, 37, 43, 53, 62, 69, 72, 77, 83

Menus in this book fulfill the recommended dietary allowances of the Food and Nutrition Board of the National Research Council.

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◀ *French Omelet Creole, Broiled Grapefruit*

Your happy way to proper weight

Never before have you seen a cook book like this one! Here is the book designed to give you and your family glorious, nutritious eating and at the same time help prevent overweight—America's Number One health problem.

In these hundred pages are the recipes and complete menus that will help you and your family develop such good and enjoyable eating habits that you need *never turn to strenuous dieting*. By following these simple principles of good eating and good nutrition—starting with the instructions on page 4—you can learn to keep your weight at its best level all through life. No healthy member of your family need ever get fat, once you learn how easily you can help them to avoid it.

The happy surprise here is how wonderfully well you can eat without adding pounds. You will learn how to have your cake and eat it, too . . . have Italian Spaghetti, Buttermilk Biscuits, Pancakes on Sunday, French Fries with your steak. Enjoy mouth-watering desserts, festive party hors d'oeuvres, even between-meal snacks—prepared with the light, fresh delicacy of Wesson.

Menu after menu through the book will show you how to plan wholesome, nutritious meals around the foods you love best. If some members of the family need to lose weight—or some need to gain weight—you will learn how to help them with *the same meal*. And to help you plan your *own* menus, Wesson has counted the calories for you in every recipe throughout the book.

You'll find none of the pitfalls of temporary diets in this permanent way of weight control. So many diets fail, because they either attempt to cut out all fats or limit them too severely. In doing so, they leave you hungry all the time, or they are so monotonous and unappetizing that they are difficult to follow. The Wesson way overcomes this by making meals wonderfully appetizing and different every day. Wesson dishes are delicious and *satisfying*. Sparkling pure Wesson is your finest source of lasting food energy.

You'll even get more nourishment and staying power from vegetables prepared with Wesson. It helps to keep in certain vitamins that usually go down the drain when you pour off the water. Too, Wesson helps to control calories exactly. You pour it to measure, easily and accurately. Wesson is *never* hydrogenated and so it is *poly-unsaturated* as only pure vegetable oil can be.

A trim attractive figure is its own reward. More important, it can help you enjoy better health, even increase your chances of a longer, happier, more active life.

With the help of your new Wesson Cook Book you and your family need not become overweight. With glorious proper eating you can avoid America's Number One health problem forever.

NOTE—for those on strict cholesterol depressant diet routines: As a public service Wesson has prepared a Cholesterol Depressant Cook Book. *In accordance with medical ethics, this is available to you through your physician.*

How to find your calorie quota

The chart below will help you approximate your best weight. (The most accurate determination, naturally, can be made by your physician. *Overweight or underweight by more than 10 percent may indicate a condition requiring medical treatment.*)

How to find the total number of calories you should eat each day to achieve and maintain best weight:

- extremely active adults, whose work uses muscular activity, and fast-growing teenagers should multiply their *best* weight by *20*
- moderately active adults should multiply their *best* weight by *17*
- adults whose work is mostly sedentary should multiply their *best* weight by *15*

EXAMPLE: Mary Jones is 5′4″ tall, of small frame and moderate activity. Her best weight is about 110 pounds. $110 \times 17 = 1870$, the total number of calories needed daily to maintain her best weight.

It's so easy—if you can count, you can reach and maintain your best weight through life.

MEN . . . *Desirable weight for men of ages 25 and over.*

HEIGHT (WITH SHOES ON) 1-INCH HEELS		WEIGHT IN POUNDS ACCORDING TO FRAME (IN INDOOR CLOTHING) SMALL FRAME	MEDIUM FRAME	LARGE FRAME
5 feet	2 inches	112-120	118-129	126-141
5	3	115-123	121-133	129-144
5	4	118-126	124-136	132-148
5	5	121-129	127-139	135-152
5	6	124-133	130-143	138-156
5	7	128-137	134-147	142-161
5	8	132-141	138-152	147-166
5	9	136-145	142-156	151-170
5	10	140-150	146-160	155-174
5	11	144-154	150-165	159-179
6	0	148-158	154-170	164-184
6	1	152-162	158-175	168-189
6	2	156-167	162-180	173-194
6	3	160-171	167-185	178-199
6	4	164-175	172-190	182-204

How to use the suggested menus

In each section you will find inviting menus planned for you for a complete day and given at three calorie levels. Each has been planned to fulfill the recommended dietary allowance of protein, vitamins and other nutrients in accordance with the recommendations of the Food and Nutrition Board of the National Research Council. Each menu enables you to serve the same basic meal to all members of the family with simple adjustments to the individual calorie needs.

■ The 2600 calorie menus will serve to maintain present weight for men of average height who are moderately active.

■ The 1800 calorie menus are for women of average build who want to maintain proper weight, also for men of average height who want to reduce.

■ The 1200 calorie menus are a guide to women and men of small frame who need to lose weight.

Must you count calories all of your life?

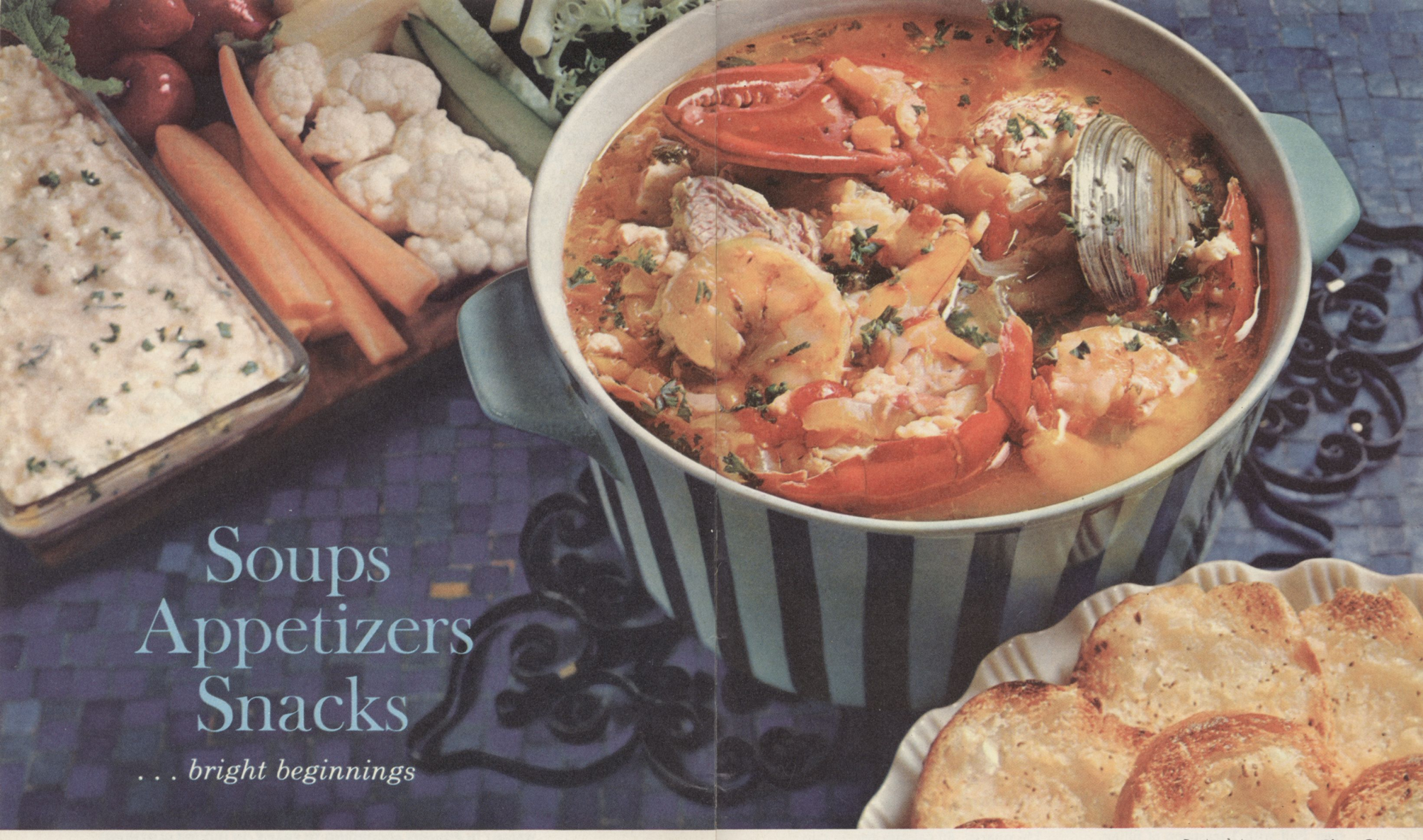
No! After a period of counting, you can learn to develop good new eating habits. You will find a new sixth sense about the amount and kinds of food you can enjoy to maintain proper weight. Let your bathroom scale be your guide. Weighing regularly is an important aid to weight control. Weigh once a week, preferably on the same day and before breakfast. We all experience natural daily fluctuations of a pound or two in weight, which are of no significance. That's why *weekly* weighing is a surer plan. By weighing regularly, the bulges you battle can all be small ones.

Good luck!

WOMEN . . . *Desirable weight for women of ages 25 and over.*

HEIGHT (WITH SHOES ON) 2-INCH HEELS		WEIGHT IN POUNDS ACCORDING TO FRAME (IN INDOOR CLOTHING) SMALL FRAME	MEDIUM FRAME	LARGE FRAME
4 feet	10 inches	92- 98	96-107	104-119
4	11	94-101	98-110	106-122
5	0	96-104	101-113	109-125
5	1	99-107	104-116	112-128
5	2	102-110	107-119	115-131
5	3	105-113	110-122	118-134
5	4	108-116	113-126	121-138
5	5	111-119	116-130	125-142
5	6	114-123	120-135	129-146
5	7	118-127	124-139	133-150
5	8	122-131	128-143	137-154
5	9	126-135	132-147	141-158
5	10	130-140	136-151	145-163
5	11	134-144	140-155	149-168
6	0	138-148	144-159	153-173

For girls between 18 and 25, subtract 1 pound for each year under 25.



Soups Appetizers Snacks

. . . bright beginnings

Bouillabaisse, Cottage Cheese Dip

New ideas to begin meals on a bright note or provide extra energy for youngsters or the man on the go all day. By planning these foods as part of your family's daily menu, you can help them avoid the nibbling that adds uncounted calories.

Far too many youngsters today fill up on the wrong kind of snacks. Wesson helps you give them foods they crave, yet which contribute to good nutrition and to good eating habits. Because Wesson, itself, provides long-lasting food energy, it helps to make these goodies especially satisfying. And with delicate Wesson the eating is delicious.

COTTAGE CHEESE DIP

4 ounces cottage cheese
½ cup Wesson 1-Minute French Dressing (p. 55)
1 teaspoon horseradish
Few drops Worcestershire sauce
1 teaspoon chopped parsley
Garlic, optional

Rub bowl with cut clove of garlic. Mash cheese. Blend in French Dressing. Add other ingredients. Use for a dipping sauce with crisp vegetables. About ¾ cup. 70 calories per tablespoon.

HERB SAUCE FOR SHRIMP

3 tablespoons Wesson
3 tablespoons tarragon vinegar
1 tablespoon minced chives
1 tablespoon minced parsley
½ teaspoon salt
¼ teaspoon pepper
½ teaspoon paprika
¼ teaspoon oregano

Mix ingredients together. Chill in refrigerator to blend flavors. Stir and serve as a dip or sauce for shrimp. 4 to 6 servings. 45 calories per tablespoon.

MARINATED ARTICHOKE HEARTS

1 package (10 oz.) frozen artichoke hearts or 2 cans (8 oz. size)
⅓ cup Wesson
2 tablespoons vinegar
1 clove garlic, crushed
½ teaspoon salt
¼ teaspoon pepper
Pinch oregano or parsley
Dash Tabasco

Thaw frozen artichokes or drain and rinse canned artichokes and, if whole, cut in half. Combine remaining ingredients in a saucepan. Simmer frozen artichokes in dressing till tender. For canned artichokes, heat through in dressing. Serve hot or cold, as an hors d'oeuvre. 8 servings—95 calories each.

APPETIZER PUFFS

1 recipe Cream Puffs (p. 82)
1 recipe Seafood Mix (below)

Heat oven to 400° (hot). Prepare Cream Puff batter; drop by teaspoonfuls on unoiled cookie sheet. Bake about 20 minutes until lightly puffed and browned. Cool and fill with Seafood Mix. Makes 2½ dozen. 30 calories per puff; 40 calories each with filling.

SEAFOOD MIX

1 cup flaked shrimp or crab meat
⅓ cup finely chopped celery
1 teaspoon minced parsley
Few drops onion juice
2 tablespoons Mayonnaise (p. 57)

Combine ingredients. Fill each Appetizer Puff with 1 teaspoon of filling.

TOMATO BAGNA CAUDA

A calorie-saving version of the famous Italian "hot bath" for raw vegetables.

1 can (8 oz.) Hunt's Tomato Sauce
¼ cup Wesson
1 tablespoon anchovy paste
1 or 2 cloves garlic, mashed
Dash pepper
Pinch tarragon

Heat all together, stirring until smooth. Keep hot over burner. Serve with raw vegetables—such as mushrooms, broccoli stalks, carrot and celery sticks, cauliflowerets. Let guests dunk vegetables into the "hot bath". Makes about 1¼ cups. 45 calories per 1½ tablespoons (plus calories of vegetables).

TOASTED PARTY MIX

1½ cups ready-to-eat oat cereal
1½ cups bite-size rice biscuits
2 cups rice puffs
1½ cups bite-size shredded wheat biscuits
½ cup Wesson
1 tablespoon Worcestershire sauce
1 teaspoon garlic salt
1 teaspoon onion salt
1 teaspoon celery salt

Combine cereals in a large oblong roasting pan or cookie sheet with a rim. Stir together Wesson, Worcestershire sauce, and seasonings. Pour over the cereal mixture and toss. Bake 30 minutes in a slow oven (300°), stirring every ten minutes, until browned. Cool. Store in an airtight container. Makes 1½ quarts. 80 calories per ¼ cup.

Having a party? Appetizer Puffs can be baked early in the day then filled with this festive seafood mixture shortly before guests arrive. (Recipe above.)

Menu 1

2600 CALORIES

BREAKFAST

Grapefruit half	50
Ready-to-eat wheat cereal, 1 cup	100
Whole milk, 1 cup	165
Sliced banana	85
Slice toast	60
Butter pat	50
Jam, ½ tablespoon	25
	535
Coffee or tea with cream or milk and sugar, average 3 cups a day	150

LUNCH

Liverwurst Sandwich 2 oz. liverwurst 2 slices bread**	270
Green salad with *Chef's Dressing, 2 tablespoons (page 57)	135
Blue cheese, 1 oz.	105
Canned apricot halves, 4	90
	600
Free calories—for drink before dinner or extra snack	125

DINNER

*Tomato Bagna Cauda, 1½ tablespoons (page 8)	45
Carrot half	10
Celery, 3 sticks	10
Asparagus, 2 spears	5
*Oven-Toasted French Bread, 2 chunks (page 46)	180
*Broiled Chicken, extra portion white meat (page 36)	330
*Broiled Potato Slices, ½ potato (page 64)	105
*Skillet-Braised Broccoli (page 61)	65
*Open-faced Fruit Tart (page 90)	275
	1025

SNACK

Whole milk, 1 cup	165
Total calories for day	**2600**

*See recipe.

**Mustard, catsup, relish and other condiments or herbs may be added with moderation in all menus.

1800 CALORIES

BREAKFAST

Grapefruit half	50
Ready-to-eat wheat cereal, 1 cup	100
Whole milk, 1 cup	165
Raisins, 1 tablespoon	25
Slice toast	60
Butter pat	50
	450
Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

Liverwurst Sandwich 2 oz. liverwurst 2 slices bread	270
Green salad with *Chef's Dressing, 2 tablespoons	135
Canned apricot halves, 2	45
	450

DINNER

*Tomato Bagna Cauda, 1½ tablespoons	45
Carrot half	10
Celery, 3 sticks	10
Asparagus, 2 spears	5
French bread, one-inch slice	50
*Broiled Chicken	230
*Broiled Potato Slices, ½ potato	105
*Skillet-Braised Broccoli	65
*Open-faced Fruit Tart	275
	795

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	**1785**

1200 CALORIES

BREAKFAST

Grapefruit half	50
Ready-to-eat wheat cereal, 1 cup	100
Skim milk, 1 cup	90
Raisins, 1 tablespoon	25
	265
Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

Open-faced Liverwurst Sandwich 2 oz. liverwurst 1 slice bread	210
Green salad with *Chef's Dressing, 2 tablespoons	135
Canned apricot halves, 2	45
	390

DINNER

*Tomato Bagna Cauda, 1½ tablespoons	45
Carrot half	10
Celery, 3 sticks	10
Asparagus spears, 2	5
1 rye wafer	25
*Broiled Chicken, breast only	190
*Broiled Potato Slices, ½ potato	105
*Skillet-Braised Broccoli	65
	455

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	**1200**

Soups ... *the best are yours*

The bracing, warming satisfaction of a brimming bowlful of homemade soup plays an important part in weight maintenance meals. As a main dish, even hearty soups can be enjoyed in a weight-control program. Try Bouillabaisse as a delicious example, accompanied by hot toast rounds and a crisp Wesson salad. Serve Chinese Chicken and Mushroom Soup as a light starter for a more elaborate supper. Soups show off their best and brightest flavors homemade with light, delicate Wesson, the pure vegetable oil.

BOUILLABAISSE

Pronounced Boo-ya-bas', this glorious seafood creation is an ideal party dish.

- 1½ pounds live lobster, or frozen lobster tails, split
- ¾ pound striped sea bass or mackerel
- 1½ pounds red snapper or bluefish
- 1 dozen uncooked shrimp, shelled or 1 can (5 oz.) shrimp
- 1 dozen clams or 1 can (10 oz.) clams with shells
- ¼ cup chopped carrot
- 2 onions, sliced
- ¼ cup Wesson
- 3 sliced tomatoes or 2 cups canned tomatoes
- 2 cloves garlic, minced
- 2 tablespoons chopped parsley
- ¼ teaspoon saffron, optional
- 1 bay leaf, crumbled
- ¼ teaspoon thyme
- ½ tablespoon salt
- Freshly ground black pepper
- 6 one-inch slices French bread

Cut up lobster leaving shell on. Cut bass and snapper in 1-inch slices. Shell shrimp. Scrub clams thoroughly to remove all outside sand and grit. Saute carrot and onion in Wesson for 10 minutes in a large pot. Add tomatoes, garlic and other seasonings. Add lobster and 2 quarts of water, bring soup to boil. Reduce heat and simmer for 15 minutes. Add bass and snapper and cook for 10 minutes. Add shrimp, clams, and cook for 8 minutes or until shells open. Serve with French bread. 6 generous servings—305 calories each.

You just pour Wesson for a quick start in all recipes that call for browning or sauteing of seasonings.

SPINACH VELVET SOUP

- 2 tablespoons Wesson
- 1 small onion, minced
- 1 tablespoon flour
- 2½ cups skim milk
- 1 bouillon cube
- 1 cup cooked spinach
- Salt, pepper

Heat Wesson in a saucepan. Add onion and cook a few minutes. Stir in flour and allow onion and flour to brown lightly. Sieve spinach with sauce or whirr in blender. Add to milk, bouillon cube; bring to boil stirring constantly. Simmer 2 to 3 minutes. Season with salt and pepper. Serve hot or iced. Garnish with a slice of lemon in each bowl and a sprinkling of fresh grated nutmeg. 6 servings—95 calories each.

SAUERKRAUT SOUP

- 1 pound short ribs of beef
- ½ cup chopped onion
- 2 tablespoons Wesson
- 1 can (1 lb. 14 oz.) sauerkraut
- 6 cups fat-skimmed stock or 6 cups bouillon made with bouillon cubes
- 1 can (1 lb.) tomatoes
- 10 peppercorns
- 2 bay leaves

Remove fat from bones, but leave meat. Brown onion and bones in Wesson, then add kraut and toss in the drippings. Add remaining ingredients; bring to boil and simmer for 40 minutes. Lift out bones, peppercorns and bay leaves. Scrape off all meat from the bones, cut into chunks and add to soup. Check salt seasoning and serve. 12 servings—135 calories each. Note: Leftovers freeze perfectly!

FRENCH ONION SOUP

6 large white or yellow onions, sliced
¼ cup Wesson
6 bouillon cubes dissolved in 6 cups water (or use canned bouillon)
Salt and pepper to taste

Saute onions in Wesson in a saucepan till transparent and soft. Add bouillon, then season to taste with salt and pepper. Bring to a boil. Reduce heat, simmer 5 minutes until flavors are blended. 6 servings—155 calories each.

CHINESE CHICKEN-MUSHROOM SOUP

½ pound raw chicken breast
1 teaspoon salt
1 tablespoon cornstarch
3 tablespoons cold water
1 tablespoon soy sauce
4 cups chicken stock or bouillon
4 fresh mushrooms, sliced or 1 can (2 oz.) sliced mushrooms
1½ tablespoons Wesson
2 tablespoons lemon juice

Skin chicken and slice into 10 pieces. Sprinkle with ½ teaspoon salt and let stand for 30 minutes. Mix cornstarch with cold water; add with remaining salt and soy sauce to the stock, bring to boil; simmer chicken in this for 5 minutes. Saute mushrooms for a few minutes in Wesson. Add the mushrooms and lemon juice to stock with a little more salt if needed. Heat gently without boiling. Serve with a thin lemon slice in each bowl. 5 servings—145 calories each.

PAN FRIED CROUTONS

Crusty bits—delicious in soups and salads.

Heat 2 tablespoons Wesson in 8-inch skillet. If desired, mince and saute 1 small clove garlic in Wesson. Add 1 cup dry bread cubes and stir constantly till bread is brown. Drain well and use as directed. Can be stored in air-tight jar in refrigerator, or frozen. 370 calories per cup; 60 calories per ⅙ cup.

GAZPACHO

Pronounced Gahz-pa-cho, often called the "salad soup" in Spanish restaurants. A cool, refreshing first course.

1 cup bread crumbs
2 tablespoons red wine vinegar
2 cloves garlic
2 cucumbers
1 green pepper
1 onion
⅓ cup Wesson
½ cup water
1 cup tomato juice
1 teaspoon salt
¼ teaspoon pepper

Soak crumbs in vinegar. Chop vegetables coarsely and whirr in blender with the oil and water (do in two portions). Stir in crumbs, tomato juice. Season with salt and pepper. Or—chop vegetables finely together, then stir in oil, water, tomato juice, soaked crumbs and seasonings. Chill well; serve with 1 cup croutons (recipe above). 6 servings—without croutons—160 calories each; with—220 calories each.

Chinese Chicken-Mushroom Soup—deliciously satisfying with relatively few calories. Note how attractive mushrooms are, sliced to look like chef's caps. (Recipe above).

Snacks ... *play a happy part*

The snack after school makes homecoming fun. The snack before bedtime sends us off to sleep relaxed and content. It's an excellent way, too, to supply the extra calories youngsters and teens need for energy and growth and good health. Make snack time a time of wholesome eating with treats that are as good tasting as they are good for your family.

ITALIAN PIZZA

A mouth-watering recipe, as good as it sounds and satisfying to fill up famished teens.

Dough

½ package active dry yeast
⅔ cup warm water
2 cups sifted all-purpose flour
¾ teaspoon salt
1 tablespoon Wesson

Filling

1 can (6 oz.) Hunt's Tomato Paste
1 small clove garlic, crushed
1 teaspoon oregano
½ small can anchovies
1 can (4 oz.) sliced mushrooms
¼ pound Pepperoni (Italian Sausage)
Small green pepper
1 tablespoon Wesson
½ pound Mozzarella cheese
¼ cup grated Parmesan cheese

Soften yeast in half of the warm water. Add remainder of water with flour, salt and Wesson and work into a ball. Knead on floured board until smooth, satiny and elastic to the touch. Place in oiled bowl, cover, and let rise in warm place about 2 hours, until double in bulk. When dough has risen sufficiently, give it a good whack with fist, then place in an oiled jelly roll pan or 12 x ¾-inch round pizza pan. Push dough out so bottom, sides and edges of pan are completely covered. If dough slips off edges, press it down again firmly.

While dough is rising, combine tomato paste, garlic and oregano; drain anchovies and mushrooms, slice Pepperoni, green pepper and Mozzarella cheese very thin. Heat oven to 425° (hot). Spread tomato paste mixture on dough, then cover with other ingredients in order listed, taking care to keep filling toward center, leaving a ½-inch edge of uncovered dough around rim. Bake 25 to 30 minutes. 6 servings—460 calories each; 8 servings—345 calories each.

SKILLET-GRILLED SANDWICHES

2 slices bread
1 thin slice American cheese
2 slices tomato
2 teaspoons Wesson

Make a sandwich with bread, cheese, and tomato slices. Saute in hot Wesson until bread is golden and cheese melted. For a zesty variation, spread bread first with 1½ tablespoons deviled ham, then add tomato, cheese slices. One sandwich—315 calories; with deviled ham—375 calories; with 1 thin slice boiled ham—425 calories.

'BURGER DOGS

6 frankfurters, split lengthwise
¼ cup Wesson
1 pound ground round steak
1 large onion, chopped
1 can (8 oz.) Hunt's Tomato Sauce
¼ cup water

Brown frankfurters in Wesson over medium heat; remove. Brown the ground meat in Wesson, stirring occasionally. Add remaining ingredients including franks. Cover and reduce heat; simmer about 15 minutes. Serve on warmed buns, if desired. 6 servings—400 calories each; with bun—515 calories each.

MARSHMALLOW SQUARES

Candy the children can make—quick and easy.

¼ cup Wesson
¼ pound marshmallows
1 teaspoon vanilla
4 cups crisp rice cereal

Heat Wesson in a large saucepan. Add marshmallows, stir, and let them melt in oil over low heat. Stir mixture into rice cereals, mixing well, then pack into a greased 8 x 8 x 2-inch baking pan, pressing down firmly with the back of a spoon. Cut when cool. 25 squares—55 calories each.

You can have a whole cupful of luscious, light Wesson popcorn at the modest "cost" of 60 calories. For a new flavor treat, sprinkle popcorn with seasoned salt.

FLUFFY POPCORN

A tempting snack-time treat and so easy with Wesson, the children can make it.

3 tablespoons Wesson
½ cup popcorn
Salt

Pour Wesson into heavy 10-inch fry pan. Heat until drop of water sizzles in it. Add corn. Cover, shake gently over heat until corn starts to pop. Reduce heat. Shake as long as corn pops. Sprinkle with salt. ¼ cup—15 calories.

PEPPY POPCORN

8 cups salted popped corn
1 teaspoon paprika
Dash curry powder

Combine paprika and curry powder; sprinkle over hot popped corn; stir. ¼ cup—15 calories.

TV POPCORN

8 cups salted popped corn
3 tablespoons grated Parmesan cheese

Sprinkle cheese over hot popped corn in large bowl; mix well. ¼ cup—20 calories.

WESSON WHIRR

Delicious after-school refreshment.

1 cup skim milk
1 tablespoon honey
1 tablespoon Wesson

Whirr all together in blender, or beat vigorously with rotary beater. Pour into a large glass for a delicious, refreshing drink. 265 calories.

HUSH PUPPIES

Know how these crispy corn meal tidbits got their name? Fable says old time Southern cooks used to "hush the puppies" by sneaking them cooked bits of fish-fry batter. Delicious with fried fish or as a party snack.

1½ cups corn meal
1½ cups water
⅓ cup milk
1 tablespoon Wesson
2 teaspoons grated onion
2 eggs, beaten
1 cup sifted all-purpose flour
3 teaspoons baking powder
2 teaspoons salt
1 teaspoon sugar
Wesson for deep or shallow frying

Over medium heat, cook corn meal and water, stirring until batter becomes stiff and begins to roll into a ball. It takes about 6 minutes. Remove from heat; stir in milk, Wesson and onion. Gradually stir batter into beaten eggs in large bowl. Sift flour, baking powder, salt and sugar together; blend into corn meal batter. Drop batter by teaspoonfuls into deep Wesson heated to 350° (or 1 to 1½ inches of Wesson in large skillet). Fry until golden brown—about 6 to 7 minutes. Drain on paper towels. 30 to 40 Hush Puppies. They "hush people," too! 70 to 80 calories each.

Want another idea for a tempting snack? Try Wesson's easy recipe for Stir-N-Drop Doughnuts (*p. 47*).

Hear the sizzle? Breathe in the tantalizing aroma? There's meat cooking here . . . beef steak and skillet 'burgers, veal in wine sauce, browned lamb stew, pork flavory with fruit.

Today, new discoveries in the field of nutrition are helping us choose and cook meats with greater wisdom. We know that, along with wholesome goodness, many cuts of meats contain a high percentage of fat. Even when we trim off all the visible fat, there may be plenty left in the marbling which runs inseparably through the tissues of our favorite cuts.

The enticing recipes here will show you how to save calories . . . and to save money. You'll learn to use more of the lower-cost economy cuts of meat, those which are leaner and lower in fat. And instead of cooking them with shortening or other solid fat, you'll use poly-unsaturated Wesson, the pure vegetable oil, preparing them to succulent tenderness. Meat cookery is simply done with Wesson, for scores of glorious dishes are quickly prepared in your skillet on top the stove. Wesson takes the smoke out of frying at correct frying temperatures. Wesson browns meat beautifully, seals in natural juices and flavor, yet never adds taste of its own.

PARTY STEAK

2 pounds trimmed sirloin steak or 4 beef fillets, 1 inch thick
2 tablespoons Wesson
2 tablespoons finely chopped onion
8 large mushrooms, sliced
½ cup red wine and ¼ cup water
2 teaspoons Hunt's Tomato Paste
Salt and pepper to taste
Juice of ½ lemon
1 tablespoon minced parsley

Brown meat on both sides in Wesson, till done to your taste. Remove; keep warm. Cook onions and mushrooms in drippings until tender. Add wine, water, tomato paste, salt and pepper. Boil to thicken sauce. Add lemon juice and parsley and pour over meat. 4 servings —675 calories each.

Party Steak with Wine and Mushroom Sauce

Meats

. . . making news for delicious nutrition

BAKED ROUND STEAK

2 pounds round steak, 1 inch thick
1 clove garlic
Salt and pepper
¼ cup flour
3 tablespoons Wesson
1 can (6 oz.) Hunt's Tomato Paste
1½ cups water
½ teaspoon salt
Dash pepper
1 bay leaf
¼ teaspoon thyme
1 large onion, sliced
1 green pepper, cut in rings

Cut steak into serving pieces, trim off all fat. Rub with garlic, sprinkle with salt and pepper. Pound flour into steak. Heat oil in large skillet, brown steak on both sides. Remove meat, and place in casserole. Drain oil from skillet. Mix tomato paste, water, and seasonings together, and heat in the same skillet. Arrange onions and green pepper rings over meat in casserole. Pour tomato mixture over all. Cover tightly with lid or aluminum foil. Bake in moderate oven (350°) 1½ to 2 hours, or in covered skillet on top of stove. 6 servings—385 calories each.

BRIZZOLA STEAKS

Pronounced Breet-so-la, a tasty variation of a famous Lombardy specialty.

2 pounds minute or cube steaks
Salt and pepper
½ teaspoon paprika
¼ cup Wesson
¼ cup chopped parsley

Season steaks with salt, pepper and paprika. Fry slices of beef one or two at a time, 3 or 4 minutes on each side. Place cooked steaks on a heated platter, sprinkle with chopped parsley, and serve with pan juices. 6 servings—425 calories each.

GREEN PEPPER STEAK

1½ pounds round steak, ¼ inch thick
2 tablespoons soy sauce
¼ cup flour
3 tablespoons Wesson
1 cup diced green pepper
1 cup water

Cut steak into strips about 2 inches long and 1 inch wide. Brush soy sauce on each side of meat strips, then sprinkle with flour. Brown steak strips in Wesson over medium heat. Add green pepper and saute a few minutes, then add the water. Cover, and simmer until meat is tender. 6 servings—290 calories each.

STEAK DIANE

A festive, flaming way to serve round steak.

2 pounds round steak, cut very thin
⅓ cup Wesson
1 small onion, finely chopped
¼ cup chopped parsley
1 teaspoon mustard
Freshly ground pepper
2 tablespoons lemon juice
1 tablespoon Worcestershire sauce
¼ cup cognac

Trim meat where necessary. Heat Wesson in a skillet. Brown steaks very quickly, then transfer to a hot platter. Add onion to the pan and cook only a few minutes to soften.

Add other seasonings, blend and heat through. Return steaks to pan, heat through again quickly, dipping each in sauce; transfer back to hot platter. Pour sauce over steaks. Rinse pan with cognac. Pour cognac from pan over steaks. Set aflame. Serve at once while still flaming. 6 servings—425 calories each.

In a number of dishes throughout this book, you will find Hunt's Tomato Sauce, Hunt's Tomato Paste and Snider's Chili Pepper Catsup specified in the ingredients. These fine products come from the same company that brings Wesson to you: Hunt Foods and Industries, Inc.

Hunt's Tomato Sauce is made especially for cooking. Each 8-oz. can contains a pound of whole, ripe tomatoes simmered to a thick, smooth sauce—spiced just right. Just pour in Hunt's sauce. It's the modern way to cook with tomato.

Hunt's Tomato Paste is pure tomato, concentrated to a thick, flavorful paste. So rich and thick that you simply spoon it out of the can. It has no seasoning but a tiny bit of salt—so you can add your own favorite spices and herbs. Tomato Paste is used mostly for Italian style cookery, but it may be used in any recipe which calls for true tomato flavor.

Snider's is the chili pepper catsup—the catsup with a zest for cooking. Much of the flavor of ordinary catsup cooks *away*—but not the more vigorous flavor of chili pepper catsup. It's more robust—a little hotter—leaves your cooking with a spicy difference thoroughly simmered in.

Meat Sauces

These zesty sauces add extra flavor to meat dishes, also to sandwiches and salads made with leftover meats. For careful calorie counters, slice meats thinly and trim visible fat before serving. Garnish attractively.

HORSERADISH STEAK SAUCE

¼ cup Wesson
1 onion, minced
3 tablespoons lemon juice
1 cup water or bouillon
1 teaspoon salt
1 tablespoon horseradish
2 tablespoons brown sugar
2 teaspoons Angostura bitters
Dash each garlic salt and Tabasco
1 can (8 oz.) Hunt's Tomato Sauce

Heat Wesson and onion slowly about 3 minutes. Stir in remaining ingredients and simmer about 30 minutes. Stir sauce occasionally till it thickens. Serve hot. Makes about 1¾ cups sauce. Keeps well in refrigerator. 80 calories per 3 tablespoons serving.

MUSTARD SAUCE

2 tablespoons Wesson
Dash pepper
1 teaspoon salt
1 tablespoon prepared mustard
1 tablespoon flour
¾ cup skim milk
1 tablespoon lemon juice
2 teaspoons Worcestershire sauce

In double boiler heat Wesson, mix in pepper, salt, mustard and flour to make a paste. Gradually add milk, stirring over simmering water until smooth and thickened, about 5 minutes. Remove from heat at once. Add lemon juice, Worcestershire sauce, just before serving. Serve on vegetables, fish, hot baked ham or tongue. Makes ¾ cup—85 calories per 3 tablespoons serving.

CREOLE SAUCE

1 medium onion, chopped
1 medium green pepper, chopped
1 clove garlic, minced
2 tablespoons Wesson
1 can (8 oz.) Hunt's Tomato Sauce
1 bay leaf
¼ teaspoon salt
⅛ teaspoon ground thyme
Dash Tabasco

Slowly cook onion, green pepper and garlic in Wesson about 5 minutes. Add tomato sauce and seasonings. Cover and simmer about 20 minutes. Add a little water if necessary. A delicious addition served over meats, fish, shrimp, eggs or chicken. Makes about 2 cups. 40 calories per serving of 3 tablespoons.

Menu 2

2600 CALORIES

BREAKFAST

Orange juice, 5 oz.	75
Hot oat cereal, 1 cup	150
Whole milk, ½ cup	85
Sugar, 2 teaspoons	30
Bacon, 2 strips	90
Slice toast	60
Butter pat	50
	540

Coffee or tea with cream or milk and sugar, average 3 cups a day	150

LUNCH

Vegetable soup	80
2 egg omelet with	230
Stewed or sliced tomato	30
Slice bread	60
Butter pat	50
Sherbet, ½ cup	120
	570

Free calories—for drink before dinner or extra snack	125

DINNER

*Cottage Cheese Dip with Celery, 2 sticks (page 7)	75
1 rye wafer	25
*Baked Round Steak, generous serving (page 16)	535
*Baked Asparagus (page 63)	50
Baked potato	90
Butter for potato	50
Slice bread	60
Butter pat	50
*Skillet-Spiced Apples (page 79)	110
	1045

SNACK

Whole milk, 1 cup	165
Total calories for day	2595

*See recipe.

1800 CALORIES

BREAKFAST

Orange juice, 5 oz.	75
Hot oat cereal, ⅔ cup	100
Whole milk, ½ cup	85
Sugar, 2 teaspoons	30
Bacon, 2 strips	90
Slice toast	60
Butter, ½ pat	25
	465

Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

Vegetable soup	80
2 egg omelet with	230
Stewed or sliced tomato	30
Slice bread	60
Butter pat	50
	450

DINNER

*Cottage Cheese Dip with Celery, 2 sticks	75
*Baked Round Steak	385
*Baked Asparagus	50
Baked potato	90
Slice whole wheat bread	55
*Skillet-Spiced Apples	110
	765

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	1770

1200 CALORIES

BREAKFAST

Orange juice, 5 oz.	75
Hot oat cereal, ⅔ cup	100
Whole milk, ½ cup	85
Sugar, 1 teaspoon	15
Slice toast	60
	335

Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

2 egg omelet with	230
Stewed or sliced tomato	30
Slice bread	60
	320

DINNER

*Cottage Cheese Dip with Celery, 2 sticks	75
*Baked Round Steak, scant serving of sauce	320
Steamed Asparagus, 7 spears	25
1 rye wafer	25
	445

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	1190

Ground Beef Dishes

For quality, flavor and calorie control, *lean* ground beef is your best buy. Pat it into 'burgers, shape it into loaves, brown it and sauce it or tuck it into cabbage leaves. Plain or fancy, the eating is purest pleasure.

UPSIDE DOWN HAMBURGER PIE

½ pound beef round, ground
1 tablespoon Wesson
1 onion, chopped
¾ cup chopped celery
¼ cup chopped green pepper
1 can (8 oz.) Hunt's Tomato Sauce
1 teaspoon Worcestershire sauce
½ teaspoon salt
Dash pepper
½ recipe Stir-N-Roll Biscuit Dough (p. 45)
1 tablespoon chopped parsley
½ teaspoon celery seed

Heat oven to 450° (very hot). Brown meat in hot Wesson in skillet. Add onion, celery, and green pepper; cook over medium heat 5 minutes. Stir in tomato sauce, Worcestershire sauce, salt and pepper. Turn mixture into an 8-inch oven-proof fry pan or 8-inch round pan at least 1½ inches deep. Make Stir-N-Roll Biscuit Dough, adding parsley and celery seed to flour. Roll into 8-inch circle. Place over hot meat. Bake 15 minutes. Remove from oven, let stand 5 minutes. Invert over hot serving platter. 6 servings—290 calories each.

BEEF, CORN AND TOMATOES

A bright medley of meat and vegetables.

1 pound beef round, ground
2 tablespoons Wesson
1 large onion, sliced
½ cup chopped green pepper
2 cans (8 oz. size) Hunt's Tomato Sauce
1½ cups whole kernel corn, fresh, frozen or canned
½ teaspoon salt
¼ teaspoon Tabasco
3 cups cooked rice, optional

Brown the beef in Wesson in a heavy skillet, stirring occasionally to break the meat into bite-size pieces. Add onion and green pepper; cook 5 minutes. Add remaining ingredients except rice; stir well, then simmer 15 minutes. Delicious with rice. 6 servings—335 calories each, without rice.

SKILLET MEAT LOAF

No need to heat the oven. Wesson helps to "bake in" the goodness on top of the stove.

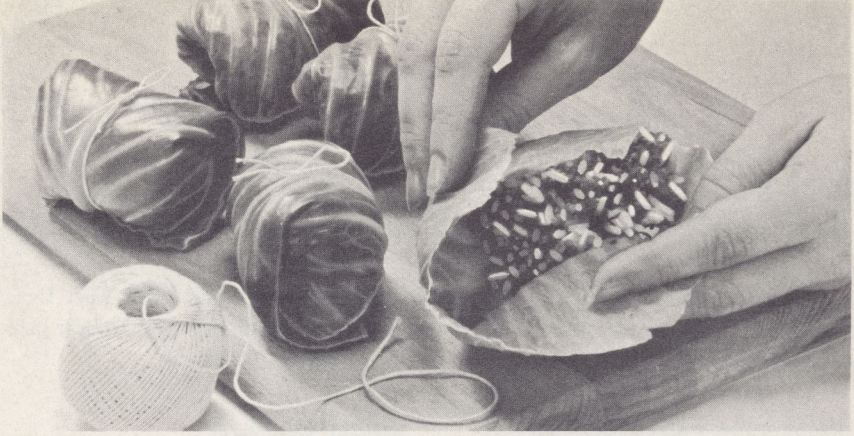
1½ pounds beef round, ground
1 cup soft bread crumbs
1 cup chopped celery, with a few minced leaves
1 small onion, chopped
1½ teaspoons salt
¼ teaspoon pepper
1 egg
1 can (8 oz.) Hunt's Tomato Sauce
2 tablespoons Wesson
Chopped parsley

Combine first 7 ingredients and ¼ cup tomato sauce. Heat Wesson in medium sized skillet, tilting to coat sides. Press meat mixture into skillet evenly. Cover tightly and cook over *low* heat 30 to 40 minutes until meat is cooked. Drain juices from meat into a saucepan and add remaining tomato sauce; heat. Turn meat loaf onto platter; cover with sauce and garnish with parsley. 6 servings—310 calories each.

MEAT SAUCE FOR SPAGHETTI

3 tablespoons Wesson
4 medium onions, chopped
1 clove garlic, minced
1 pound beef round, ground
1 can (8 oz.) Hunt's Tomato Sauce
1 can (6 oz.) Hunt's Tomato Paste
1 cup water
1 teaspoon salt
Dash Tabasco
1 teaspoon Worcestershire sauce
¼ teaspoon basil
1 pound spaghetti, cooked

Heat Wesson in heavy saucepan, add onions, garlic and meat. Cook 5 minutes over medium heat till meat is browned and onion soft. Stir often to break meat into small pieces. Add remaining ingredients except spaghetti. Cover and simmer 30 minutes. Stir occasionally. Makes about 5 cups sauce or ten ½-cup servings at 190 calories each. Served with ¾ cup spaghetti—355 calories each.



1. *For Stuffed Cabbage (recipe below), trim hard back vein from outer cabbage leaves. Steam the leaves and fill with well-seasoned mixture of ground beef and rice. Fold the cabbage leaves around filling, tie with string.*

2. *Brown the cabbage rolls in hot Wesson, then cook them in tomato sauce in covered skillet. Snip off strings before serving.*

STUFFED CABBAGE IN TOMATO SAUCE

The filling is a flavorful combination of ground beef, seasonings and rice.

- 12 large cabbage leaves
- 1 pound beef round, ground
- 1 cup cooked rice
- 2 tablespoons finely chopped onion
- 1 teaspoon caraway seed
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 egg
- 2½ tablespoons Wesson
- 2 cans (8 oz. size) Hunt's Tomato Sauce
- ¼ cup water

Steam cabbage leaves and cut away the thickest part of the ridge. Combine next 7 ingredients. Divide meat mixture into 12 portions and wrap each portion in a cabbage leaf. Tie lightly with string. In a large skillet or fryer, brown cabbage rolls lightly in 2 tablespoons of Wesson, adding more Wesson if necessary. Reduce heat; add tomato sauce and water. Cover and cook about 40 minutes. 6 servings—410 calories each.

HAMBURGERS IN MUSHROOM GRAVY

Rice makes a nice accompaniment to this dish, or enjoy with toasted buns.

- 1 pound beef round, ground
- 1 egg
- ¼ cup bread crumbs
- Dash pepper
- 1 teaspoon Worcestershire sauce
- 1 package dehydrated onion soup mix
- 2 tablespoons Wesson
- 2 tablespoons flour
- 2 cups liquid (juice from mushrooms and water)
- 1 can (4 oz.) mushrooms

Combine meat with egg, crumbs and seasonings, and half the onion soup mix. Shape into patties and fry in Wesson. Remove browned hamburgers. Add flour to fry pan; stir while it browns lightly. Blend in liquid, stirring until smooth. Stir in remaining onion soup mix and mushrooms; cook 5 minutes. Return meat to skillet; cook slowly 5 minutes. 4 servings—345 calories each.

Skillet Beef Dinners

SKILLET KABOBS

1½ pounds lean tender beef or lamb
½ cup marinade (see below)
6 medium-small cooked potatoes, cut in quarters
3 tomatoes, cut in wedges
2 green peppers, cut in 1-inch squares
Wesson for pan frying

For easy eating, cut beef into 1 inch cubes. Chill in marinade several hours; drain. Skewer meat alternately with vegetables. Pan fry in Wesson in covered skillet 10 minutes over *low* heat. Remove cover; increase heat slightly. Cook 5 to 10 minutes longer, turning until browned. 6 servings—380 calories each.

Marinade. Combine ½ teaspoon each salt and Worcestershire sauce, dash pepper, ¼ teaspoon each sugar, paprika and oregano, 1 bay leaf, crushed, 2 tablespoons vinegar and ⅓ cup Wesson. Beat or shake well in covered jar. Shake well before using.

BROWNED BEEF STEW

No ordinary stew—this one! A whole meal—hearty and satisfying and abounding in flavor.

1 pound beef round, in 1 inch cubes
¼ cup flour
1½ teaspoons salt
¼ teaspoon pepper
2 tablespoons Wesson
1 each onion and carrot, chopped fine
¼ cup finely chopped celery, with a few minced leaves
2 tablespoons minced parsley
Pinch of thyme
3 cups water
2 each medium potatoes, carrots and onions, diced
1 package (10 oz.) frozen peas

Coat meat with flour, salt and pepper. An easy trick is to shake them together in a paper bag. Heat Wesson in a large heavy skillet over medium heat. Add meat, remaining flour and chopped onion. Brown well. Add chopped carrot and next 4 ingredients. Cover and cook over *low* heat 1½ hours, stirring as needed. Add diced potatoes, carrots and onions; cook ½ hour longer. Add peas and continue cooking about 15 minutes. 4 servings—435 calories each; 6 servings—290 calories each.

BEEF AND GREEN BEANS

An Oriental creation with ingredients readily available at your grocer's.

½ pound lean, tender beef, cut in strips
2 tablespoons Wesson
1 medium onion, chopped
1 cup cut green beans, raw or frozen
1 medium green pepper, sliced
1 cup sliced celery
4 teaspoons cornstarch
1 tablespoon soy sauce
¾ cup liquid (juice from mushrooms and water)
Salt and pepper
1 can (4 oz.) mushrooms
Pimientos

Brown meat in hot Wesson in large heavy skillet. Add next 4 ingredients and cook 3 to 5 minutes. (You want the vegetables to be crisp.) Combine cornstarch, soy sauce, liquid and seasonings; add to skillet, stirring to mix thoroughly. Add mushrooms. Stir, cooking until liquid is clear and shiny. Garnish with pimientos. 4 servings—230 calories each.

HUNGARIAN BEEF

2 pounds beef round, cut into 1½ inch pieces
2 tablespoons flour
1 teaspoon salt
2 teaspoons paprika
Dash nutmeg
2 tablespoons Wesson for frying
1 cup beef bouillon
¼ cup sour cream
2 tablespoons chopped parsley
Hot broad noodles

Dredge beef with mixture of flour, salt, 1 teaspoon paprika and nutmeg. Brown meat slowly on all sides in hot Wesson in fry pan. Add bouillon; cover, simmer until tender (about 2 hours). Cook noodles according to package directions; drain. To meat, add remaining 1 teaspoon paprika and cream; blend until sauce is smooth. Arrange hot noodles around edge of serving dish. Sprinkle with parsley. Put meat with sauce in center. 6 servings—405 calories each, including ½ cup noodles; without noodles—345 calories per serving.

SUKIYAKI

A Japanese stir-fry main dish, cooked dramatically before guests in 10 minutes.

2 pounds round steak
1 teaspoon meat tenderizer
¼ cup Wesson
1 large onion, sliced very thin
2 cups sliced celery
12 green onions, cut in 3-inch pieces
¼ pound mushrooms, sliced
¼ pound cut spinach
1 can (5 oz.) water chestnuts
1 cup bouillon
½ cup soy sauce
1 tablespoon sugar
3 cups hot cooked rice

Cut beef in thin diagonal slices, across the grain, and sprinkle lightly with tenderizer. Dip in Wesson and let stand one-half hour. On a large serving platter, arrange sliced and slivered foods in an attractive pattern. This dish is meant to be admired before cooking as well as after! Heat Wesson in large skillet or chafing dish. (An electric skillet that may be brought to the table is perfect for Sukiyaki.) When Wesson is hot, add meat and brown lightly, then push to the side of the pan. Add onion, celery, scallions, mushrooms and toss for a minute or two in the hot oil. Combine the bouillon, soy sauce, sugar. Add to the pan and mix well. Add spinach, water chestnuts, cover and steam for 3 minutes. Serve over hot boiled rice. 6 servings—495 calories each.

VEAL

Treasure veal! It deserves a place of honor on your table, because veal can be one of the meats lowest in calories. With its leanness and mildness of flavor, veal is delectably prepared in Wesson. The delicate vegetable oil seals in natural juices, helps to bring out the meat's good taste.

VITELLO TONATO

Pronounced Vee-te-lo Toe-nah-toe—a classic Italian combination of veal and tuna, accented with anchovies and good seasonings.

3½ to 4 pounds boned leg of veal
Veal bones
1 large onion
1 can (2 oz.) anchovies
½ sour pickle, sliced
2 cans (6 oz. size) tuna
2 cups dry white wine
½ cup Wesson
1 cup chopped celery
4 cloves garlic
1 carrot
Small bouquet parsley
Salt, pepper, thyme
1 cup mayonnaise (p. 57.
Anchovies for garnish

Simmer veal with all except last two ingredients about 2 hours. Cool in pot. Slice meat, placing slices in shallow casserole. Remove garlic, celery, parsley from liquid. Strain broth, forcing some of tuna and vegetables through sieve. Beat 3 cups of the stock into mayonnaise, pour over veal, chill until jelled. Garnish with anchovies. Serve cold to 10 or 12 delighted guests. 12 servings—375 calories each.

If you buy meats to freeze, dip cut parts in Wesson before wrapping and freezing. Wesson helps to keep in the flavorful meat juices.

VEAL SCALOPPINI

Properly cut, veal should be no more than ¼-inch thick to make these exotic dishes.

Basic Recipe

1 pound veal round, in thin slices
¾ teaspoon salt
Dash pepper
1 tablespoon flour
¼ cup Wesson
½ cup dry wine, bouillon or Hunt's Tomato Sauce

Combine seasonings and flour. Sprinkle flour mixture over slices of meat and pound slices with mallet or edge of saucer until thin, flat and round, working flour mixture into both sides. Heat Wesson in heavy skillet; add veal slices and saute over medium heat 4 minutes each side, until golden. Add liquid and simmer uncovered until fork-tender, about 15 minutes. (Scaloppini cut from rump should be covered, cooked a little longer.) Serve sauce spooned over scaloppini. 4 servings—340 calories each; 6 servings—225 calories each.

Scaloppini au Marsala: Use ½ cup Marsala wine instead of dry wine, bouillon, or tomato sauce in the above recipe. 4 servings—340 calories each; 6 servings—225 calories each.

Scaloppini with Mushrooms: Add 1 can (6 oz.) button mushrooms. For the liquid, use sherry, white wine or beef bouillon cube dissolved in water. 4 servings—340 calories each; 6 servings—225 calories each.

Scaloppini Neapolitan: Add ¼ teaspoon oregano to flour mixture, pound into the veal, brown in ¼ cup Wesson. For liquid, use 8-oz. can Hunt's Tomato Sauce, add ½ tablespoon instant minced onion, and ½ teaspoon garlic powder (or saute 1 small minced onion and 1 crushed garlic clove in pan before adding sauce). 4 servings—340 calories each; 6 servings—225 calories each.

French Style: Drain 1 can (8 oz.) small white onions, saute in Wesson with scaloppini, use white wine for liquid. Just before taking from fire, stir in ½ cup sour cream. 4 servings—450 calories each; 6 servings—300 calories each.

Scaloppini Parmesan: Add 1 tablespoon grated Parmesan cheese to flour mixture, proceed as in basic recipe. Use red wine for liquid. 4 servings—350 calories each; 6 servings—285 calories each.

1. *For Scaloppini, use thin slices of veal cut in serving-size pieces. Season and flour meat; pound both sides with heavy saucer to flatten and work in flour. (Recipe above.)*

2. *Brown meat in hot Wesson about 4 minutes on each side. Add other ingredients and simmer just until tender. Scaloppini should be cooked quickly, not overcooked.*

VEAL CHOPS AMALFI

4 veal chops, ½ inch thick (1¼ lb.)
2 tablespoons flour
2 tablespoons Wesson
1 can (8 oz.) Hunt's Tomato Sauce
½ cup water
1 clove garlic, minced
½ teaspoon oregano
½ cup ripe olives, sliced
Salt and pepper

Dust meat with flour. Heat Wesson in a skillet, saute chops until browned on both sides. Add the tomato sauce, water, garlic and oregano; simmer for 25 minutes. Add olives the last 5 minutes. Salt and pepper to taste. You'll think you're in sunny Southern Italy when you sit down to this delectable dish. 4 servings—370 calories each.

PORK

In preparing pork dishes, choose lean loin and shoulder cuts . . . and trim off all visible fat before cooking. These Wesson recipes show you how to win the biggest smiles with pork for dinner and without exceeding your calorie budget!

SHIRLEY'S PORK DISH

A favorite creation from a real good cook!

2 pounds lean pork loin
2 eggs, beaten
1 teaspoon salt
¼ teaspoon pepper
3 slices bread, in crumbs
2 tablespoons minced parsley
2 cloves garlic, minced
¼ cup Wesson
2 cups water
2 bouillon cubes

Cut pork into bite-size chunks. Combine eggs, salt, pepper. In a separate bowl, gently toss crumbs, parsley and garlic. Dip cubes of meat first in egg mixture, then in crumbs. In a large skillet slowly brown meat on all sides in Wesson, adding 2 tablespoons of oil at a time as needed. Let meat brown well. Remove meat, drain off all fat in pan, add water and bouillon cubes, stir well. Simmer 5 minutes. Add meat, cover and simmer 25 minutes. Add a little of the pan juices to any leftover beaten eggs, then stir into gravy. 6 servings—475 calories each.

FRUITED PORK

6 lean pork chops (4 oz. each, bone in)
2 tablespoons Wesson
1 can (13½ oz.) pineapple chunks
1 large onion, chopped
¼ cup minced celery leaves
12 prunes, pitted
2 tablespoons soy sauce
½ teaspoon marjoram
1 cup sliced celery
½ cup dried apricots

Brown pork chops on both sides in hot Wesson in large skillet. Add next 6 ingredients; cover and simmer over medium heat 20 minutes. Add celery and apricots and let cook 10 minutes. 6 servings—450 calories each.

HAM STEAK CREOLE

1 ready-to-eat ham steak, about ½-inch thick (1¼ lb.)
1 tablespoon Wesson
1 cup Creole Sauce (p. 17)

Trim excess fat from ham and slash edges to prevent curling. Brown ham in Wesson over moderate heat. Top with Creole Sauce. Cover and simmer 10 minutes. 4 servings—520 calories each.

Menu 3

2600 CALORIES

BREAKFAST

Orange quarters	70
*2 Scrambled Eggs (page 71)	240
*Cinnamon Toast (page 47)	110
	420

Coffee or tea with cream or milk and sugar, average 3 cups a day	150

LUNCH

Consomme	20
Tuna chunks, 3 oz. with	170
Lettuce, carrot sticks, tomato wedge	25
*Mayonnaise, 2 tablespoons (page 57)	230
2 slices whole wheat bread	110
Butter pat	50
Skim milk or buttermilk, 1 cup	90
	695

Free calories—for drink before dinner or extra snack	125

DINNER

*Spinach Velvet Soup (page 10)	95
*Veal Chops Amalfi, generous serving (page 24)	500
Boiled rice, ½ cup	100
Steamed green beans, ¾ cup	20
Slice bread	60
Butter pat	50
*Lemon Cake Pudding, full serving (page 79)	205
	1030

SNACK

Whole milk, 1 cup	165
Total calories for day	2585

*See recipe.

1800 CALORIES

BREAKFAST

Orange quarters	70
*Scrambled Egg	120
*Cinnamon Toast	110
	300

Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

Tuna chunks, 3 oz. with	170
Lettuce, carrot sticks, tomato wedge	25
*Mayonnaise, 2 tablespoons	230
2 slices whole wheat bread	110
Butter, ½ pat	25
Skim milk or buttermilk 1 cup	90
	650

DINNER

*Spinach Velvet Soup	95
*Veal Chops Amalfi	370
Boiled rice, ½ cup	100
Steamed green beans, ¾ cup	20
Slice bread	60
*Lemon Cake Pudding, ½ serving	105
	750

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	1790

1200 CALORIES

BREAKFAST

Orange quarters	70
Poached or boiled egg	80
*Cinnamon Toast	110
	260

Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

Tuna chunks, 3 oz. with	170
Lettuce, carrot sticks, tomato wedge	25
*Chef's Dressing 1 tablespoon (page 57)	60
Slice whole wheat bread	55
Skim milk or buttermilk, 1 cup	90
	400

DINNER

*Spinach Velvet Soup	95
*Veal Chops Amalfi, ½ portion sauce	310
Steamed green beans, ¾ cup	20
1 rye wafer	25
	450

SNACK

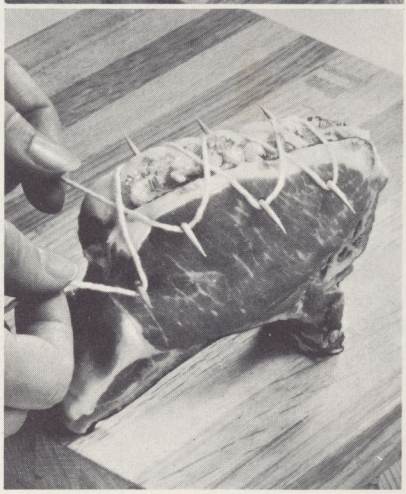
Skim milk or buttermilk, 1 cup	90
Total calories for day	1200

STUFFED PORK CHOPS

1 large onion, chopped
½ cup chopped celery
1 clove garlic, minced
6 mushrooms, chopped (optional)
2 tablespoons Wesson
½ cup stock or bouillon
1½ cups bread cubes
¼ cup minced parsley
1 teaspoon salt
¼ teaspoon pepper
6 pork chops (4 oz. each, bone in)
1 tablespoon Wesson
1 can (8 oz.) Hunt's Tomato Sauce
½ cup water

Cook onion, celery, garlic and mushrooms slowly in Wesson. Add stock and simmer about 10 minutes. Toss in bread cubes, parsley, salt and pepper. Cut a deep pocket in the edge of each chop, almost through to the bone. Stuff pork chops with bread mixture, fastening edges with picks and lacing with string. In a large skillet brown the chops in Wesson. Add tomato sauce and water; cover and simmer about 1 hour until tender. 6 servings—415 calories each.

For Stuffed Pork Chops, trim fat from chops, split them and spoon in well-seasoned stuffing. Fasten edges with picks; lace with string. Brown chops, then simmer in tomato sauce.



CHOP SUEY

If you've never made your own Chop Suey, you don't know how good it can be.

1 pound lean pork, cut in strips
2 tablespoons Wesson
1 onion, sliced
1 cup thinly cut celery
1 small green pepper, cut in thin strips
1 tablespoon cornstarch
1¼ cups water
1 bouillon cube
1 can (16 oz.) bean sprouts, drained
1 can (5 oz.) water chestnuts, drained, sliced
½ teaspoon salt
2 tablespoons soy sauce

Cook pork in hot Wesson until brown, stirring occasionally. Add onion, celery and green pepper; cook 3 minutes. Combine cornstarch with a little water, then stir in remaining water and bouillon cube. Add to vegetable mixture; cook just until thick. Add bean sprouts, water chestnuts, salt and soy sauce; heat. Vegetables should be crisp, not overdone. 4 servings—420 calories each.

SZEKELYS GULYAS

Pronounced Say-ka-lee Goul-yas, this pork and sauerkraut dish is made with the Hungarian talent for blending hearty flavors.

1 tablespoon Wesson
2 pounds lean pork, cubed
¼ cup minced onion
2 cloves garlic, minced
1 to 2 tablespoons paprika
1½ teaspoons salt
1½ pounds sauerkraut
½ teaspoon caraway seeds
½ cup buttermilk

Heat Wesson in a heavy pot or kettle. Brown pork lightly. Add onion, garlic, paprika and cook until onion is soft. Add salt, sauerkraut and caraway seeds. Cover and simmer gently about 3 hours. Just before serving, stir in buttermilk. 8 servings—360 calories each. 10 servings—285 calories each.

PORK AND OYSTER PAN ROAST

A delightful combination of meat and seafood.

2 cups lean pork, cut in strips
3 tablespoons Wesson
½ cup chopped onion
¼ cup minced celery
2 tablespoons flour
Dash pepper
1 cup water (including oyster water)
1 pint or 2 cans oysters, drained
6 slices toast

Cook pork strips in Wesson until browned. Remove meat; add onion and celery, cooking until tender. Stir in flour and pepper. Add water and pork, stirring constantly until mixture thickens a bit. Cover and cook over low heat 20 minutes, stirring occasionally. Add oysters and cook slowly 5 to 10 minutes longer. Serve on toast. 6 servings—490 calories each with toast.

LAMB

Tender, succulent cuts of lamb available at your grocer's today can add welcome variety to your menus. The delicacy of Wesson brings out the brightest flavors of herbs and spices in these savory sauces for lamb.

LAMB STEW

Savory with herbs, wine and vegetables.

1½ pounds lamb shoulder, cut in 2-inch cubes
1½ tablespoons flour
2 teaspoons salt
½ teaspoon pepper
2 tablespoons Wesson
2 whole cloves
½ teaspoon thyme
½ teaspoon basil
1 clove garlic, minced
1 bay leaf
½ cup water
½ cup dry white wine
6 small onions, peeled
4 medium potatoes, quartered
1½ cups French-cut green beans

Dust meat with flour; season with salt and pepper. Brown meat in hot Wesson in a Dutch oven. Add remaining ingredients except vegetables and cover tightly. Bring to a boil, then lower the heat and simmer for 1 hour. Add onions, potatoes, beans; cook until tender, about 30 minutes longer. 6 servings—420 calories each.

GOURMET SHOULDER OF LAMB

An inexpensive cut made glorious. The Wesson Marinade helps tenderize the meat while it enhances flavor.

4 to 5 pound shoulder of lamb

Marinade:

2 teaspoons salt
3 cloves garlic, minced
1 onion, chopped
¼ cup chopped parsley
¼ teaspoon rosemary
2 cloves
2 cups dry red wine
1 teaspoon freshly ground black pepper
½ cup Wesson
1 bay leaf

Place meat in a deep bowl and cover with ingredients for the marinade. Refrigerate for 24 hours. Remove meat from marinade, drain, and place on rack in an open roasting pan. Roast 28 minutes per pound for medium rare, 30 minutes per pound for medium. Baste occasionally with marinade. 315 calories in a 3 ounce serving; 410 calories in a 4 ounce serving.

SAVORY LEG OF LAMB ROAST

This spicy Wesson marinade helps give this roast glorious flavor.

2 teaspoons salt
2 cloves garlic
1 teaspoon oregano
1 teaspoon thyme
1 teaspoon paprika
½ teaspoon pepper
⅓ cup Wesson
2 teaspoons lemon juice
1 leg of lamb

In a small bowl mash salt and garlic to a paste. Stir in herbs, paprika, pepper, Wesson and lemon juice. Rub well into the roast and let stand in baking pan at room temperature 1 hour or longer, if convenient. Roast at 325° for 25 minutes per pound for rare, 28 minutes per pound for medium. 2 thin slices (a 3 oz. portion)—285 calories; a 4 ounce serving—365 calories.

RAJAH'S LAMB CURRY

A superb company dish you can make ahead. Delicious with fluffy rice.

1 pound boneless lamb shoulder, cubed
¼ cup Wesson
2 medium onions, diced
2 small tart apples, diced
1 to 2 teaspoons curry powder
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon cinnamon
1 cup bouillon

Brown meat in Wesson; remove. Add onions and apple, and cook over low heat to a paste. Add curry powder, salt, pepper and cinnamon; mix thoroughly. Add bouillon and stir while heating to boil. Reduce heat; add meat. Cover and simmer over low heat about 30 minutes or until lamb is tender. 4 servings—430 calories each; 6 servings —290 calories each.

To carve Leg of Lamb Roast, first make a base for the roast to rest on by cutting a slice from the less meaty side of the leg. Then start at shank end and make thin vertical slices down to the bone. Run the knife under the slices to release them.

Menu 4

2600 CALORIES

BREAKFAST

Grapefruit half	50
2 eggs, fried in Wesson	240
2 slices toast	120
Butter pat	50
	460

Coffee or tea with cream or milk and sugar, average 3 cups a day	150

LUNCH

*Shrimp Salad (page 51)	275
Slice whole wheat bread	55
Butter pat	50
Baked apple	150
Skim milk or buttermilk, 1 cup	90
	620

Free calories—for drink before dinner or extra snack	125

DINNER

*Chinese Chicken and Mushroom Soup (page 11)	145
*Chop Suey, large portion (page 26)	500
Boiled rice, ¾ cup	150
Steamed green beans, 1 cup	25
*Oven-Toasted French Bread 1-inch chunk (page 46)	90
*Tropical Banana Saute, whole banana (page 80)	170
	1080

SNACK

Whole milk, 1 cup	165
Total calories for day	**2600**

*See recipe.

1800 CALORIES

BREAKFAST

Grapefruit half	50
*Nest Egg (page 71)	265
	315

Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

*Shrimp Salad	275
Slice whole wheat bread	55
Butter pat	50
Baked apple	150
Skim milk or buttermilk, 1 cup	90
	620

DINNER

*Chinese Chicken and Mushroom Soup	145
*Chop Suey	420
Boiled rice, ½ cup	100
Steamed green beans, 1 cup	25
*Tropical Banana Saute. ½ banana	85
	775

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	**1800**

1200 CALORIES

BREAKFAST

Grapefruit half	50
*Nest Egg	265
	315

Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

4 cooked shrimp tossed in green salad with *Chef's Dressing, 1 tablespoon (page 57)	130
2 slices melba toast	25
Skim milk or buttermilk, 1 cup	90
	245

DINNER

Carrot sticks	20
*Chop Suey	420
Boiled rice, ½ cup	100
	540

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	**1190**

Be grateful and glad if your family loves chicken. This popular bird deserves its place of honor on our tables.

Young broilers and fryers sell for a song today. Their flavor is excellent, the meat generally lean, tender, abounding in protein and comparatively modest in calories. The little fat that these young birds do contain is higher in poly-unsaturate than other meats and particularly so when you prepare chicken in *poly-unsaturated* Wesson.

Hungry for crisp, crusty fried chicken? Here's how to enjoy it and keep within your calorie allowance. Hot Wesson browns chicken quickly at correct frying heat without smoking. With these recipes, the juicy flavor is sealed in, excess oil kept out. Wesson fries chicken to tender, honey brown perfection to win compliments for *you*.

PAN FRIED CHICKEN

½ cup flour
1½ teaspoons salt
¼ teaspoon pepper
1 fryer chicken (2½ lb.), cut up
¾ cup Wesson

Combine flour and seasonings in paper bag. Shake chicken in flour mixture. Place chicken in hot Wesson, skin side up. Brown over medium heat on all sides. Cover, *reduce heat* and cook 20 to 30 minutes. Drain on paper towels. 4 servings—315 calories each.

New ways to dress up Fried Chicken— *calories based on one 2½ pound fryer serving 4.*

Chicken Eden: Brown chicken, remove from pan to drain off all but 2 tablespoons drippings and browned bits. Add 1 onion, chopped, 1 clove garlic, minced, 1 cup chicken broth, ¼ cup sherry. Replace chicken. Top with 1 small green pepper, sliced, ½ cup sliced black figs and wedges of a peeled tomato. Cover, simmer 20 to 30 minutes. Salt to taste. 395 calories per serving.

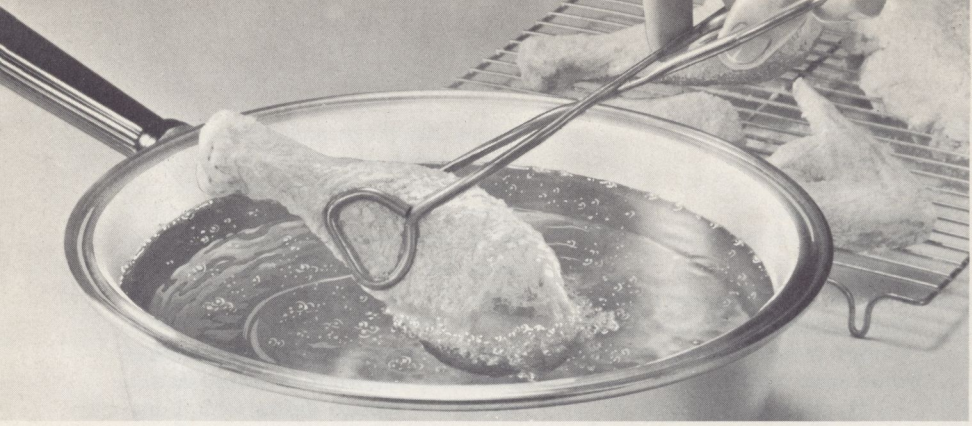
Chicken and Tomato Slices: After chicken is cooked, remove it to warm platter. Sprinkle 4 tomato halves with 1 teaspoon sugar, dash salt, pepper. Brown quickly on both sides. 335 calories per serving.

Chicken and Apple Rings: Cook chicken, keep warm. Cut apple rings. Cook in drippings, sprinkle with salt, sugar and nutmeg. 345 calories per serving.

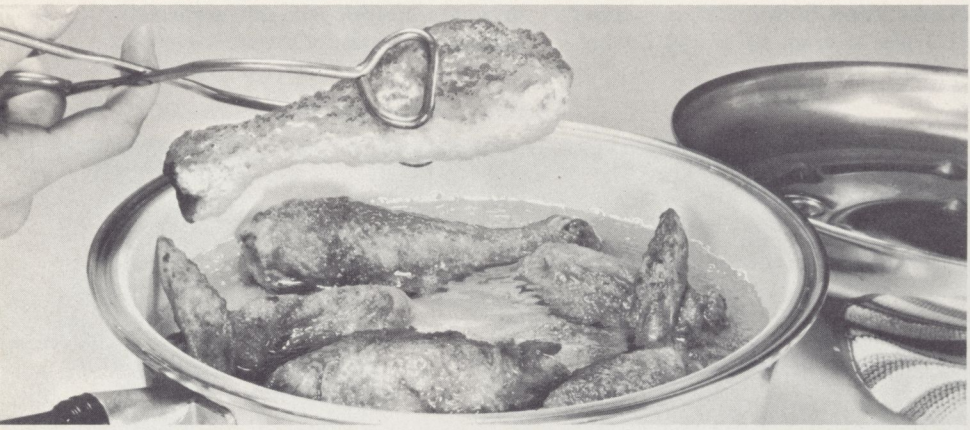
Pan Fried Chicken Eden, Roasted Cornish Game Hens

Chicken

. . . luxury eating all can afford



1. *For the best of all Fried Chicken, try this simple method, called Shallow—or Southern—frying. Choose deep skillet—one with a cover—or chicken fryer. Pour Wesson to depth of 1 inch and heat to 350° (moderately hot). Season and flour chicken, add to hot Wesson. Cover and cook 10 to 15 minutes.*



2. *When golden brown, turn. Reduce heat and finish cooking uncovered. Shallow frying gives the same uniform and beautiful browning as deep frying, yet lets you cook more chicken at one time and in less Wesson.*

SOUTHERN FRIED CHICKEN

1 fryer chicken (2½ lb.), cut up
½ cup flour
1½ teaspoons salt
¼ teaspoon pepper
Wesson to depth of 1 inch in skillet

Coat chicken with flour mixed with salt and pepper. Heat Wesson moderately hot (350°) in heavy skillet. Add chicken, cover, cook 10 to 15 minutes. When golden brown, turn. Reduce heat. Finish cooking without lid. Turn as needed. Drain on paper towels. 4 servings—315 calories each.

Tempting variations—with calorie count based on one 2½-pound fryer serving 4.

Crunchy Coatings: Dip chicken in milk or buttermilk, then coat with one of the following before frying . . . bread crumbs, crushed dry cereal, fancy cracker crumbs or pretzels. Each is delectable. About 345 calories per serving.

Pungent Orange Glaze: Grate peel from an orange, add half to flour mixture for coating chicken. When cooked, remove chicken and keep warm. Drain off all but 2 tablespoons drippings and the browned bits. Stir in 2 teaspoons cornstarch, juice of 2 oranges, ½ teaspoon dry mustard, a dash Tabasco. Cook, stir while mixture thickens. Pour glaze over chicken. Sprinkle with remaining orange peel and chopped parsley. 340 calories per serving.

Herb or Spicy Fried Chicken: To flour mix, add a little of one of these. Enjoy 15 glorious new chicken dishes.

Mint	Savory	Allspice
Basil	Sage	Chili Powder
Thyme	Coriander	Poultry Seasoning
Oregano	Tarragon	Paprika
Marjoram	Nutmeg	Curry Powder

There's no end to the good ways you and Wesson can cook chicken.

315 calories per serving.

CHICKEN RIVIERA

Golden carrots, a hint of lemon and rosemary to dress up chicken.

1 fryer chicken (2½ lb.), cut up
½ cup flour
1½ teaspoons salt
¼ teaspoon pepper
Wesson to depth of ½ inch in skillet
1 clove garlic, minced
2 cups chicken broth
¼ teaspoon rosemary, crushed
3 carrots, sliced
3 lemon slices
2 tablespoons chopped parsley

Shake chicken pieces in paper bag with flour, salt and pepper. Heat Wesson moderately hot in heavy skillet. Add chicken, brown all sides, remove. Drain off all but 2 tablespoons oil and browned bits. Add garlic, broth and rosemary, stir well; replace chicken, top with remaining ingredients and salt if needed. Cover, simmer 30 minutes. 4 servings—340 calories each.

DEEP FRIED CHICKEN

Cut fryer chicken (2½ lb.) into serving pieces, dry well. Fry in deep Wesson heated to 350° until tender and golden-brown—do not crowd chicken in frying kettle. Drain on paper towels, sprinkle with salt and pepper or seasoned salt. 4 servings—265 calories each.

BROWNED CHICKEN FRICASSEE

A deep flavored gravy for chicken. Serve over noodles or mashed potatoes.

½ cup flour
1 teaspoon salt
Dash pepper
¼ teaspoon nutmeg
1 roasting chicken (about 4 lbs.) cut up
¼ cup Wesson
1 onion, chopped
3 cups water

Combine first 4 ingredients, use to coat chicken. Brown chicken in deep fry pan in hot Wesson. Stir in onion and water, cover. Simmer 2 hours or until tender. 6 servings—310 calories each.

ROASTED CORNISH GAME HENS

Split hens in half or roast whole. Coat with Wesson and season. Roast, uncovered, at 425° (hot oven) about 45 to 60 minutes. Baste often with Wesson. About 245 calories per serving.

CHICKEN CACCIATORE

1 fryer chicken (2½ lb.), cut up
½ cup flour
2 teaspoons salt
¼ teaspoon pepper
¼ cup Wesson
2 onions, chopped
1 can (16 oz.) tomatoes
1 can (8 oz.) Hunt's Tomato Sauce
2 cloves garlic, minced
1 teaspoon oregano
1 teaspoon celery seed

Coat chicken with flour mixed with half of salt and pepper. Brown in hot Wesson in deep fry pan. Remove chicken. Cook onions until soft. Add remaining ingredients and chicken. Cover and simmer 40 minutes or until tender, turn the chicken occasionally. 4 servings—410 calories each; 6 servings—275 calories each.

OVEN-FRIED CHICKEN

So easy and look how few calories! Wesson browns the chicken to perfection.

Cut fryer chicken (2½ lb.) in serving pieces, allowing one chicken for 4 servings. Coat with Wesson, place in baking pan. Sprinkle with salt or seasoned salt, pepper and paprika. Bake at 350° (moderate oven) about 1 hour, until tender. Baste often. 245 calories per serving.

OVEN-CRUSTED CHICKEN

1 fryer chicken (2½ lb.), cut up
Salt, pepper, paprika
2 tablespoons Wesson
½ cup corn flake crumbs

Sprinkle chicken with salt, pepper, paprika. Dip in Wesson. Dip in corn flakes to coat on both sides. Set chicken pieces on a rack in a shallow baking pan. If you haven't a rack, place the chicken on two saucers. Fill the baking dish with water to the depth of ¼ inch. Bake for 35 minutes in a 375° oven. Do not turn. 4 servings—225 calories each.

ROAST CHICKEN

For golden crisp goodness, rub 3½ pound roasting bird inside and out with salt, pepper, paprika and poultry seasoning or ginger. Brush Wesson all over. Bake at 325° (moderate oven) about 25 to 30 minutes per pound. Baste with Wesson every 30 minutes. 4 servings—280 calories each; 6 servings—190 calories each.

Smoke's out—flavor's in Wesson Fried Chicken.

COUNTRY CAPTAIN

¼ cup flour
1½ teaspoons salt
1 fryer chicken (2½ lb.), disjointed
¼ cup Wesson
1 onion, chopped
1 green pepper, sliced
1 clove garlic, minced
1 can (8 oz.) Hunt's Tomato Sauce
2 cups water
¼ teaspoon Tabasco
1 teaspoon curry powder
¼ cup currants or raisins
2 tablespoons toasted, slivered almonds

Flour and salt chicken. Brown in Wesson, remove. Add onion, green pepper and garlic, cook 3 minutes. Blend in tomato sauce, water, seasonings and currants. Mix well, replace chicken. Cover, simmer 30 minutes; garnish with almonds. 4 servings—405 calories each; 6 servings—270 calories each.

SKILLET BARBECUED CHICKEN

Salt and pepper fryer chicken (2½ lb.). Brown all sides in moderately hot Wesson (350°) to the depth of 1 inch in skillet. Remove chicken to pour off all but 2 tablespoons oil and browned bits. Return chicken to skillet, add 1½ cups Jiffy Barbecue Sauce (p. 76). Cover and simmer 30 minutes. 4 servings—300 calories each.

SPICED CHICKEN

Browned chicken flavored with fruit.

1 cup orange juice
¾ cup canned or frozen peaches, sliced
2 tablespoons brown sugar
2 tablespoons vinegar
1 teaspoon mace or nutmeg
1 teaspoon basil
1 clove garlic, minced
6 each fryer chicken legs and thighs or
  1 chicken (2½ to 3 lb.), cut up
½ cup flour with
  1 teaspoon salt and dash pepper
Wesson to depth of 1 inch in fry pan

Combine first 7 ingredients in saucepan, cook slowly 10 minutes. Dredge chicken in seasoned flour and brown in hot Wesson. Remove chicken to pour off all but 2 tablespoons drippings and browned bits. Replace chicken, pour fruit sauce over top. Cover, simmer 20 minutes. 4 servings—380 calories each; 6 servings—255 calories each.

CAROLINA CHICKEN

Delicious with hot corn bread.

1 fryer chicken (2½ lb.), cut up
¼ cup Wesson
1 onion, chopped
1 teaspoon Worcestershire sauce
1 bay leaf
2 cans (16 oz. size) okra and tomatoes
1 teaspoon salt
¼ teaspoon Tabasco

Brown chicken in Wesson, remove and drain off all but 2 tablespoons oil. Add onion, cook 5 minutes. Add remaining ingredients, replace chicken. Cover, cook slowly 20 minutes, until chicken is tender. 4 servings—295 calories each; 6 servings—195 calories each.

COQ AU VIN

The French chef's favorite.

1 fryer chicken (2½ lb.), cut up
1 teaspoon salt
Dash pepper
2 tablespoons flour
3 tablespoons Wesson
6 small whole onions
1 clove garlic, minced
1 can (4 oz.) sliced mushrooms
1½ cups red wine
1 large bay leaf
¼ cup minced parsley
3 green onions, sliced

Coat chicken with seasoned flour. Brown in heavy skillet in hot Wesson. Remove. Add onions and garlic, cook until tender. Add remaining ingredients and chicken. Cover, simmer 1 hour, till tender. 4 servings—345 calories each.

CHICKEN MARENGO

1 fryer chicken (2½ lb.), cut up
¼ cup Wesson
1 clove garlic, minced
1 onion, chopped
1¼ teaspoons salt
¼ teaspoon pepper
½ cup white wine or chicken broth
2 tomatoes, peeled and quartered
1 cup fresh mushrooms or 1 can (4 oz.)

Coat chicken with hot Wesson in skillet. Brown. Add garlic, onion, seasonings and wine. Cover, cook slowly until chicken is done. The last 5 minutes add tomatoes and mushrooms. 4 servings—350 calories each made with wine; 325 calories each made with broth.

Wesson Fried Chicken is the first to go at picnics, because Wesson leaves no film on cold fried chicken the way solid shortening can.

For Chicken Divine—Use white meat of chicken (leaner and lower in calories than the dark meat). Season and flour chicken and brown in hot Wesson. Combine with broccoli and a light sauce. Sprinkle with bread crumbs and brown under broiler.

CHICKEN IN THE GARDEN

1 cup sliced celery and leaves
2 tablespoons Wesson
2 cups cooked diced chicken or turkey
1 package frozen peas and carrots
¾ cup chicken broth
1 tablespoon cornstarch
1 tablespoon soy sauce
Dash pepper

Cook celery in Wesson about 3 minutes. Add chicken, brown lightly. Add peas and carrots, half of broth. Cover and cook over low heat about 10 minutes. Combine remaining broth with cornstarch and soy sauce. Stir into skillet, add pepper, cook until thickened. 4 servings—200 calories each.

MEXICAN CHICKEN

Delicious adaptation of a favorite—called Mole (Molay) in Mexico.

1 fryer chicken (3 lbs.), cut up
½ cup Wesson
1 green pepper, chopped
1 onion, chopped
1 clove garlic, minced
2 cans (8 oz. size) Hunt's Tomato Sauce
1 to 2 teaspoons chili powder
1 teaspoon salt
¼ teaspoon Tabasco
2 whole cloves
½ ounce unsweetened chocolate

Coat chicken with Wesson, brown. Remove chicken. Pour off all but 3 tablespoons Wesson and browned bits and cook green pepper, onion and garlic. Add remaining ingredients. Heat until chocolate is melted. Replace chicken. Cover and simmer 30 minutes or until done. 6 servings—320 calories each.

CHICKEN DIVINE

4 chicken breast halves
2 tablespoons flour with
½ teaspoon salt and dash pepper
2 tablespoons Wesson
1 package (10 oz.) frozen broccoli
2 tablespoons flour
½ cup chicken broth
½ cup milk
¼ teaspoon tarragon, crumbled
2 tablespoons bread crumbs

Coat chicken with seasoned flour. Brown in hot Wesson. Reduce heat to low, cover and cook about 30 minutes. Add broccoli last 15 minutes. Remove chicken and broccoli to warm oven. Stir in 2 tablespoons flour. Add broth, milk and tarragon. Stir constantly, cook about 2 minutes until thickened. Pour over chicken and broccoli. Sprinkle with bread crumbs. Brown under broiler. With fresh broccoli, parboil 10 minutes. Add to chicken when heat is reduced. 4 servings—250 calories each.

TOMATO CHICKETTI

1 pound chicken livers, chopped
2 tablespoons Wesson
1 onion, chopped
2½ cups water
1 can (8 oz.) Hunt's Tomato Sauce
½ pound uncooked spaghetti
2 tablespoons chopped celery leaves
1¼ teaspoons salt
¼ teaspoon Tabasco

Brown livers in Wesson. Add onion, water, tomato sauce; bring to boil. Add other ingredients. Stir lightly. Cover, simmer 30 minutes, stirring occasionally to keep spaghetti from sticking. 6 servings—310 calories each.

CREOLE CHICKEN GUMBO

A hearty main dish to make with leftover chicken—and so happily modest in calories.

1 cup chopped celery and leaves
1 large onion, chopped
1 tablespoon flour
¼ cup Wesson
3 cups chicken broth
1 can (16 oz.) tomatoes
1 green pepper, chopped
1 bay leaf
¼ teaspoon thyme
2 cups sliced okra (fresh, frozen or canned)
2 tablespoons chopped parsley
Salt to taste
¼ teaspoon Tabasco
2 cups coarsely cut cooked chicken
1 can (5 oz.) shrimp, drained
3 cups hot cooked rice

Cook celery, onion and flour in Wesson 5 minutes, stirring as needed. Add next 9 ingredients, stir well. Simmer 30 minutes. Stir occasionally. Add chicken and shrimp, heat through; serve in soup bowls with hot rice on top. 6 servings—330 calories each.

CHICKEN LIVER KABOBS

¾ pound chicken livers
16 mushrooms
2 green peppers
2 small cooked or canned carrots
½ cup Wesson

Cut livers in half, prick lightly to prevent "popping" as they cook. Alternate pieces of liver on skewers with mushrooms, squares of green pepper and slices of cooked carrot. Pan fry over low heat about 3 minutes in Wesson. Sprinkle with salt and pepper; serve on toast if desired. 4 servings—320 calories each with toast; 270 calories each without toast.

BROILED CHICKEN

Brush broiler chicken halves (2 lb.) with Wesson, sprinkle with salt and pepper. Place on foil-lined broiler rack, skin side down. Broil 6 to 8 inches from heat, turning and brushing with oil as needed. It takes about 30 minutes. 4 servings—230 calories each.

Variations:

Paprika Broiled: Combine ½ cup Wesson, 2 tablespoons lemon juice, 1 tablespoon flour, 1 teaspoon each salt and paprika. Use to coat chicken during broiling. 235 calories per serving.

Deviled: To ½ cup Wesson add 1 teaspoon each chili powder, salt and paprika, ¼ teaspoon each dry mustard and Tabasco, 1 tablespoon vinegar. Use to coat chicken during broiling. 230 calories per serving.

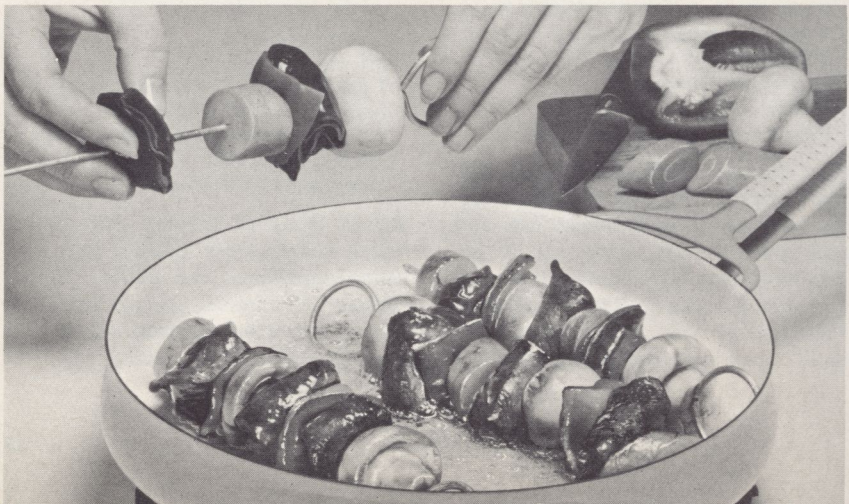
Garlic-Oregano: To ½ cup Wesson add 1 clove garlic, crushed, 1 teaspoon each oregano and salt, dash pepper. Let stand an hour before using to baste chicken during broiling. 230 calories per serving.

CHICKEN ROSEMARY

1 fryer chicken (2½ lb.), cut up
¼ cup Wesson
1½ teaspoons salt
¼ teaspoon pepper
1 small onion, chopped
1 clove garlic, minced
1 cup chopped celery and leaves
¼ cup sherry or white wine
1 teaspoon rosemary

Coat chicken with hot Wesson in heavy skillet. Brown. Drain off all but 2 tablespoons oil. Sprinkle with seasonings, add remaining ingredients. Cover, simmer 20 to 30 minutes, basting occasionally. 4 servings—280 calories each.

Tip for Chicken Liver Kabobs—prick livers with fork to prevent "popping" as they cook. Alternate with mushrooms, green pepper and carrots. Pan fry over low heat.



Menu 5

2600 CALORIES

BREAKFAST

Prunes, 4	75
*French Toast (page 47), 2 slices with	370
Syrup or honey, 1 tablespoon	50
Bacon, 2 strips	90
	585
Coffee or tea with cream or milk and sugar, average 3 cups a day	150

LUNCH

Tomato juice, 8 oz.	50
*Chef's Salad (page 52)	260
Slice rye bread	60
Butter pat	50
Whole milk, 1 cup	165
	585
Free calories—for drink before dinner or extra snack	125

DINNER

*Herb Fried Chicken 1½ serving (page 32)	470
*Lucky Cabbage (page 61)	100
2 boiled new potatoes with parsley	110
1-inch chunk French bread	50
*Cream Puffs, 2 (page 82)	190
	920

SNACK

Whole milk with puffed rice cereal, 1 cup each	220
Total calories for day	**2585**

*See recipe.

1800 CALORIES

BREAKFAST

Prunes, 4	75
*French Toast with	185
Syrup or honey, 1 tablespoon	50
Bacon, 2 strips	90
	400
Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

Tomato juice, 4 oz.	25
*Chef's Salad	260
Slice rye bread	60
Butter pat	50
Skim milk or buttermilk, 1 cup	90
	485

DINNER

*Herb Fried Chicken	315
*Lucky Cabbage	100
2 boiled new potatoes with parsley	110
1-inch chunk French Bread	50
*Cream Puffs, 2	190
	765

SNACK

Skim milk with puffed rice cereal, 1 cup each	140
Total calories for day	**1790**

1200 CALORIES

BREAKFAST

Prunes, 4	75
Boiled egg	80
Whole wheat toast	55
Marmalade, 1 teaspoon	20
	230
Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

Tomato juice, 4 oz.	25
*Chef's Salad	260
2 slices melba toast	25
Skim milk or buttermilk, 1 cup	90
	400

DINNER

*Herb Fried Chicken	315
Cabbage, steamed, 1 cup	25
1 rye wafer	25
Boiled new potato with parsley	55
	420

SNACK

Skim milk with puffed rice cereal, 1 cup each	140
Total calories for day	**1190**

Seafoods

take a place of honor

Poached Salmon with Sauce Verte, Breaded Shrimp

For oceans of goodness—fish is the food. Proteins, minerals and vitamins, too, are yours in generous measure.

Few other foods lend themselves so ideally to glamorous, gourmet cookery. Yet, most fish and shellfish contain just about half the calories of an equal weight of pork or beef.

More good news! Not only are fish lower in calories than most meats, but they are high in *poly-unsaturated* fat. And, of course, by cooking them in poly-unsaturated Wesson instead of solid shortening, you can keep them that way.

You'll find an enticing variety of recipes here, glorifying the bright flavor of seafoods. Make them welcome often on your table!

POACHED SALMON WITH SAUCE VERTE

A cool, summery dish—with out-of-this-world flavor.

1 tablespoon Wesson
4 salmon steaks (1½ lbs.)
2 tablespoons lemon juice
6 peppercorns
Sprig parsley
2 slices onion
½ cup Sauce Verte

Rub the Wesson around skillet or flat baking dish. Lay in the salmon steaks. Add lemon juice and enough water to just cover; add seasonings. Cover and poach on top of the stove for 15 to 20 minutes or in a moderate oven, 325°, for the same time—until the salmon is just cooked. Allow to cool in the liquid, as this will keep it moist. Drain well, remove skin. Arrange on a serving platter, spoon over the Sauce Verte, and serve with cucumber salad. 6 servings —315 calories each.

Sauce Verte—*delicious with salads, too.*

Green onion tops or chives
½ cup chopped green pepper
¼ cup chopped parsley
¼ cup chopped spinach
1 tablespoon lemon juice
1 cup Special Mayonnaise (p. 57)

Whirr all ingredients except mayonnaise in a blender, or chop together very fine. Add to mayonnaise. Chill before using. Makes 1¼ cups. 55 calories per tablespoon.

LOBSTER PAPRIKA

1 clove garlic, minced
1½ teaspoons paprika
1 tablespoon Wesson
2 tablespoons minced celery leaves
¼ cup white wine
2 cups diced, fresh, frozen or canned lobster
2 egg yolks
4 slices toast

Cook garlic and paprika in Wesson over low heat in skillet about 3 minutes. This develops the flavor and color, too. Add remaining ingredients except egg yolks. Cover and simmer 10 minutes, until lobster is done. Remove lobster to keep chunks firm. Take pan off stove long enough to stir in beaten egg yolks, return lobster to pan. Heat and serve on toast. 4 servings—215 calories each.

PAN-FRIED SHRIMP ROYALE

3 tablespoons Wesson
1 pound cleaned raw shrimp or 2 cans (5 oz.) shrimp
1 can (4 oz.) mushrooms with liquid
½ teaspoon salt
1 small green pepper, chopped
4 slices toast
Grated lemon peel
Lemon wedges

Heat Wesson in fry pan. Add shrimp, mushrooms, salt and green pepper. Cook over medium heat 10 minutes, stirring occasionally. Spoon shrimp, mushrooms and pepper onto toast squares. Blend the grated lemon peel and mushroom liquid (or ¼ cup water) with the drippings in skillet and heat. Pour over shrimp; serve with lemon wedges. 4 servings—310 calories each.

QUICK SHRIMP CREOLE

2 tablespoons Wesson
1 medium onion, chopped
1 clove garlic, minced
1 medium green pepper, chopped
½ cup chopped celery
1 can (8 oz.) Hunt's Tomato Sauce
¾ cup water
1 pound cleaned raw shrimp, or 2 cans (5 oz.) shrimp
2 cups hot cooked rice

Heat Wesson and cook onion, garlic, green pepper and celery slowly about 5 minutes. Stir in tomato sauce and water, simmer about 10 minutes. Add raw cleaned shrimp, bring to boil and cook 5 minutes or add canned shrimp and heat thoroughly. Serve over hot rice. 4 servings—345 calories each.

PAN-BROILED BLUEFISH

2 tablespoons flour
Salt, pepper, paprika
1 bluefish (1½ lbs.) or other small lean fish, split
¼ cup Wesson
1 onion, thinly sliced

Mix together flour and seasonings. Dip flesh sides of bluefish in seasoned flour. Oil a baking dish with a little of the Wesson. Place the fish, skin side down, in the oiled pan. Sprinkle with half the remaining Wesson. Broil the fish 3 inches from the flame for 7 minutes. Top with onion slices and drizzle with remaining Wesson. Broil 3 to 5 minutes longer, or until done. 4 servings—285 calories each.

SWISS SWORDFISH STEAK

¼ cup flour
1½ teaspoons salt
Dash pepper
1 pound swordfish steaks
¼ cup Wesson
2 medium onions, chopped
1 can (8 oz.) Hunt's Tomato Sauce

Mix flour, salt, pepper; use to dust fish lightly on both sides. Saute quickly in hot Wesson. Remove from pan, add onion and cook till golden. Add tomato sauce. Stir until the mixture boils. Simmer 10 minutes then return fish to pan. Simmer 10 to 12 minutes longer, or until fish is done. Serve piping hot. 4 servings—390 calories each.

TUNA CROQUETTES

2 cups cooked rice, cooled
1 can (6½ or 7 oz.) flaked tuna, salmon or other fish
2 teaspoons minced parsley
1 egg, separated
6 stuffed olives
2 tablespoons water
½ cup dry bread crumbs
Wesson to depth of 1 inch in deep fry pan

Combine rice, tuna, parsley and egg yolk. Shape into 6 oval croquettes using a stuffed olive inside for a hidden surprise. Mix the egg white and water. Dip croquettes in this mixture; drain and then coat with bread crumbs. Let coating dry a few minutes. Fry in Wesson heated to 375° for 2 to 3 minutes until golden brown. Drain on paper towels. Arrange on hot platter for serving. Now, garnish them to look like pert little fish—using a slice of stuffed olive for the eye and parsley for the tail. 6 servings—275 calories each.

BREADED SEAFOOD

1 egg, slightly beaten
1 tablespoon lemon juice
1 tablespoon Worcestershire sauce, optional
½ teaspoon salt
1 pound shrimp or other seafood
¼ cup flour
Bread or cracker crumbs or corn meal
Wesson to the depth of 1 to 1½ inches in skillet

Combine first four ingredients. Lightly coat seafood with flour and dip into egg mixture. Then coat with crumbs or corn meal. Let stand a few minutes to dry coating. Heat Wesson to 350°.

Shrimp-Oysters-Clams: Fry 2 to 3 minutes. 4 medium oysters—225 calories.

Frozen Breaded Shrimp or Fish Sticks: Keep frozen until ready to fry. Separate and fry about 3 minutes. May be pan fried in Wesson over medium heat, turning to brown both sides. Calories per 4-oz. serving—200.

Whole Fish: Allow 5 to 8 minutes cooking time, turning once. Calories per 4-oz. serving of flounder—200.

Fish Fillets: Fry at 375° for 2 to 3 minutes. Calories per 4-oz. serving—180.

Serve with one of these tasty sauces:

Deep Sea Dip: Mix ½ cup Snider's Chili Pepper Catsup, 3 tablespoons lemon juice, 2 tablespoons Wesson, 1 teaspoon grated lemon peel, ½ teaspoon horseradish. Stir well. Makes just over ¾ cup at 30 calories per tablespoon.

Saucy Fish Sauce: Mix 1 can (8 oz.) Hunt's Tomato Sauce, 2 teaspoons lemon juice, ½ teaspoon salt and ¼ teaspoon each pepper and Worcestershire sauce. Simmer 5 minutes. Serve hot. Enough sauce for 6 servings—15 calories each.

1. *Breaded Seafood: To give fish, shrimp, oysters or clams a crisp brown coating, lightly flour seafood. (It helps the coating adhere.) Then dip into egg mixture.*

2. *Next, coat seafood with crumbs or corn meal. Let stand a few minutes to dry coating, then fry in Wesson at temperature given in recipe. (Recipes above.)*

ESCABECHE OF SHRIMP

Pronounced Es-ka-beshe—a Spanish and Provencal way of preparing seafood in a flavorful marinade. Try this once and you'll make it often.

2 pounds medium raw shrimp, peeled and deveined
Juice of 1 lime or 1 lemon
1 teaspoon salt
1 tablespoon Wesson
1 medium onion, sliced
2 cloves garlic, cut in half
2 tablespoons Wesson
3 tablespoons lime or lemon juice
¼ teaspoon pepper
Dash salt

Sprinkle shrimp with lime juice and salt. Heat 1 tablespoon Wesson in a large skillet. Saute onion and garlic just until onion is transparent. Discard garlic and remove onion to plate. Braise shrimp in flavored oil for about 5 minutes, stirring occasionally, until pink. Combine remaining Wesson, lime juice, pepper and salt to make dressing. Arrange shrimp and onion in layers in a deep bowl. Pour a little of the dressing over each layer. Chill several hours before serving. 6 servings—175 calories each; serves many more as hors d'oeuvre.

UNCLE IRVING'S FISH SKILLET

From a real good cook who helped us produce this cook book.

1 package (1 lb.) frozen fish fillets, such as haddock
3 tablespoons Wesson
1 onion, chopped
2 tablespoons chopped parsley
1 can (8 oz.) Hunt's Tomato Sauce
½ cup water
½ teaspoon salt
Dash pepper

Partially defrost fish, so they are easily separated. Pour Wesson into skillet. Add onion and cook over medium heat about 5 minutes. Add remaining ingredients except fish; cook about 5 minutes. Add fish; cover and simmer 10 minutes or until done, basting once. 4 servings—170 calories each.

SHRIMP VEGETABLE SKILLET

1 pound cleaned raw shrimp or 2 cans (5 oz.) shrimp
¼ cup Wesson
1 large eggplant, peeled and cubed
1 medium onion, chopped
1 clove garlic, minced
¼ cup minced parsley
¼ cup water
½ teaspoon salt
Dash pepper
4 slices dry bread, cubed

Over medium heat, cook shrimp in Wesson 2 minutes; remove. Add eggplant, onion and garlic, cooking until tender. Then add next 4 ingredients, plus shrimp. Cover and simmer 15 minutes. Add bread cubes (leave uncovered) and cook 5 minutes longer. 4 servings—365 calories each.

Variation:

Scallop Vegetable Skillet: Substitute 1 pound scallops for shrimp. 310 calories per serving.

FISH FILLETS SESAME

6 small fish or 2 pounds fish fillets
Salt and pepper
About ¼ cup flour
1 egg
2 tablespoons skim milk
½ cup crushed butter crackers
3 tablespoons sesame seed
Wesson to depth of 1 inch in deep fry pan

Lemon-Parsley Sauce:

¼ cup chopped parsley
1 small onion, chopped
¼ cup lemon juice

Season fish and coat lightly with flour. Break egg into a shallow bowl and beat with milk. Combine cracker crumbs with sesame seed. Dip fish into egg, then into cracker-seed mixture to coat well. Heat Wesson in fry pan to 375°. Fry fish 3 to 5 minutes, turning to brown all over. Drain on paper towels. Combine ingredients for Lemon-Parsley Sauce; spoon over fish. Serve on hot platter. 4 servings—380 calories each; 6 servings—255 calories each.

Where shrimp or oysters are called for in recipes, may we suggest you try one of these excellent canned brands: *Blue Plate*, *Gulf Kist* or *Dunbar*. These are packed by The Southern Shell Fish Company who also pack superb quality *Blue Plate* and *Gulf Kist* Frozen Shrimp. All are of delectable Gulf Coast variety, preferred for their fresh, delicate flavor by the connoisseur of fine seafood.

Since canned shrimp are cooked and salted before packing, where possible add them to dishes during the last few minutes of cooking and use less salt in recipe.

Menu 6

2600 CALORIES

BREAKFAST

Orange juice, 6 oz.	90
2 poached eggs	155
Slice toast	60
Butter pat	50
	355
Coffee or tea with cream or milk and sugar, average 3 cups a day	150

LUNCH

Hamburger	265
Tomato and onion slices	35
Hamburger bun	110
Whole milk	165
Gelatin dessert with fruit, ¾ cup	130
	705
Free calories—for drink before dinner or extra snack	125

DINNER

*French Onion Soup (page 11)	155
with 1-inch chunk French bread and Parmesan, 1 tablespoon	75
*Uncle Irving's Fish Skillet, 1½ servings (page 42)	255
Steamed carrots, ⅔ cup	30
Green salad with *1-Minute French Dressing, 2 tablespoons (page 55)	205
*Perfect Baked Potato (page 64) with	100
Sour cream, 2 tablespoons	60
1-inch chunk French Bread	50
Butter, ½ pat	25
*Skillet Cake with Fruit Sauce, 3-inch cut (page 87)	210
	1165

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	2590

*See recipe.

1800 CALORIES

BREAKFAST

Orange juice, 6 oz.	90
Poached egg	80
Slice toast	60
Butter pat	50
	280
Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

Hamburger	265
Tomato and onion slices	35
½ hamburger bun	55
Skim milk or buttermilk, 1 cup	90
	445

DINNER

*French Onion Soup	155
*Uncle Irving's Fish Skillet	170
Steamed carrots, ⅔ cup	30
Green salad with *1-Minute French Dressing, 2 tablespoons	205
*Perfect Baked Potato with	100
Sour cream, 2 tablespoons	60
1-inch chunk French Bread	50
*Skillet Cake with Fruit Sauce, 3-inch cut	210
	980

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	1795

1200 CALORIES

BREAKFAST

Orange juice, 4 oz.	60
Poached egg	80
Slice toast	60
	200
Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

1 thin hamburger patty	165
Tomato and onion slices	35
½ hamburger bun	55
Skim milk or buttermilk, 1 cup	90
	345

DINNER

*French Onion Soup	155
*Uncle Irving's Fish Skillet	170
Steamed carrots, ⅔ cup	30
Green salad with *1-Minute French Dressing, 1 tablespoon	110
*Perfect Baked Potato	100
	565

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	1200

BREADS

Happy the ancient day that hot breads were invented! Happier still—today—when fluffy biscuits, muffins, doughnuts, pancakes can all be made so easily and deliciously with Wesson.

Stir-N-Roll Biscuits are as easy to make as the name suggests. Wesson pours to measure, stirs into the batter. No wonder solid shortening is becoming old-fashioned! Wesson helps make sure of the delicate biscuit flavor, too. Stir-N-Roll Biscuits are tender, crispy-crusted—light and digestible, a joy to eat!

FAMILY-STYLE WHITE BREAD

What could be better than your own homemade bread—hot from the oven. Wesson's easy recipe is fun to make, too.

1 cup skim milk
3 tablespoons sugar
2 teaspoons salt
⅓ cup Wesson
1 cup warm (not hot) water
1 envelope active dry yeast
6 to 6¼ cups sifted all-purpose flour

Heat milk just to boiling. Remove from heat. Stir in sugar, salt, Wesson. Cool to lukewarm. Measure water into 3-quart bowl; sprinkle in yeast; stir till dissolved. Add lukewarm milk mixture. Sift 3 cups flour over yeast mixture, stir in, then beat until smooth. Add rest of flour to make soft dough. Turn out on lightly floured board. Knead until smooth and elastic. Place in oiled bowl. Brush top with Wesson. Cover, let rise in warm place until double in bulk, about 1¼ hours. Punch down, turn out on lightly floured board. Divide dough in half. Form each half into a smooth ball. Place in oiled loaf pans (9″ x 5″ x 3″). Cover and let rise in warm place until doubled again in bulk, about 1 hour. Bake in hot oven (400°) about 50 minutes. Makes 2 loaves. 60 calories per thin slice.

STIR-N-ROLL BISCUITS

The quick Wesson way to make tender, airy-light biscuits.

2 cups sifted all-purpose flour
3 teaspoons baking powder
1 teaspoon salt
⅓ cup Wesson
⅔ cup milk

Heat oven to 475° (very hot). Sift together flour, baking powder and salt. Pour Wesson and milk into a measuring cup (but don't stir). Then pour all at once into flour. Stir with fork until mixture cleans sides of bowl and rounds up into a ball. Smooth by kneading dough about 10 times without additional flour. With the dough on waxed paper, press out ¼-inch thick with hands, or roll out between waxed papers. For higher biscuits, roll dough ½-inch thick. Cut with unfloured cookie cutter. Place on ungreased cookie sheet. For all-over golden crusts, allow space around each biscuit. Bake 10 to 12 minutes. 16 biscuits—85 calories each; 12 biscuits—125 calories each.

STIR-N-ROLL BUTTERMILK BISCUITS

Reduce the baking powder to 2 teaspoons. Add ¼ teaspoon soda and use buttermilk instead of the whole milk. 16 biscuits—80 calories each; 12 biscuits—120 calories each.

1. *For Stir-N-Roll Biscuits, pour Wesson and milk into same measuring cup. Then pour all at once into sifted dry ingredients. Just stir to mix. (Recipe above.)*

2. *Pat or roll dough between waxed papers. Or make drop biscuits. Dough is easy to handle, never sticky and it doesn't require rolling on floured board.*

3. *There's no easier way to make such delicious fluffy and tender biscuits. For a new treat, serve piping hot biscuits with apple butter. Delicious!*

ORANGE BREAD

2 cups flour
¼ teaspoon salt
1 teaspoon soda
1 cup sugar
1 tablespoon grated orange peel
1 egg, beaten
½ cup Wesson
1 cup milk

Sift flour, salt and soda into a mixing bowl; stir in sugar and grated orange peel. Combine egg, Wesson and milk; add all at once to flour. Stir until mixed well. Pour into greased loaf pan, 9 x 5 x 3 inches deep. Bake 40 to 50 minutes at 325° or until loaf tests done. Turn out on rack to cool. 27 slices—100 calories each.

MUFFINS

2 cups sifted all-purpose flour
2¼ teaspoons baking powder
1 teaspoon salt
¼ cup sugar
1 egg, beaten
1 cup milk
2 tablespoons Wesson

Heat oven to 400° (hot). Lightly oil muffin pans. Sift dry ingredients together. Combine egg, milk and Wesson. Stir quickly into flour mixture until dry ingredients are just dampened and batter has lumpy appearance. Fill muffin pans ⅔ full. Bake 20 minutes. Serve hot. 12 muffins, 2 inches in diameter—125 calories each.

SKILLET CORN BREAD

No oven to light; here's top-of-stove "baking".

1 cup sifted all-purpose flour
3 tablespoons sugar, optional
3 teaspoons baking powder
1 teaspoon salt
1 cup corn meal
1 egg, beaten
1¼ cups milk
¼ cup Wesson

Sift dry ingredients together. Combine egg, milk and Wesson. Add to dry ingredients; mix quickly and turn into oiled skillet. (A small amount of Wesson will coat the bottom and sides of the skillet more easily if heated.) Cover and cook over *low* heat 30 to 35 minutes until top springs back when you touch it. Turn out on platter. 8 servings—240 calories each with sugar; 220 without.

SPECIAL BUCKWHEAT PANCAKES

1 cup buckwheat pancake mix
1 cup skim milk
2 tablespoons Wesson

Follow package directions using Wesson in place of butter or shortening; replace whole milk with skim milk. Makes 12 four-inch pancakes. One serving of 3 pancakes—180 calories.

SKILLET TOAST

No butter needed! Another good way to cut down on saturated fat.

1 slice bread
2 teaspoons Wesson

Spread bread slice on one side with 1 teaspoon Wesson. The easiest way to do this is to dribble the Wesson from the teaspoon onto the bread, then spread quickly with the back of spoon. Place bread slice in a heated small skillet over medium heat. Fry the bread till golden, spread the other side with the remaining teaspoon of oil, then turn and brown. 140 calories per serving.

OVEN-TOASTED FRENCH BREAD

Cut diagonal slits in a 12-inch loaf of French bread at 1-inch intervals, cutting almost through to the bottom of the loaf. Spread 1 teaspoon of Wesson between each slice (straight from the teaspoon is easiest). Place the bread on a baking sheet or piece of foil, and toast to a delicate brown at 325° for 20 minutes. Break off the crisp chunks to eat. 90 calories per slice (3¼ x 2 x 1-inch).

FRENCH GARLIC BREAD

Cut a 12-inch loaf of French bread as above. Mash 2 cloves of garlic with 1 teaspoon salt; mix into ¼ cup Wesson. Use to spread the 12 cuts of bread. Wrap in aluminum foil and heat for 20 minutes in an oven set at 325°. 90 calories per slice (3¼ x 2 x 1-inch).

SESAME BREAD

Cut 1-inch chunks of French bread. For each slice, combine ¼ teaspoon sesame seeds, ½ teaspoon chopped parsley and 1 teaspoon Wesson. Sprinkle each chunk with salt and pepper, then spread with the Wesson mixture. Wrap in foil and heat for 20 minutes in a 325° oven. 90 calories per slice (3¼ x 2 x 1-inch).

CORN MUFFINS

½ cup sifted all-purpose flour
½ teaspoon soda
1¼ teaspoons baking powder
1 teaspoon salt
2 tablespoons sugar
1¼ cups corn meal
1 egg, beaten
1¼ cups buttermilk
¼ cup Wesson

Heat oven to 425° (hot). Lightly oil muffin pans. Sift together all dry ingredients except corn meal. Stir in cornmeal. Combine egg, buttermilk and Wesson; add dry ingredients; stir quickly until well mixed. Fill muffin pans ⅔ full. Bake 12 to 15 minutes, or until golden brown. 18 muffins, 2 inches in diameter—95 calories each.

VELVET WAFFLES

2 cups sifted all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar
1¾ cups skim milk
½ cup Wesson
3 egg whites, stiffly beaten

Sift dry ingredients together. Add skim milk and Wesson, beat until smooth. Fold in stiffly beaten egg whites. Bake in a hot waffle iron until golden brown. Use about ½ cup batter for each waffle. Serve with honey, tart jam or syrup. 10 large waffles—210 calories each.

FRENCH TOAST

2 eggs, slightly beaten
¾ cup milk
¼ teaspoon salt
2 teaspoons sugar
3 tablespoons Wesson
6 slices day-old bread

Combine eggs, milk, salt, sugar. Heat 2 tablespoons Wesson in a large skillet or griddle. Dip the bread in the egg mixture, then fry in Wesson over low heat, browning both sides. Add Wesson as needed. Serve with syrup, jelly or applesauce, or sprinkle with cinnamon and sugar. 6 servings (without topping)—165 calories each; with 1 teaspoon cinnamon sugar—180 calories each; with ½ tablespoon syrup or jelly —190 calories each.

Variation:

Lemon Delight Toast: Add 1 teaspoon grated lemon peel and ½ teaspoon lemon extract. Serve with honey or marmalade. With 1 teaspoon honey or marmalade—195 calories per serving.

CINNAMON TOAST

Fun for the children to do.

1 slice bread
1 teaspoon Wesson
¾ teaspoon sugar
¼ teaspoon cinnamon

Toast bread in the usual way. Spread one side with Wesson. Combine the sugar and cinnamon and sprinkle over the toast. 1 serving—110 calories.

STIR-N-DROP DOUGHNUTS

Doughnut-making was never easier than with Wesson.

2 cups sifted all-purpose flour
¼ cup sugar
3 teaspoons baking powder
1 teaspoon salt
½ teaspoon nutmeg
¼ cup Wesson
¾ cup skim milk
1 egg white
Wesson for deep or shallow frying

Sift dry ingredients together into a mixing bowl. Pour Wesson and milk into one measuring cup. Then add with egg white to dry ingredients. Stir with a fork until mixed. Small puffs are attractive and cook best, so drop the batter by teaspoonfuls into deep Wesson heated to 375°. Do not crowd in the pan. Fry until golden brown—about 3 minutes. Turn once. Drain on paper towels. Makes 2½ dozen doughnuts—75 calories each.

Spare the calories—pamper the family! Fresh fruit or vegetable salads can be the weight watcher's true friend.

As part of our daily meals, crisp greens, fresh fruits and vegetables provide the bulk that helps us to feel well-fed. For all the family, a salad with lunch or supper contributes to good nutrition and to pleasurable eating. *Vitamins* never tasted so fresh and crisp and good. Variety is the spice that keeps salads inviting. Explore here among Wesson's imaginative new ideas . . . hearty Chicken Salad Dinner, a meal in itself . . . picture-pretty Rainbow Fruit Salad . . . new flavor combinations . . . do-ahead salads you marinate in tangy French dressing, homemade in one minute with Wesson, the pure vegetable oil.

With homemade Wesson dressings *you* control the calories. You can make your dressing as light as you like by adjusting the proportion of oil to vinegar. Too, you add the seasonings *your* family likes best—make a dozen different dressings from one simple basic recipe—and at a saving of money.

The superb delicacy of Wesson is most welcome in your salad bowl. Without adding flavor of its own, Wesson brightens the subtle flavors of fruits and meats and vegetables to their sparkling best.

MELON BOAT SALAD

1 medium honeydew melon
1 medium cantaloupe
1 cup sliced strawberries
½ cup diced pineapple
½ cup blueberries
Two-Tone Dressing for fruit salad (p. 57)

Cut honeydew melon into wedges. Prepare melon balls. Combine fruit and place in melon "boats." Serve with Two-Tone Dressing. This festive salad pictured below can also be served as a cool and pretty summertime dessert. It's good eating anytime. 6 servings—115 calories each for fruits. 85 calories per tablespoon of dressing.

Tomato Avocado Salad, Melon Boat Salad

RAINBOW FRUIT SALAD

1 banana, sliced
1 cup pineapple chunks (save juice)
1 avocado, sliced
1 pink grapefruit, sectioned
Lettuce leaf cups
⅓ cup Honey Dressing (p. 56)

Dip banana slices in pineapple juice. Combine fruits and arrange in individual salads. Serve with Honey Dressing. 6 servings—180 calories each.

TOMATO AVOCADO SALAD

2 large tomatoes, cut into eighths
¼ cup Wesson 1-Minute French Dressing (p. 55)
1 avocado, peeled, sliced
1 small cucumber, sliced
1 head lettuce, bite-size pieces

Marinate tomato sections in 1-Minute French Dressing in refrigerator about 5 minutes. Add avocado, cucumber and lettuce, toss together. 4 servings—195 calories each.

SHRIMP REMOULADE

One of the delights of dining in famous French restaurants—yours to enjoy at home.

¼ cup Wesson
2 tablespoons vinegar
1 teaspoon paprika
Dash Tabasco
½ teaspoon salt
2 tablespoons hot prepared mustard
1 tablespoon horseradish, cream style
¼ cup finely chopped celery
2 tablespoons chopped green onions
½ pound fresh or frozen shrimp cooked; or 1 can (5 oz.)

Place all ingedients except shrimp in bowl, stir well. Add shrimp, toss gently. Cover and chill 30 minutes or longer. Serve garnished with lettuce. 4 servings as an appetizer—220 calories each.

ROSY CAULIFLOWER SALAD

½ medium head cauliflower
3 pimientos
¼ cup Wesson 1-Minute French Dressing (p. 55)
1 tablespoon lemon juice
Salad greens
½ green pepper, cut into rings
½ cup ripe olives, sliced

Cook cauliflower until just tender, separate into flowerets. Mash pimientos in salad bowl. Add French Dressing and lemon juice. Beat until blended. Add cauliflower. Chill. Add greens; toss. Arrange salad greens around edge of bowl, garnish with pepper rings and olives. 6 servings—95 calories each.

CAESAR SALAD

America's favorite—and no wonder!

1 clove garlic, cut in half
1 head Romaine lettuce
1 head Iceberg lettuce
½ cup Wesson 1-Minute French Dressing (p. 55)
1 raw egg
¼ cup lemon juice
Salt
Freshly ground black pepper
½ cup grated Parmesan cheese
1 cup Pan Fried Croutons (p. 11)

Rub salad bowl with garlic. Discard. Tear lettuce into bite-sized pieces; put into bowl. Add Wesson 1-Minute French Dressing; toss. Break egg onto salad, add lemon juice and toss until no trace of egg can be seen. Add salt, pepper and grated Parmesan cheese. Add croutons just before serving. 4 servings—310 calories each.

MOLDED FRUIT SALAD

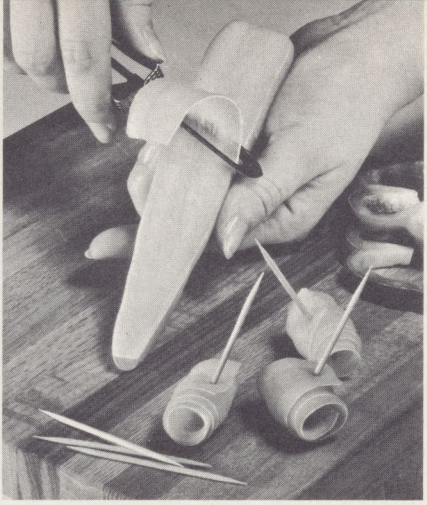
1 cup hot water
1 package (3 oz.) lemon-flavor gelatin
½ cup cold water
1 banana, halved lengthwise and crosswise
12 Bing cherries, pitted and halved
2 peaches, quartered
12 melon balls, 1 inch in diameter
Lettuce or water cress
½ cup Wesson Mayonnaise (p. 57)

Pour hot water over gelatin; stir until dissolved. Add cold water. Pour ½ cup gelatin mixture into lightly oiled 1-quart mold, place in refrigerator to set. Cool remaining gelatin mixture to syrupy consistency. Arrange some of fruit in pattern on congealed gelatin. Add more gelatin mixture; let gel, then more fruits, cover with remaining gelatin. Cover; chill until firm. Unmold by loosening edge of mold carefully with a knife and briefly dipping in and out of hot water. Turn out onto shredded lettuce or water cress. Serve with mayonnaise. 6 servings—255 calories each; 8 servings—190 calories each.

COLE SLAW WITH SPECIAL MAYONNAISE

2 cups shredded raw cabbage
2 carrots, grated
2 teaspoons caraway seeds (optional)
½ cup Special Mayonnaise (p. 57)

Combine all ingredients. Chill well to let flavors meld before serving. 4 servings—165 calories each.



Want your heavy-weights to enjoy slimming salads more often? Prepare salad ingredients and garnishes to invite eating. Break lettuce in bite-size pieces; score cucumbers with fork, slice thin; use potato peeler to slice carrots; make roses of radishes.

HOT POTATO SALAD

A super salad from your skillet!

8 medium potatoes, cooked, peeled, thinly sliced
¼ cup Wesson
3 tablespoons flour
1½ cups water
½ cup vinegar
2 tablespoons sugar
1¼ teaspoons salt
Dash pepper
1 egg yolk, slightly beaten
½ cup diced celery
1 medium onion, sliced
Parsley for garnish

Prepare potatoes. Blend Wesson and flour in 10-inch fry pan. Add water and vinegar gradually. Cook, stirring, over medium heat until mixture boils. Add sugar, salt and pepper. Stir small amount into egg yolk. Return to mixture in fry pan. Add warm potatoes, celery, onion. Mix by lifting vegetables in and out of dressing. Remove from heat. Garnish with parsley. Serve hot. 8 servings—185 calories each.

PICKLED BEET AND ONION SALAD

1 medium onion, thinly sliced
2 cups pickled beets, sliced
¼ cup beet juice
¼ cup Wesson 1-Minute French Dressing (p. 55)

Combine onion rings with pickled beets and juice. Chill at least an hour. Remove beets and onion rings to serving dish. Combine beet juice and 1-Minute French Dressing; pour mixture over the beets and onion rings. 6 servings—105 calories each.

ASPARAGUS BUNDLE SALAD

1½ pounds fresh asparagus spears, cooked, or 1 can (20 oz.), drained
Lettuce
6 thin slices lemon
Dash paprika
Vinaigrette Dressing (p. 56)

Chill asparagus. Arrange on lettuce beds using 5 spears for each serving. Cut a gash in each lemon slice from outside to center. Place lemon slices over asparagus bundles. Sprinkle center with paprika. Serve with Vinaigrette Dressing. 6 servings—30 calories each for salad, 75 calories each tablespoon of dressing.

SHRIMP SALAD

1 pound fresh, cooked shrimp or 2 cans (5 oz.) shrimp
2 cups chopped celery
¼ teaspoon salt
2 teaspoons sugar
¼ teaspoon dry mustard
Dash paprika
2 teaspoons horseradish
⅓ cup Wesson
2 tablespoons vinegar

Prepare shrimp and celery. Mix dry ingredients together; add horseradish, Wesson, and vinegar. Blend well. Pour over shrimp and chill in refrigerator 2 hours. Add celery. Serve on lettuce. 4 servings—275 calories each; 5 servings—220 calories each.

As with every other food you prepare at home, there's a just-made freshness, a homemade goodness, a personal touch in your own salad dressing. No "bought" dressing can match it.

CHICKEN SALAD DINNER

Impossible to improve upon—it's that good!

1½ cups cooked diced chicken
¾ cup diced celery
½ cup white grapes, halved; or canned white cherries, drained
½ cup Creamy French Dressing (p. 55)
Salad greens
½ avocado, sliced
3 ripe olives, sliced
1 tomato, cut in wedges

Combine chicken, celery and grapes or cherries. Add Creamy French Dressing. Arrange greens; place chicken salad in center. Garnish with slices of avocado, olives and tomato wedges. 6 servings—265 calories each.

MAKE-A-MEAL SALAD BOWL

1 clove garlic, cut in half
½ head lettuce, broken into chunks
2 tablespoons green pepper, chopped
½ cup sliced celery
½ cup sliced raw cauliflowerets
1 cup cooked asparagus tips (or 1 cup green beans, blanched 2 minutes, slivered)
3 slices (3 oz.) American cheese, cubed
6 oz. bologna, cut in thin strips
½ cup Wesson 1-Minute French Dressing (p. 55)

Rub inside of salad bowl with cut surface of garlic, then discard garlic. Combine remaining ingredients in order given; add 1-Minute French Dressing, toss lightly until each piece of salad is coated with dressing. 6 servings—260 calories each.

CHEF'S SALAD

Lettuce or other greens
3 tomatoes, quartered
1 green pepper, cut into rings
6 radishes, sliced
2 carrots, shredded
4 hard-cooked eggs, quartered
½ cup Catsup Dressing (p. 55)
2 teaspoons grated onion
¼ pound cooked ham, cut Julienne style —or chicken or other meat

Break lettuce or greens into bite-size pieces; put into large chilled bowl. Add vegetables and hard-cooked eggs. Combine Catsup Dressing and grated onion; add to salad and toss lightly until each leaf gleams. Arrange ham strips on top. 6 servings—265 calories each.

PLANTATION TOMATO SALAD

3 medium-size tomatoes, sliced
1 onion, cut into rings
Salad greens
⅓ cup Wesson 1-Minute French Dressing (p. 55)
¾ teaspoon celery seed
¼ cup pickle relish
6 slices crisp-cooked bacon, crumbled
3 hard-cooked eggs, quartered

Arrange tomato slices alternately with onion rings on salad greens. Combine 1-Minute French Dressing, celery seed and pickle relish; pour over tomatoes and onions. Sprinkle bacon on top. Garnish with egg sections. 6 servings—200 calories each.

Serve salads well chilled, garnish plates attractively. A pretty plate helps folks to feel well-fed. Add dressing and toss lightly just before serving.

Menu 7

2600 CALORIES

BREAKFAST

Grapefruit half	50
*French Omelet, full serving (page 70)	230
2 slices toast	120
Cottage cheese, ¼ cup	50
Honey, 1½ tablespoons	75
	525
Coffee or tea with cream or milk and sugar, average 3 cups a day	150

LUNCH

Sandwich of 3 oz. breast of chicken, 2 slices bread, butter pat	360
Sliced tomato half, young spinach leaves with *Chef's Dressing, 2 tablespoons (page 57)	150
Dill pickle	15
*Lemon Chiffon Pie (page 88)	205
	730
Free calories—for drink before dinner or extra snack	125

DINNER

Vegetable soup	80
1 rye wafer	25
*Shrimp Salad, full serving (page 51)	275
*French Fried Potatoes, 15 strips (page 65)	230
*Corn Muffin (page 47)	95
Butter pat	50
*Tangy Cheese Pie (page 90)	140
	895

SNACK

Whole milk, 1 cup	165
Total calories for day	**2590**

*See recipe.

1800 CALORIES

BREAKFAST

Grapefruit half	50
*French Omelet, full serving	230
Slice toast	60
Cottage cheese, ¼ cup	50
Honey, 1 tablespoon	50
	440
Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

Sliced breast of chicken, 3 oz.	185
Sliced tomato half, young spinach leaves with *Chef's Dressing, 2 tablespoons	150
Small roll	115
Butter pat	50
Dill pickle	15
	515

DINNER

Vegetable soup	80
*Shrimp Salad, small serving	220
*French Fried Potatoes, 10 strips	155
*Corn Muffin	95
Butter pat	50
*Tangy Cheese Pie	140
	740

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	**1785**

1200 CALORIES

BREAKFAST

Grapefuit half	50
*French Omelet, small serving	155
Slice toast	60
Cottage cheese, ¼ cup	50
	315
Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

Sliced breast of chicken, 2 oz.	125
Sliced tomato half, young spinach leaves with *Chef's Dressing, 1 tablespoon	90
Small roll	115
Dill pickle	15
	345

DINNER

Vegetable soup	80
*Shrimp Salad, small serving	220
*Corn Muffin	95
Butter pat	50
	445

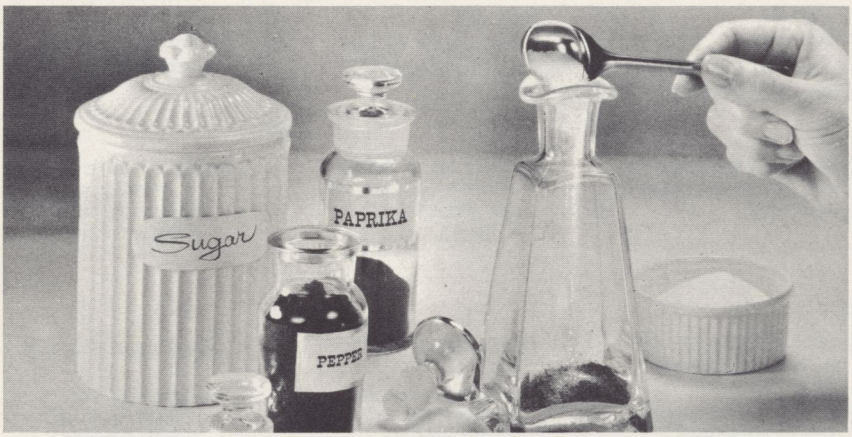
SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	**1195**

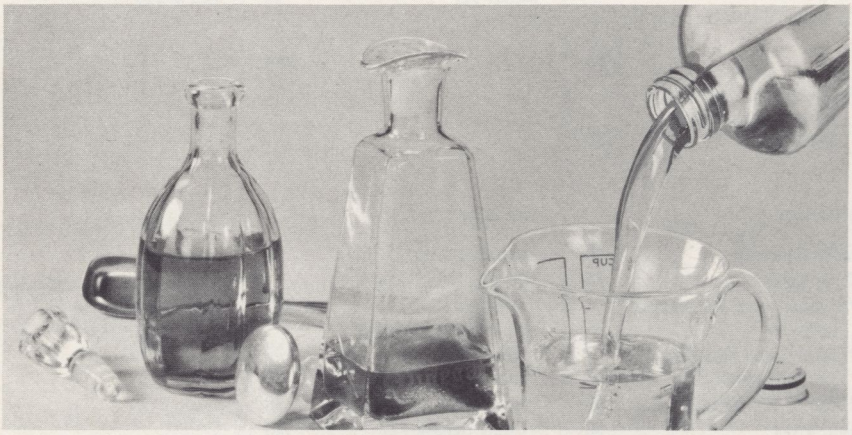
Salad Dressings

You make the freshest dressing in one minute with Wesson, the pure vegetable oil

1. *Choose jar or bottle with well-fitting lid. Add salt, sugar, paprika and pepper.*



2. *Pour in vinegar and Wesson. For fruit salads, you may prefer to substitute lemon juice for the vinegar.* *(Recipe on next page.)*



3. *Shake all together. Shake again before serving. Wesson dressing costs less than bought dressings, tastes brighter and fresher, too.*

WESSON 1-MINUTE FRENCH DRESSING

2 teaspoons salt
1 teaspoon sugar
½ teaspoon pepper
1 teaspoon paprika
½ cup vinegar
1½ cups Wesson

Combine and shake well in covered jar. Shake again before using. Makes 2 cups. 95 calories per tablespoon.

Lemon juice may be used in place of the vinegar. It is particularly good in fruit salads.

Tempting ways to vary Wesson 1-Minute French Dressing

TO MAKE THESE DRESSINGS	START WITH WESSON 1-MINUTE FRENCH DRESSING	ADD	ESPECIALLY GOOD WITH THESE SALADS
Ambrosia Calories per tablespoon—125	½ cup	¼ cup sugar ¼ teaspoon celery seed 1 tablespoon catsup, such as Snider's	Fruit
Anchovy Calories per tablespoon—90	½ cup	½ tablespoon chopped parsley 1 tablespoon anchovy paste ½ tablespoon chopped onion	Mixed Greens Egg Salad
Blue Cheese Calories per tablespoon—90	½ cup	2 tablespoons Blue Cheese, crumbled	Head Lettuce Orange and Onion Grapefruit Tomatoes and Greens
Catsup Calories per tablespoon—70	½ cup	¼ cup chili pepper catsup, such as Snider's	Greens Meat
Celery Seed Calories per tablespoon—85	½ cup	1 tablespoon catsup, preferably a chili pepper catsup such as Snider's 2 teaspoons sugar ¼ teaspoon celery seed 1 clove garlic, peeled	Vegetable
Chiffonade Calories per tablespoon—85	1 cup	1 hard-cooked egg, chopped 1 small beet, finely chopped 1 small onion, finely chopped	Hearts of Lettuce Cabbage Tomato
Chili Calories per tablespoon—85	½ cup	½ teaspoon sugar 2 tablespoons chili sauce	Meat Fish Vegetable
Chive Calories per tablespoon—95	½ cup	1 to 2 tablespoons finely cut chives	Mixed Greens Tuna Potato
Creamy Calories per tablespoon—70	½ cup—made with lemon juice	⅓ cup light cream—add gradually, beat with rotary beater until thick	Fruit Chicken Potato
Creole Calories per tablespoon—70	½ cup—made with lemon juice	¼ cup chili pepper catsup, such as Snider's ½ teaspoon Worcestershire sauce	Vegetable Meat Fish

TO MAKE THESE DRESSINGS	START WITH WESSON 1-MINUTE FRENCH DRESSING	ADD	ESPECIALLY GOOD WITH THESE SALADS
Curry Calories per tablespoon—95	½ cup	¼ to ½ teaspoon curry powder	Greens Fish Meat
Garlic Calories per tablespoon—95	½ cup	1 clove garlic (remove before serving)	Any Green Salad Some Fruit Salads
Ginger Calories per tablespoon—95	½ cup	1 tablespoon chopped crystallized ginger	Fruit
Herb Calories per tablespoon—95	½ cup	2 teaspoons chopped parsley ⅛ teaspoon powdered thyme ½ teaspoon powdered oregano Salt as desired	Greens
Honey Calories per tablespoon—85	½ cup	2 teaspoons lemon juice 2 teaspoons honey ¾ teaspoon sugar ¼ teaspoon grated lemon peel	Fruit
Indienne Calories per tablespoon—95	½ cup	¼ teaspoon curry powder 1 tablespoon India relish	Greens Fish Egg
Lorenzo Calories per tablespoon—60	½ cup	½ cup chili sauce ½ cup chopped water cress 1 teaspoon onion juice	Shrimp Lobster Crab
Mint Calories per tablespoon—95	½ cup—made with lemon juice	2 tablespoons finely chopped mint	Fruit
Mixed Garden Calories per tablespoon—85	½ cup	1 teaspoon celery seed 2 teaspoons finely chopped onion 2 tablespoons finely chopped green pepper	Vegetable
Olive Calories per tablespoon—80	½ cup	2 tablespoons finely chopped ripe or stuffed olives	Vegetable
Onion Calories per tablespoon—95	½ cup	1 tablespoon chopped onion Dash Tabasco	Greens Grapefruit Orange
Vinaigrette Calories per tablespoon—75	½ cup	2 hard-cooked egg yolks, mashed 2 tablespoons chopped green pepper 1 tablespoon chopped onion	Vegetable

CHEF'S DRESSING

Light in calories—extra bright in flavor.

⅓ cup Hunt's Tomato Sauce
⅓ cup Wesson
¼ cup vinegar
1 teaspoon salt
¼ teaspoon pepper
½ teaspoon oregano
½ teaspoon mustard
¼ teaspoon soy sauce

Combine all ingredients and shake well. 1 cup of dressing. Use also as a marinade for steak. 45 calories per tablespoon.

Chef's Chive Dressing: Add 2 tablespoons finely chopped chives or scallions to the above. Shake well. 45 calories per tablespoon.

Chef's Onion Dressing: To the basic recipe add 1 tablespoon chopped onion, a dash of Tabasco. Shake well. 45 calories per tablespoon.

TWO-TONE DRESSING (for fruit salads)

½ teaspoon salt
¼ teaspoon sugar
Dash pepper
¼ teaspoon dry mustard
¼ teaspoon paprika
½ teaspoon grated orange peel
1 tablespoon orange juice
1 tablespoon lemon juice
⅓ cup Wesson

Combine ingredients and shake well in covered jar. Chill before serving. Makes ½ cup. 85 calories per tablespoon.

SWEET RED DRESSING

¼ cup sugar
¼ teaspoon onion salt
¼ cup catsup, preferably a chili pepper catsup, such as Snider's
¼ cup vinegar
¼ cup Wesson
1 tablespoon chopped parsley

Combine all ingredients except parsley. Beat well. Chill thoroughly. Add parsley just before serving. Serve on hearts of lettuce. Makes ¾ cup. 65 calories per tablespoon.

WESSON MAYONNAISE

Homemade mayonnaise beats the very best you can buy. Look how easy with Wesson.

1 egg
3 tablespoons lemon juice or vinegar
1 teaspoon salt
1 teaspoon sugar
1 teaspoon dry mustard
½ teaspoon paprika
2 cups Wesson

Beat egg with 1 tablespoon of lemon juice, using rotary beater or electric mixer. Add salt, sugar, dry mustard and paprika, beating until well blended. Add Wesson, a very little at a time, beating constantly, until a thick mixture forms. As mayonnaise thickens, oil can be added more rapidly, beating constantly. When dressing is very thick, beat in remaining lemon juice or vinegar; then add remaining oil gradually, beating until well blended. Makes 2¼ cups. 115 calories per tablespoon.

SPECIAL MAYONNAISE

A calorie-saving recipe with superb taste.

1 cup Wesson
¼ cup non-fat milk solids
⅔ cup hot water
1½ teaspoons salt
½ teaspoon mustard
½ teaspoon pepper
2 tablespoons lemon juice
3 tablespoons vinegar
Paprika

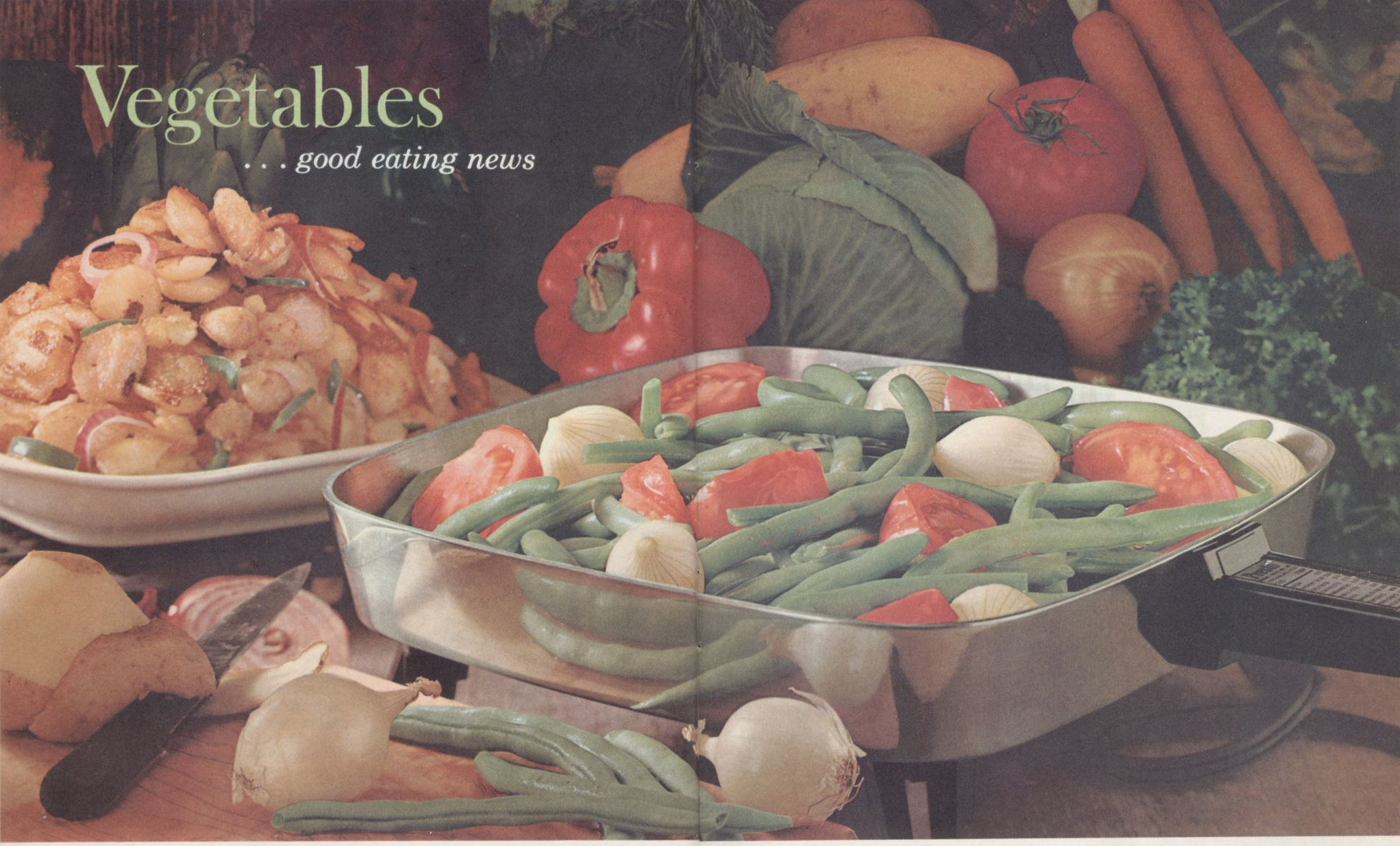
Combine thoroughly in blender, or beat in small bowl, at low speed, Wesson, the non-fat milk solids and water. Add salt, mustard, pepper. Mix lemon juice and vinegar, add slowly, still beating at low speed. Scrape down sides, and mix at high speed 30 seconds. Color with paprika. This is the basic recipe you can also use to make the luscious Sauce Verte on page 39, so tempting with cold seafoods and with tossed green salads, too. Makes 2 cups. 65 calories per tablespoon.

WESSON'S SECRET OF FRESHNESS

In packaging Wesson an invisible "seal" between the oil's surface and cap locks in freshness as no other bottling method can. You can't see the "seal" but it's there. It allows not a breath of air in the bottle until the moment you uncap it. It keeps in freshness even more effectively than vacuum packing.

Vegetables

. . . good eating news



Garden Skillet, Hashed Brown Potatoes

New ways to make vegetables culinary masterpieces fill the pages to follow. Enjoy them all!

First—the newest, most exciting idea: *Wesson Skillet Braising*, a quick simple way of preparing vegetables in vegetable oil to give you more flavor and more of some vitamins than you get from any other way of serving vegetables—including raw!

In the old-fashioned method of boiling vegetables, some of their vitamins are dissolved in the water and are drained off before serving. Skillet braising is done with little or no water in just enough Wesson to cover the bottom of the pan. Cooking is brief, just to the point of tender perfection. More vitamin-rich food value is preserved. Too, Wesson has the unique advantage of helping our bodies absorb more Vitamin A from yellow and green vegetables.

You'll need no rich sauces or butter with these tasty vegetables. The eating is delicious just so. Delicate Wesson sharpens the fresh flavors, prepares vegetables with nut-like, yet tender, crispness. The calorie count is a joy. Moreover, vegetables prepared this way satisfy you longer, because sparkling pure Wesson is the finest source of lasting food energy. (Recipes on page 61.)

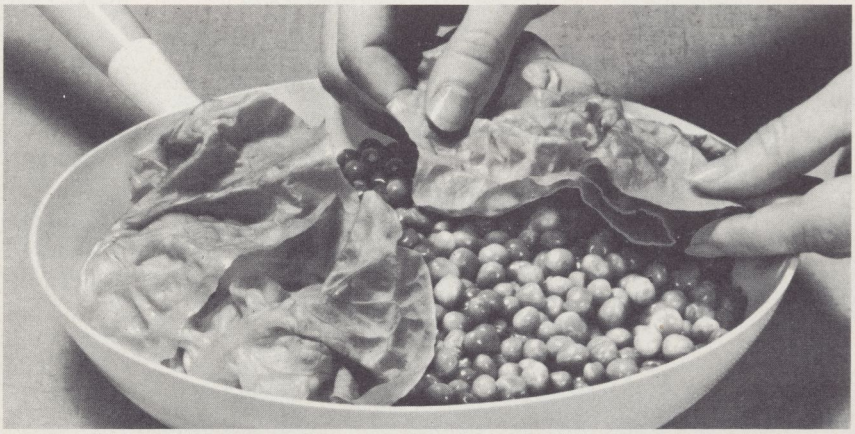
GARDEN SKILLET

2 tablespoons Wesson
1½ cups fresh green beans or 1 package (10 oz.) frozen green beans
4 to 6 small whole cooked onions
2 teaspoons sugar
¼ teaspoon ground cloves
1 bay leaf, crumbled
Salt and dash pepper
2 tablespoons water
1 large tomato, cut in wedges

Heat Wesson in a large skillet. Add green beans, onions, sugar, seasonings and water and stir. Cover skillet tightly. Cook about 10 minutes, lay tomato wedges on top and cook 5 minutes longer. 4 servings—110 calories each.

Wesson Skillet-Braised Vegetables

Fresh and frozen vegetables can be skillet-braised in Wesson without adding water, and with delicious results. Stir frozen vegetables occasionally to separate them. Carrots and squash should be cut in thin slices, broccoli in flowerets. Cook covered.



To peas, asparagus, Brussels sprouts and corn kernels, add 2 tablespoons of liquid or cover with broad lettuce leaves which will help to provide the extra moisture. Cook in covered skillet just until tender.

Invent enticing new dishes by combining vegetables, choosing those that contrast prettily in color and require approximately the same cooking time. Broccoli, celery and pimiento make a tasty combination. *(See next page for full instructions.)*

WESSON SKILLET-BRAISED VEGETABLES

1. Choose a heavy skillet with a tight-fitting lid.
2. Prepare fresh vegetables for cooking. For 3 to 4 servings, allow about one pound of fresh vegetables or one 10-ounce package of frozen vegetables.
3. Pour 2 tablespoons Wesson into skillet and add vegetables. Season as desired with salt, pepper, a pinch of sugar, onion, garlic or herbs.
4. Cover pan and heat vegetables through. Stir vegetables to separate them and keep from sticking. Turn heat low and skillet-braise as follows:

		CALORIES PER ½ CUP
Broccoli, sliced:	15 minutes	65
Beets, sliced thin, not peeled:	15 minutes	75
Cabbage, sliced:	15 minutes	60
Carrots, sliced:	15 minutes	65
Cauliflowerets:	15 minutes	55
Green Beans, French cut:	10 minutes	55
Mushrooms:	3 to 5 minutes	55
Spinach:	3 minutes	65
Summer Squash or Zucchini, sliced:	10 minutes	60

5. To these vegetables add 2 tablespoons liquid—water, stock or wine—or cover with broad lettuce leaves for added flavor and moisture. Cook slowly as follows:

Asparagus:	15 minutes	60
Brussels Sprouts:	15 minutes	70
Corn Kernels:	5 to 10 minutes	125
Green Beans: whole or cut	15 minutes	55
Peas:	15 minutes	95

GREEN PEAS PARISIENNE

1 onion, chopped or
4 small white onions, quartered
2 tablespoons Wesson
1½ pounds fresh green peas, or
1 package (10 oz.) frozen peas
1½ teaspoons salt
¼ cup boiling water or stock
Dash pepper
4 broad lettuce leaves

Cook onion in heated Wesson in saucepan with tightly fitting cover until transparent (about 5 minutes). Add all ingredients except lettuce leaves and toss well. Lay lettuce leaves on top of peas to release liquid during cooking. Cover snugly and cook 10 to 15 minutes or till tender. 4 servings—105 calories each.

VEGETABLE MEDLEY

2 tablespoons Wesson
1 cup small cauliflowerets
1 package (10 oz.) frozen peas
1 pimiento, cut in strips
½ teaspoon salt
Dash pepper

Heat Wesson in a heavy skillet. Add cauliflowerets and cook, covered, over low heat 10 minutes. Shake occasionally to prevent sticking. Add green peas. Increase heat to medium. Cover and cook 5 to 8 minutes, until vegetables are just tender. Do not overcook. Stir in pimiento, season with salt and pepper. 4 servings—105 calories each; 5 servings—85 calories each.

LUCKY CABBAGE

With a fortune in flavor awaiting you.

3 tablespoons Wesson
1 pound cabbage, shredded
2 tart red apples, sliced
Salt
1 tablespoon caraway seeds

Heat just enough Wesson to cover bottom of a large skillet or Dutch oven. Add cabbage; cook 5 minutes over medium heat, stirring occasionally. Add apples; cook a few minutes longer. Reduce heat. Add salt; cover and cook about 20 minutes. Garnish with caraway seeds. 6 servings—100 calories each.

CORN FRITTERS

1 egg
¼ cup milk
1 cup pancake mix
1 can (12 oz.) whole kernel corn, drained
Wesson to depth of 1 inch in skillet

Blend egg and milk. Add pancake mix, stirring just until smooth. Fold in corn. To insure lightness, do not overbeat. Drop by teaspoonfuls in hot Wesson at 325°. Cook slowly until golden brown, about 4 minutes. Serve as a vegetable or with syrup, if desired. 24 fritters—85 calories each.

Leftover braised vegetables are excellent in salads. Chill and toss with fresh, crisp greens and your own lively Wesson dressing.

Menu 8

2600 CALORIES

BREAKFAST

Orange juice, 5 oz.	75
*3 Special Buckwheat Pancakes (page 46)	180
Butter pat	50
Syrup or honey, 1½ tablespoons	75
Bacon, 2 strips	90
Coffee-flavored whole milk, 1 cup	165
	635
Coffee or tea with cream or milk and sugar, average 3 cups a day	150

LUNCH

2 thin slices cold meat	200
*Horseradish Steak Sauce (page 17)	80
Slice whole wheat bread	55
Sliced tomato with *1-Minute French Dressing. 1 tablespoon (page 55)	125
*2 Marshmallow Squares (page 12)	110
	570
Free calories—for drink before dinner or extra snack	125

DINNER

*Pickled Beet and Onion Salad (page 51)	105
*Oven-Fried Chicken, extra serving white meat (page 33)	425
*Baked Butternut or Acorn Squash (page 64)	95
*Stir-N-Roll Buttermilk Biscuit (page 45)	120
Butter pat	50
Steamed spinach, ½ cup	20
*Fruit Fritter with Pineapple Sauce (page 82)	140
	955

SNACK

Whole milk, 1 cup	165
Total calories for day	**2600**

*See recipe.

1800 CALORIES

BREAKFAST

Orange juice, 5 oz.	75
*3 Special Buckwheat Pancakes	180
Syrup or honey, 1½ tablespoons	75
Bacon, 1 strip	45
Coffee-flavored skim milk, 1 cup	90
	465
Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

2 thin slices cold meat	200
*Horseradish Steak Sauce	80
Slice whole wheat bread	55
Sliced tomato	30
*2 Marshmallow Squares	110
	475

DINNER

*Pickled Beet and Onion Salad	105
*Oven-Fried Chicken	245
*Baked Butternut or Acorn Squash	95
*Stir-N-Roll Buttermilk Biscuit	120
Butter pat, ½	25
Steamed spinach, ½ cup	20
*Fruit Fritter with Pineapple Sauce	140
	750

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	**1780**

1200 CALORIES

BREAKFAST

Orange juice, 5 oz.	75
*Special Buckwheat Pancake	60
Syrup or honey, 1 tablespoon	50
Coffee-flavored skim milk, 1 cup	90
	275
Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

2 thin slices cold meat	200
*Horseradish Steak Sauce	80
Slice whole wheat bread	55
Sliced tomato	30
	365

DINNER

*Pickled Beet and Onion Salad	105
*Oven-Fried Chicken, scant serving, breast only	215
*Stir-N-Roll Buttermilk Biscuit	120
Steamed spinach, ½ cup	20
	460

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	**1190**

RELISH TOMATOES

From Seventeen Magazine comes this delicious relish, great with hamburgers or franks.

3 pounds peeled tomatoes, diced
3 green peppers, diced
3 medium onions, chopped
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon sugar
¼ cup Wesson
¼ cup vinegar
½ teaspoon dry mustard

Cook first 6 ingredients gently in Wesson, stirring occasionally, 3 minutes or until vegetables are slightly softened. Add vinegar and mustard. Store in jars and chill well. Nice to have at picnics. Serve cold or hot. Ample for 8. 120 calories per serving.

BAKED ASPARAGUS

24 asparagus spears or 1 package (10 oz.) frozen asparagus spears
1 tablespoon Wesson
1 teaspoon salt
2 tablespoons water
1 pimiento, chopped

Trim fresh asparagus and wash in cold, salted water; or partially defrost frozen asparagus. Spread Wesson in baking dish, roll asparagus in oil until coated. Sprinkle with salt. Add water, cover pan snugly with aluminum foil. Bake in a 375° oven for 35 minutes, or cook on top of the stove just until tender. Garnish with strips of bright pimiento. 4 servings —50 calories each.

FRIED EGGPLANT

1 eggplant, 1½ pounds, sliced about ½-inch thick
Prepared mustard
Salt
¼ cup flour
¼ cup Wesson

Cut eggplant slices in half. Spread one side lightly with mustard, sprinkle with salt, dip both sides in flour. Heat 2 tablespoons of the Wesson, reduce heat, add eggplant slices and cook over low heat until lightly browned; turn and brown other side. Add remaining Wesson as needed. 18 slices. Serves 6 to 8—40 calories per slice.

BROILED TOMATOES

½ cup soft bread crumbs
1 tablespoon Wesson
½ teaspoon salt
Dash pepper
½ teaspoon minced onion
4 medium tomatoes
Parsley or water cress

Combine first 5 ingredients and mix well. Remove stem end from tomatoes, cut in half crosswise; spread crumb mixture over cut surfaces. Broil, crumb side up, 5 to 6 inches from heat about 10 minutes, or until golden brown. Garnish with parsley or water cress. 4 servings—90 calories each; 8 servings—45 calories each.

GLAZED CARROTS

So good you'll enjoy them for Sunday dinner.

1 pound carrots
2 tablespoons Wesson
¼ cup water
2 tablespoons brown sugar
¼ teaspoon salt

Cut carrots into strips about 2 inches long (small ones may be left whole). Cook carrots in Wesson over medium heat until lightly browned. Combine remaining ingredients and pour over carrots. Cover and cook over low heat until tender, about 15 minutes. 4 servings—130 calories each.

CAJUN YAMS

Golden yams are sweet eating and brimful of Vitamin A. Cooking them in Wesson helps you get more of this important nutrient.

2 pounds cooked yams or 2 cans (16 oz. size) drained yams
¼ cup Wesson
¼ teaspoon salt
¼ cup brown sugar

Halve yams and peel them. Leave canned yams whole. Brown in Wesson on both sides over medium heat. Handle gently so yams do not break apart. Remove to a warm platter and sprinkle with sugar. If desired, pop under broiler a few minutes to glaze. For variety, sprinkle yams while cooking with cinnamon or grated lemon peel. 8 servings —205 calories each.

Good habit: Exercise some every day to tone up muscles and body tissues and to help burn stored calories. Walking at a normal pace is considered the best form of exercise, particularly for middle aged people and older folks.

CRISPY FRIED TOMATOES

2 large tomatoes, sliced thick (use red or green ones)
2 tablespoons flour
1 egg, beaten
½ teaspoon salt
Dash pepper
2 tablespoons fine bread crumbs
Wesson for pan frying

Coat tomato slices with flour, then dip in egg (seasoned with salt and pepper) and finally in bread crumbs. Using medium heat, brown on both sizes in a skillet oiled lightly with Wesson. Sprinkle with cheese and serve hot. 4 servings—110 calories each.

Variation:

Creole Fried Tomatoes: Combine 1 small clove minced garlic, 1 tablespoon chopped parsley, ½ teaspoon salt, dash pepper and 1 minced onion. Blend all together with 1 tablespoon Wesson. Spread mixture on tomato slices; sprinkle with cornmeal and fry until browned in a lightly oiled skillet. 160 calories per serving.

BAKED BUTTERNUT OR ACORN SQUASH

2 butternut or acorn squash
4 teaspoons Wesson
Salt, pepper, nutmeg
¼ cup water or bouillon

Split each squash lengthwise. Scoop out seeds. Brush with Wesson, sprinkle with seasonings. Place in a shallow baking pan. Add liquid. Cover snugly with aluminum foil. Bake in a 350° oven for 30 to 35 minutes. 4 servings—95 calories each.

SUMMER SQUASH A LA WESSON

Or use zucchini, patty pan or yellow squash.

2 tablespoons Wesson
1 pound summer squash, thinly sliced
2 medium onions, sliced
½ teaspoon salt
Dash pepper
1 pimiento, chopped

Heat Wesson in 10-inch fry pan. Add squash, onions, salt and pepper. Cover and cook 15 minutes, until tender. Add pimiento. 4 servings—110 calories each.

Potatoes...*yes, potatoes!*

You're cheating yourself unnecessarily if you're missing this tasty vegetable, rich in vitamins and minerals. Here, Wesson shows you how to have your potatoes even at 1200 calorie meals. For a luscious calorie-saving version of "fried" potatoes, slice potatoes, brush with Wesson and broil to crisp perfection. Love French Fries? Wesson lets you fry them at the proper temperature without smoke—seals the surface to keep out excess oil. Wesson French Fries brown beautifully and evenly, taste temptingly fresh. The delicacy of Wesson does wonders for them.

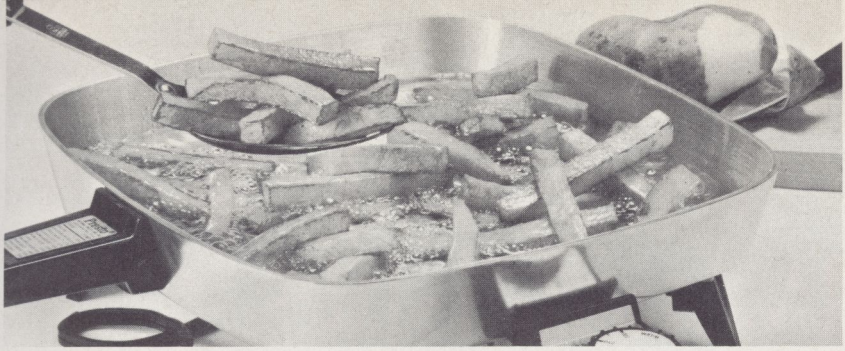
PERFECT BAKED POTATOES

Cottage cheese makes an excellent topping for baked potatoes. No butter needed!

Wash and dry potatoes; brush each with a little Wesson. Bake at 375° for one hour. For a flavorful low-calorie topping, combine 3 tablespoons cottage cheese with ½ tablespoon chopped chives. Flavor generously with salt and fresh ground pepper. One potato—95 calories; with 3 tablespoons of topping —135 calories.

BROILED POTATO SLICES

Preheat broiler. Wash but do not pare 2 medium potatoes. Cut into ¼-inch slices, dip slices in 2 tablespoons Wesson. Season with salt and paprika. Place under hot broiler, brown about 7 minutes on each side, or until tender. For variety, sprinkle potatoes with chopped herbs, such as parsley, dill or oregano or with spices such as chili or curry powder. 4 servings—105 calories per serving.



A deep skillet or saucepan works well for French frying potatoes. Pour in Wesson to depth of 1 to 1½ inches. (Never fill pan more than one-third full with oil.) Heat to 375°. Add potatoes—without crowding them—and fry until lightly browned.

To oven-fry potatoes, cut medium potatoes in quarters. Dip in or brush with Wesson. Season with favorite herbs or spices or seasoned salt and bake at 350° till brown outside and tender within.

OVEN-FRIED POTATOES

4 medium potatoes, quartered
2 tablespoons Wesson
Seasoned salt, such as celery, garlic, onion or smoke or salt and herbs such as thyme, basil
Pepper

Dip potatoes into Wesson and place in an open baking pan. Sprinkle on all sides with seasonings and pepper. Bake in 350° oven for 45 minutes, or till browned. 4 servings—150 calories each; 6 servings—100 calories each.

Variation:

Sprinkle potatoes with salt, pepper and caraway or sesame seeds.

FRENCH FRIED POTATOES

4 medium baking potatoes
Wesson for deep frying or to the depth of 1 inch in skillet

Pare potatoes; cut in strips about ⅜-inch thick. Rinse, dry thoroughly. Place just enough potato strips in frying basket or skillet to cover bottom. Fry in Wesson heated to 375°. Cook until lightly browned, 6 to 8 minutes. Drain on paper towels. Salt to taste. 4 to 8 servings. One serving of 10 French fries—155 calories.

HASHED BROWN POTATOES

Old-fashioned goodness to serve with a light meal.

1 teaspoon salt
¼ teaspoon pepper
3 cups diced cooked potatoes
¼ cup Wesson

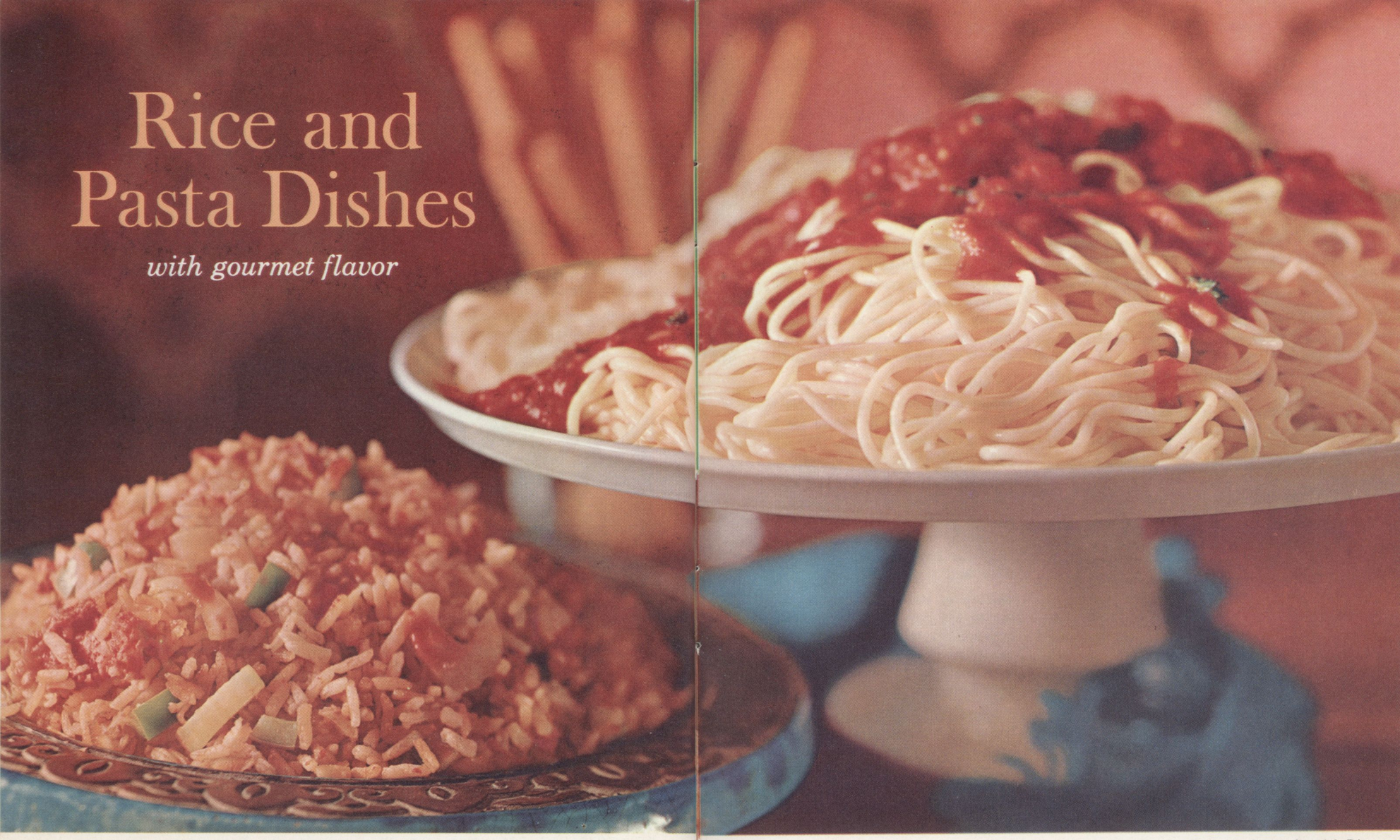
Season potatoes and fry in Wesson about 5 minutes over medium heat, stirring occasionally. Press potatoes flat in pan with pancake turner. Cook over low heat, shaking pan occasionally. When brown on bottom, fold potatoes in half and turn out on hot platter. 4 servings—190 calories each.

Garden Style: Add a small onion, sliced, with the potatoes. About 5 minutes before potatoes finish browning add a small green pepper, diced. 4 servings—195 calories each.

For those trying to lose weight: Serve meals on a luncheon-size rather than a big dinner plate. It helps to make the dieter's meal seem more bountiful. It helps, too, to make the meal more satisfying to the eye and thus more satisfying to the appetite.

Rice and Pasta Dishes

with gourmet flavor



Spaghetti with Marinara Sauce, Spanish Rice

With calorie-counted recipes, these delicious foods fit beautifully in your new philosophy of weight control.

You may have to help yourself a little more modestly, if you're as mad for spaghetti as most of us are, but you don't have to give up foods you love. Your enjoyment will come from the gourmet flavor that Wesson helps you achieve, rather than from quantity.

You will learn here how to cook spaghetti to perfection . . . how to make real Italian Marinara Sauce . . . the spicy Spanish Rice shown here . . . glorious Green Sauce, pungent with parsley, and basil and, yes, a wisp of garlic. Just a smattering of the good eating ahead.

SPAGHETTI

How to cook it to perfection or as the Italians say "al dente".

Spaghetti, macaroni, and noodles are cooked in rapidly boiling, salted water. For ½ pound spaghetti or other pasta, allow 2 to 3 quarts of water and 2 teaspoons of salt. Add a tablespoon or two of Wesson to the boiling water before adding the spaghetti to prevent sticking to the bottom of the pan. Boil, as package directs, just until tender. Do not overcook. Calories per ½ cup cooked —78; ¾ cup cooked—116.

GREEN SAUCE FOR SPAGHETTI

1 clove garlic, minced or pressed
⅓ cup Wesson
¾ cup finely chopped parsley
1 teaspoon dried basil, or
2 teaspoons chopped fresh basil
Salt and pepper
Hot cooked spaghetti

Brown garlic in Wesson over low heat. Add parsley, basil, season with salt and pepper. After a minute or two, remove from heat. Toss spaghetti with sauce and serve very hot. 6 servings—150 calories each with ½ cup spaghetti; 235 calories each with 1 cup spaghetti.

SPANISH RICE

¼ cup Wesson
1 cup uncooked rice
½ cup finely chopped onion
1 can (8 oz.) Hunt's Tomato Sauce
2 cups water
1½ teaspoons salt
1 teaspoon sugar
½ teaspoon chili powder
½ cup finely chopped green pepper
½ cup diced celery

Heat Wesson in heavy 10-inch fry pan. Add rice; cook, stirring over medium heat until golden in color. Add onion, cook 1 minute. Add tomato sauce, water, seasonings, green pepper and celery. Cover; cook over low heat 25 minutes, or longer if necessary, till rice is tender. Stir occasionally. 6 servings —225 calories each.

Variation:

Shrimp Spanish Rice: A few minutes before serving, add 1 can (5 oz.) shrimp, drained. Cook just to heat shrimp through. 6 servings—260 calories each.

MARINARA SAUCE FOR SPAGHETTI OR FISH

2 tablespoons Wesson
1 clove garlic, minced
2 tablespoons chopped parsley
1 can (16 oz.) tomatoes
1 can (8 oz.) Hunt's Tomato Sauce
¾ to 1 teaspoon salt
Dash pepper
½ teaspoon sugar
¼ teaspoon crumbled oregano

Heat Wesson in heavy saucepan. Add garlic, parsley, cook gently several minutes, stirring a few times, until garlic is golden. Add tomatoes, sauce, salt, pepper and sugar. Simmer, uncovered (stirring occasionally) until thickened—20 minutes or more. Correct salt and add oregano just before serving. Makes 2⅔ cups. 8 servings—145 calories each with ½ cup spaghetti; 220 calories each with 1 cup spaghetti.

Variation:

Shrimp in Marinara Sauce: Prepare sauce, add shelled raw shrimp, bring to boil and cook 5 minutes. Or heat canned shrimp in the sauce. Serve hot or cold. Calories with 3 tablespoons sauce and 2 oz. shrimp—100.

RISOTTO

A taste-tempting rice dish from Italy.

3 tablespoons Wesson
1 onion, chopped
1 cup uncooked rice
2 cups hot consomme or bouillon
Salt and pepper

Heat Wesson in a saucepan. Add onion, cook until transparent. Add rice and fry slowly until grains turn golden. Stir in consomme or bouillon. Cover, cook slowly 25 minutes or until rice is tender and fluffy. Season with salt and pepper. 6 servings—190 calories each.

Variations:

Mushrooms: Add 1 can (4 oz.) drained sliced mushrooms to risotto for last 5 minutes of cooking time. 195 calories per serving.

Saffron: To gain the delicious flavor of this spice, heat ¼ cup of bouillon and soak a pinch of saffron in this while frying the onion and rice. Strain into rice with the rest of the liquid and continue as directed.

Chicken or Ham: Lightly stir into the risotto 1½ cups cooked diced chicken or ham, five minutes before the end of the cooking. 240 calories per serving with chicken; 300 calories per serving with ham.

Risotto is an excellent way to use up leftovers. Add them about 5 minutes before the end of cooking time so they just heat through and the flavors blend. Risotto can also be cooled and frozen. Reheat in a 350° oven.

OYSTER OR CLAM SPAGHETTI SAUCE

A sumptuous way to serve spaghetti.

2 cloves garlic, minced
¼ cup Wesson
Juice from oysters or clams
1 can (8 or 10 oz.) minced oysters or clams
2 tablespoons chopped parsley
Hot cooked spaghetti (p. 67)

Brown garlic in Wesson over low heat. Slowly add juice from oysters. Simmer 3 to 5 minutes. Add minced seafood and 1 tablespoon parsley. Heat through. Blend with hot spaghetti cooked according to directions. Garnish with remaining parsley. Makes 1¼ cups. 4 servings—240 calories each with ½ cup cooked spaghetti; 325 calories each with 1 cup cooked spaghetti.

Menu 9

2600 CALORIES

BREAKFAST

Grapefruit juice, unsweetened, 6 oz.	75
*2 Scrambled Eggs (page 71)	240
*Cinnamon Toast (page 47)	110
	425
Coffee or tea with cream or milk and sugar, average 3 cups a day	150

LUNCH

*Make-a-Meal Salad Bowl (page 52)	260
2 slices rye bread	120
Butter pat	50
*2 Stir-N-Drop Cookies (page 91)	100
Whole milk, 1 cup	165
	695
Free calories—for drink before dinner or extra snack	125

DINNER

*Marinated Artichoke Hearts (page 8)	95
*Chicken Risotto, 1½ servings (page 68)	360
*Broiled Tomato (page 63)	90
Steamed broccoli, ½ cup	20
*French Garlic Bread, 2 inch chunk (page 46)	180
*Open-Faced Plum Tart (page 90)	275
	1020

SNACK

Whole milk, 1 cup	165
Total calories for day	**2580**

*See recipe.

1800 CALORIES

BREAKFAST

Grapefruit juice, unsweetened, 6 oz.	75
*2 Scrambled Eggs	240
*Cinnamon Toast	110
	425
Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

*Make-a-Meal Salad Bowl	260
Slice rye bread	60
*Stir-N-Drop Cookie	50
Skim milk or buttermilk, 1 cup	90
	460

DINNER

*Marinated Artichoke Hearts	95
*Chicken Risotto	240
*Broiled Tomato	90
Steamed broccoli, ½ cup	20
*French Garlic Bread, 1-inch chunk	90
*Open-Faced Plum Tart	275
	810

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	**1785**

1200 CALORIES

BREAKFAST

Grapefruit juice, unsweetened, 6 oz.	75
*Scrambled Egg	120
*Cinnamon Toast	110
	305
Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

*Make-a-Meal Salad Bowl	260
2 slices melba toast	25
Skim milk or buttermilk, 1 cup	90
	375

DINNER

*Marinated Artichoke Hearts	95
*Chicken Risotto	240
*Broiled Tomato Half	45
Steamed broccoli, ½ cup	20
Bread stick	25
	425

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	**1195**

EGG DISHES

Oh, the good eating an egg shell holds within . . . fluffy souffles . . . omelettes by the dozen—Creole and Seafood and Western. Have a generous helping of proteins, vitamins and minerals so neatly packaged in the egg. You'll like the way sparkling light Wesson pampers the delicate flavor of eggs to please the most fastidious appetite.

FRENCH OMELET

The omelet artist finds it is better to make several small omelets which are easier to handle than a large one. Use a heavy aluminum pan which heats evenly. For best results, do not wash an omelet pan but wipe it clean with paper towels lightly moistened with Wesson. Never use an abrasive pad in cleaning pan; smooth surface is important.

4 eggs
2 tablespoons milk, water or stock
½ teaspoon salt
Dash pepper
1 tablespoon Wesson

Beat together with a fork all ingredients except Wesson. Heat Wesson in a 10-inch skillet or omelet pan until a drop of the egg mixture will sizzle. Pour eggs into pan; stir once; reduce heat slightly. As eggs set, lift edges with a fork or spatula to keep omelet free. Eggs should be creamy on top, slightly golden underneath. With spatula and by tilting pan, roll omelet toward side of pan opposite handle. Turn onto heated plate. For 8 or 9 inch pan, use 2 to 3 eggs and 1 tablespoon liquid. 2 servings—230 calories each; 3 servings—155 calories each.

Variations:

Creole Omelet: Serve omelet with Creole Sauce (p. 17). 2 servings—280 calories each; 3 servings—200 calories each.

Herbs: Add 2 teaspoons of chopped parsley or chives to raw egg mixture. 2 servings—230 calories each; 3 servings—155 calories each.

Seafood: Saute in Wesson 1 small onion, chopped, ¼ cup finely chopped celery and ½ cup diced shrimp or lobster meat. Use as filling for plain omelet. 2 servings—360 calories each; 3 servings—240 calories each.

Western Omelet: Saute in 1 tablespoon of Wesson, 2 tablespoons minced onion, 2 tablespoons chopped green pepper, ¼ cup finely chopped ham. Use as filling for omelet. 2 servings—365 calories each; 3 servings—245 calories each.

Sweet Omelet: Omit pepper from omelet. Add 1 tablespoon sugar and ½ teaspoon vanilla. Sprinkle finished omelet with additional sugar and score with a hot skewer if desired. Serve with sweetened fruit, berries or jam. 2 servings—300 calories each. 3 servings—220 calories each.

SKILLET EGGS CREOLE

1 small onion, chopped
1 small green pepper, diced
1 tablespoon Wesson
1 can (8 oz.) Hunt's Tomato Sauce
1 can (4 oz.) mushrooms
⅛ teaspoon thyme or tarragon
Salt and pepper
4 eggs

Cook onion and green pepper in Wesson over medium heat about 3 minutes. Combine tomato sauce, mushrooms with liquid and seasonings. Add to skillet and heat to simmer. Add raw eggs one at a time. Cover and simmer over low heat about 10 minutes or until whites set. Serve on toasted English muffins or toast. 4 servings—150 calories each; plus bread calories.

SCRAMBLED EGGS

The delicacy of Wesson brings out the true, fresh flavor of eggs.

6 eggs
¼ cup water
Salt, pepper
2 tablespoons Wesson

Mix together eggs, water, seasonings, beating thoroughly. Heat Wesson in a small skillet and scramble eggs, tossing them lightly in the hot Wesson until done. 6 servings—120 calories each.

Variations:

Mandarin Eggs: Omit water and add drained and heated contents of 1 can (16 ounces) Chinese mixed vegetables. 6 servings—130 calories each. Serve with soy sauce—5 calories per teaspoon.

Gourmet Eggs: Add ½ cup dry cottage cheese and 1 can (4 ounces) sliced mushrooms. Use mushroom liquid in place of water. 6 servings—140 calories each.

CHEESE SOUFFLE

3 tablespoons Wesson
3 tablespoons flour
1 cup milk
¼ teaspoon salt
Dash each cayenne, dry mustard
1 cup grated cheddar or American cheese
4 eggs, separated

Heat the Wesson in a pan, stir in flour and milk. Bring to boil, stirring constantly. Cook until sauce is thick. Add seasonings, cheese and egg yolks. This part may be done in advance. Just before baking beat the 4 egg whites until stiff, but not dry. Fold a large spoon of the whites very thoroughly into sauce; then lightly fold in the remainder. Pour into ungreased 1½ quart baking or souffle dish. Bake at 350° for 45 minutes. Serve immediately to 4—340 calories per serving.

Variations:

Omit cheese; use 1 of the following:

Chicken: 1 cup cooked minced chicken. 4 servings—280 calories each.

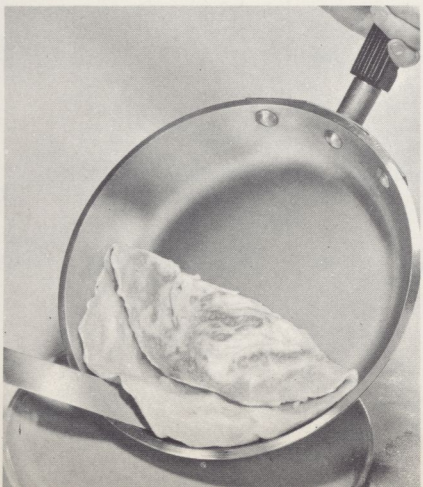
Spinach: ¾ cup finely chopped cooked spinach. Make sure spinach is well drained. 4 servings—240 calories each.

THE WESSON NEST EGG

1 slice bread
1 tablespoon Wesson
1 egg
Salt, pepper to taste

Cut center from slice of bread with a juice glass or cookie cutter. Over medium heat brown the bread and bread circle on both sides in Wesson. Break egg into the hole, season and cook slowly until the egg sets. Turn, or serve sunny side up. 1 serving—265 calories.

French Omelet—to roll one successfully, keep omelet free of pan with spatula as soon as eggs begin to "set." Tilt skillet; use spatula to help fold end over end. To serve, cover skillet with warm plate and turn both over together.



Menu 10

2600 CALORIES

BREAKFAST

Orange juice, 5 oz.	75
Hot farina, 1 cup	105
Whole milk, 1 cup	165
Brown sugar, 2 teaspoons	30
2 small sausages	170
Slice toast	60
	605
Coffee or tea with cream or milk and sugar, average 3 cups a day	150

LUNCH

Minute steak	200
Mashed potatoes (with milk), ⅔ cup	100
Steamed carrots, 1 cup	45
Slice toast	60
Butter pat	50
Tomato quarters	30
	485
Free calories—for drink before dinner or extra snack	125

DINNER

Shrimp cocktail	150
*Cheese Souffle (page 71)	340
Green salad with *1-Minute French Dressing, 2 tablespoons (page 55)	205
1-inch chunk French Bread	50
Butter pat	50
*Stir-N-Roll Strawberry Shortcake (page 87)	275
	1070

SNACK

Whole milk, 1 cup	165
Total calories for day	2600

*See recipe.

1800 CALORIES

BREAKFAST

Orange juice, 5 oz.	75
Hot farina, 1 cup	105
Whole milk, 1 cup	165
Brown sugar, 2 teaspoons	30
Slice toast	60
Butter, ½ pat	25
	460
Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

Minute steak	200
Mashed potatoes (with milk), ⅔ cup	100
Steamed carrots, 1 cup	45
Slice toast	60
Butter, ½ pat	25
Tomato quarter	30
	460

DINNER

Shrimp cocktail	150
*Cheese Souffle	340
Green salad with *1-Minute French Dressing, 2 tablespoons	205
*Oven toasted French Bread, 1-inch chunk (page 46)	90
	785

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	1795

1200 CALORIES

BREAKFAST

Orange juice, 5 oz.	75
Hot farina, 1 cup	105
Skim milk	90
Brown sugar, 2 teaspoons	30
	300
Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

Minute steak	200
Slice toast	60
Steamed carrots, ⅔ cup	30
	290

DINNER

Tomato juice	40
*Cheese Souffle	340
Green salad with *1-Minute French Dressing, 1 tablespoon	110
Rye wafer	25
	515

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	1195

BARBECUE

Blessings on the barbecue. Here's wonderful warm-weather fun for all the family. Notice, too, how elegantly you can dine outdoors without having to cheat on calories.

Wesson brings you a variety of easy Barbecue Sauces—both hearty and light—all with spicy bright, fresh-made flavor. With Wesson's simplified Barbecue Chart, you'll learn how to cook dozens of barbecue favorites—luxurious steaks as well as the economical cuts. You make these tender by marinating in zesty Wesson sauces—save cost as well as calories. You'll never find a better barbecue helper than Wesson.

For the best barbecued chicken, choose tender young fryers or broiler-size chickens. Grill over hot coals, turn and baste frequently with Jiffy Barbecue Sauce (p. 76). Inner side should be cooked first, about 20 minutes, skin side 10 to 15 minutes.

Wesson's Easy

FOOD	QUANTITY AND TYPE	TYPE OF SAUCE
STEAKS	About ½ lb. raw per serving. For calorie-controlled 3 or 4 oz. servings, slice grilled steaks thinly across the grain.	Before broiling, dip in Wesson, or 1-Minute French Dressing (p. 55). Less tender cuts (chuck, flank, hip) 1 hour before grilling, pierce all over, sprinkle with tenderizer; do not salt. Dip in Wesson and let stand.
CUBE STEAKS	¼ to ½ lb., raw, per serving.	Marinate 20 minutes in 1-Minute Garlic Dressing (p. 56).
HAMBURGERS	1 to 2 per serving.	Barbecue Sauce for Hot Dogs and Hamburgers (p. 76).
CHICKEN	2 broiler-fryers serve 6 to 8.	Jiffy Barbecue Sauce (p. 76).
SHISH KABOBS	¼ lb. raw lamb, per serving, cut from the leg in 1½-inch cubes.	Marinate 1 hour or longer with quartered onions, oregano, 1-Minute Garlic Dressing (p. 56).
FRANKFURTERS	2 per serving.	Barbecue Sauce for Hot Dogs and Hamburgers or Simple Barbecue Sauce (p. 56).
FISH	Whole or fillets, ¼ to ½ lb. raw per serving.	Marinate ½ hour in 1-Minute French Dressing (p. 55), serve with Jiffy Barbecue Sauce (p. 76).
SPARERIBS	2 strips will serve 4 to 6.	Jiffy Barbecue Sauce (p. 76).

Barbecue Chart

DISTANCE FROM COALS, COOKING TIME	METHOD	(LEAN MEAT ONLY, COOKED) CALORIES PER 3 OZ. SERVING	CALORIES PER 4 OZ. SERVING
2-3 inches, for 1-inch thick, 5 to 6 minutes per side; 2-inch thick 10 to 12 minutes per side.	Control fire with dashes of cold water; spray bottle is handy.	Sirloin—280 Round—260 Chuck—305 Flank—310	Sirloin—385 Round—305 Chuck—395 Flank—400
3 to 5 inches, 4 to 5 minutes per side.	Turn once, baste occasionally with 1-Minute Garlic Dressing.	220	295
5 inches, 4 to 5 minutes per side.	Brush with Wesson before broiling.	GROUND Round—220 ½ Chuck, ½ Round—225 All Chuck—290	GROUND Round—295 ½ Chuck, ½ Round—340 All Chuck—385
8 inches, 30 to 35 minutes.	20 minutes on inner side first, 10 to 15 on skin side. Baste frequently, control fire with dashes of water.	TO SERVE 8: 215	TO SERVE 6: 260 (includes 3 extra tablespoons sauce.)
8 inches, 25 to 35 minutes.	Skewer with onion, green pepper pieces, ½ small eggplant cut in 1½-inch cubes. Turn once. Baste often.	300	375
5 inches, 3 to 6 minutes per side.	Brush first with Wesson, baste often.	FOR 2 FRANKS: 360 with Sauce 1 300 with Sauce 2	
8 inches, 4 minutes per side or till fish flakes.	Use wire broiler for easy turning.	Scallops—90 Flounder—80 Salmon—165 Halibut—170	Scallops—110 Flounder—100 Salmon—215 Halibut—220
12 inches, 45 minutes or till done.	Turn and baste often.	365	450

JIFFY BARBECUE SAUCE

½ cup Wesson
1 large onion, chopped
¾ cup tomato catsup, preferably a chili pepper catsup, such as Snider's
¾ cup water
⅓ cup lemon juice
3 tablespoons sugar
3 tablespoons Worcestershire sauce
2 tablespoons prepared mustard
2 teaspoons salt
½ teaspoon pepper

Cook onion till soft in hot Wesson. Add remaining ingredients. Simmer 15 minutes, stirring occasionally. Enough sauce for basting and serving with 2 chickens. 2½ cups. One serving of 3 tablespoons sauce—55 calories.

SIMPLE BARBECUE SAUCE

1½ tablespoons Wesson
1 onion, minced
1¼ cups chili sauce
⅓ cup steak sauce

Heat Wesson in 8-inch fry pan. Add onion and cook until tender. Add sauces. Serve hot over frankfurters. Makes 2 cups spicy sauce, enough for 12 servings at 50 calories each.

CHINESE BARBECUE SAUCE FOR CHICKEN AND FISH

½ cup Wesson
⅔ cup honey
⅔ cup soy sauce
⅔ cup dry sherry or ⅓ cup vinegar and ⅓ cup bouillon
1 clove garlic, crushed
1 small onion, chopped very fine
¼ teaspoon ground ginger

Mix together all ingredients. Let chicken or fish marinate in sauce for 30 minutes to 2 hours, or longer, if desired. Baste with marinade during broiling. Makes 2½ cups, or enough for marinating and basting 2 chickens. One serving of 3 tablespoons sauce—120 calories.

BARBECUE SAUCE FOR HOT DOGS AND HAMBURGERS

3 tablespoons Wesson
1 medium onion, minced
1 small green pepper, minced
2 tablespoons brown sugar
2 tablespoons prepared mustard
1 tablespoon Worcestershire sauce
1 teaspoon salt
¾ cup chili pepper catsup, such as Snider's

Combine ingredients; simmer 15 minutes. Serve with broiled frankfurters or hamburgers. Makes about 1½ cups. 8 servings—105 calories each.

Barbecue Hints

■ A big clay flower pot makes an excellent substitute for the popular —and more expensive—hibachi. Line bottom with coarse gravel; build fire on top.

■ Use Wesson 1-Minute French Dressing to marinate and help tenderize lean cuts of meat. It adds good flavor, too, and helps seal in juices as the meat browns.

■ Have meats at room temperature for better and quicker cooking.

■ While you're waiting for the fire to reach its perfect stage for cooking, pop some corn. The recipe is on page 13.

■ Cooking frankfurters for a crowd is easier when you line the grill with foil. Pierce it to let more heat through. The foil keeps the franks from falling in the fire.

■ Clean-up tip: Before your fire dies out, scrape the grill with a wire brush. The residue will be easier to remove than from a cold grill.

■ If you use briquets for cooking, you can put out your fire with water after cooking, using a fine spray from the garden hose, then let the briquets dry. You'll find that you can use the same briquets the next time you barbecue.

Menu 11

2600 CALORIES

BREAKFAST

Orange and grapefruit juice, ½ cup	45
High protein prepared cereal, 1 oz.	100
Skim milk, 1 cup	90
Egg fried in Wesson	120
Slice toast	60
Butter pat	50
	465
Coffee or tea with milk or cream and sugar, average 3 cups a day	150

LUNCH

2 egg omelet	230
Spinach, ½ cup	25
*French fried potatoes, 10 strips (page 65)	155
2 slices toast	120
1 tablespoon strawberry jam	55
	585
Free calories—for drink before dinner or extra snack	125

DINNER

*Shrimp in Marinara Sauce (page 68)	100
*Shish Kabob, 4 oz. meat (page 74)	375
*Risotto (page 68)	195
*French Garlic Bread, 1-inch chunk (page 46)	90
Green salad with *Chef's Dressing, 3 tablespoons (page 57)	180
Sherbet with diced pineapple	170
	1110

SNACK

Whole milk, 1 cup	165
Total calories for day	**2600**

*See recipe.

1800 CALORIES

BREAKFAST

Orange and grapefruit juice, ½ cup	45
High protein prepared cereal, 1 oz.	100
Skim milk, 1 cup	90
Slice toast	60
Cottage cheese, 2 tablespoons	30
	325
Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener, if desired	—

LUNCH

2 egg omelet	230
Spinach, ½ cup	25
2 slices toast	120
1 tablespoon strawberry jam	55
	430

DINNER

*Shrimp in Marinara Sauce	100
*Shish Kabob, 4 oz. meat	375
*Risotto	195
*French Garlic Bread, 1-inch chunk	90
Green salad with *Chef's Dressing, 3 tablespoons	180
	940

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	**1785**

1200 CALORIES

BREAKFAST

Orange and grapefruit juice, ½ cup	45
High protein prepared cereal, 1 oz.	100
Skim milk, 1 cup	90
	235
Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener, if desired	—

LUNCH

2 egg omelet	230
Spinach, ½ cup	25
Slice toast	60
1 teaspoon strawberry jam	20
	335

DINNER

*Shrimp in Marinara Sauce ½ serving	50
*Shish Kabob	300
*Risotto, ½ serving	100
Green salad with *Chef's Dressing, 1 tablespoon	75
	525

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	**1185**

Good nutrition depends on keeping the soul as well as the appetite satisfied. The bit of sweet, the fruit pudding, the fluffy cake after dinner fills us with a pleasant sense of well-being.

Growing youngsters crave and need the energy desserts provide, so plan them as part of the meal rather than as an "extra". Choose light fruit treats to end the hearty dinner, richer desserts when the main dish is light. You'll find Wesson has the delicacy and mildness to enhance the shy, wine-like flavor of fruit. Cakes and pies made with Wesson come out of the oven fragrant, fresh, tempting with homemade goodness. And *you're* the winner of all the nice compliments!

SKILLET SPICED APPLES

Cut tart apples into wedge-shaped slices. Lightly coat apple slices with 2 tablespoons Wesson and sprinkle with a bit of ground cloves. Fry in heavy skillet over medium heat, covered, about 10 minutes. No need to add extra oil in cooking. Stir in 2 tablespoons of orange marmalade; turn and finish cooking uncovered, 10 minutes or so. 4 servings —110 calories each.

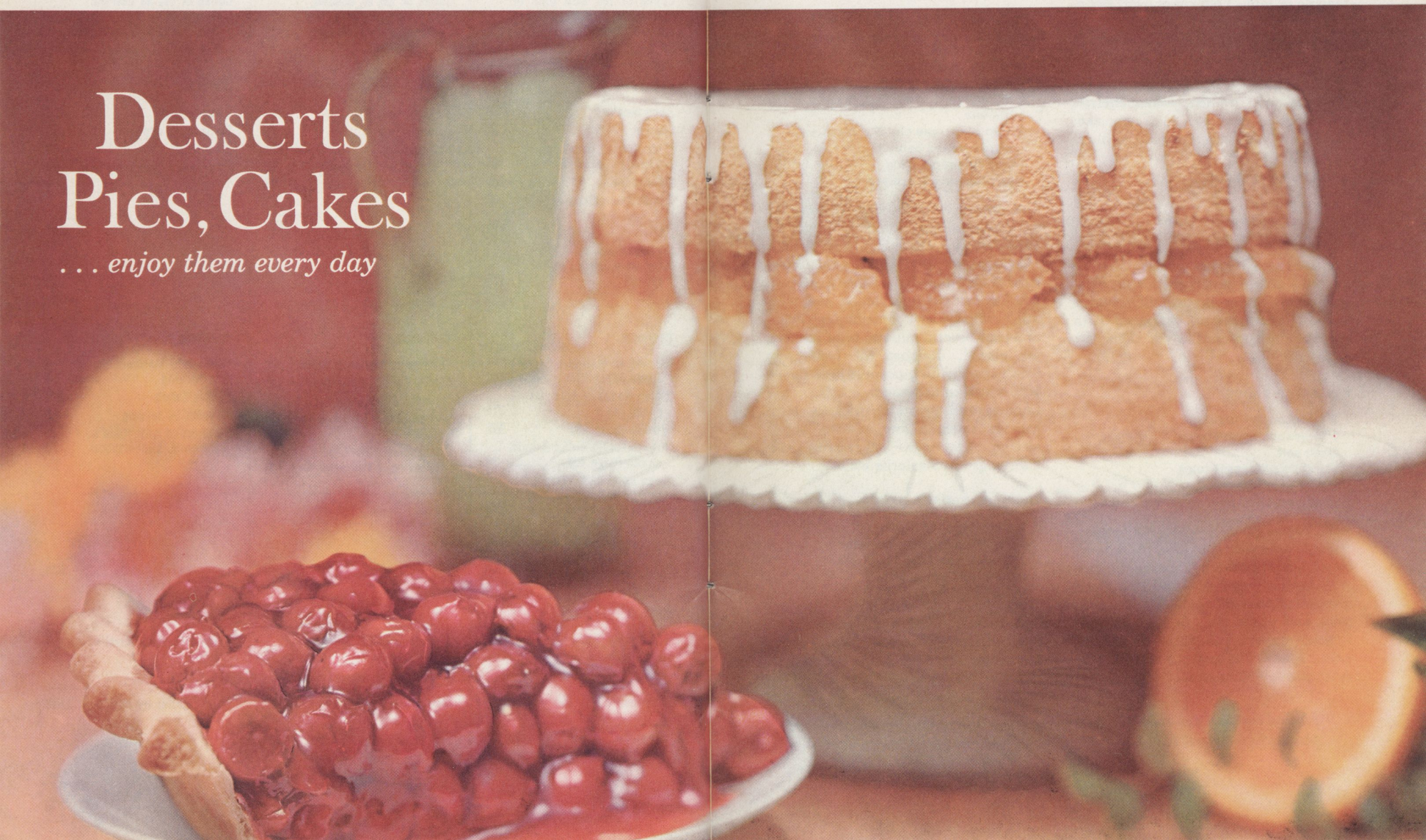
Hint: You can pare and cut apples ahead of time—coat with Wesson to keep them from discoloring and drying out, then place them in the refrigerator and fry when you're ready.

LEMON CAKE PUDDING

1 cup sugar
¼ cup sifted all-purpose flour
Dash salt
3 egg yolks, beaten
1½ cups milk, scalded
2 tablespoons Wesson
5 tablespoons lemon juice
2 teaspoons grated lemon peel
3 egg whites, stiffly beaten

Heat oven to 325° (slow). Sift dry ingredients together. Combine egg yolks, milk, Wesson, lemon juice and peel; add to flour mixture; fold in egg whites. Pour into oiled custard cups. Set cups in pan of hot water. Bake 45 minutes; cool. 8 servings—205 calories each.

Orange Filled LoveLight Chiffon Cake, Cherry Pie



Desserts Pies, Cakes

. . . enjoy them every day

DESSERT PANCAKES

2 cups sifted all-purpose flour
6 teaspoons baking powder
¼ cup sugar
1 teaspoon salt
2 eggs
2 cups milk
½ cup Wesson

Sift together flour, baking powder, sugar and salt. Beat eggs, stir in milk and Wesson. Add dry ingredients, beat to a smooth batter. Pour about 3 tablespoons of batter onto hot, ungreased griddle. Bake until under side is golden brown and bubbles appear over surface; turn and bake other side.

As baked, keep warm in folded towel in warm oven. Do not stack. When ready to serve, place on warm serving platter; in center of each pancake place a teaspoon of applesauce, orange marmalade or jam. Fold cakes over; sprinkle with confectioners' sugar. Makes 24 pancakes. Each plain pancake—125 calories; with filling—145 calories.

Variation:

Put 1 teaspoon drained, canned cherries or berries in center of each pancake; fold. Serve with sauce made from juice.

BROILED GRAPEFRUIT

½ grapefruit
1½ teaspoons brown sugar
1 teaspoon Wesson

Prepare grapefruit half as usual. Sprinkle with brown sugar, then with Wesson. Heat under broiler till sugar is melted. Serve warm, garnished with strawberries and mint leaves. 1 serving —115 calories.

PINEAPPLE SAUCE

3 tablespoons sugar
1 tablespoon cornstarch
Dash salt
1¼ cups pineapple juice
1 teaspoon lemon juice
¼ cup crushed pineapple, drained

Mix together in 1-quart saucepan, sugar, cornstarch and salt. Add pineapple juice gradually. Bring to boil over medium heat; cook, stirring, for 5 minutes. Remove from heat; add lemon juice and pineapple. Serve with fruit fritters, dessert pancakes, or chiffon cake. Makes 1½ cups. A serving of 3 tablespoons—50 calories.

CINNAMON APPLES

¼ cup water
¼ cup "red hots" cinnamon candies
4 medium tart apples, sliced thick
¼ cup Wesson

Pour water over candies and let stand while cooking apples. Coat apples with Wesson and drain. Cover bottom of pan with apple slices and brown on both sides. Add oil to pan as needed. As each batch browns, drain on paper towels. Put apples back in skillet and pour candies over them. Cover and simmer over medium heat about 15 minutes, stirring occasionally. The apples take up the syrup and become plump and pretty. Serve as dessert or as accompaniment for pork roast or for breakfast. 6 servings—145 calories each.

PAN-GLAZED FRUIT

Wonderful many ways: with baked ham, with waffles, over ice cream or sherbet.

2 tart red apples
2 tablespoons Wesson
3 tablespoons brown sugar
1 banana
½ cup pineapple chunks, fresh or unsweetened canned
1 cup pineapple juice
1 tablespoon cornstarch

Cut unpeeled apples into wedges, coat with Wesson and sprinkle with half the brown sugar. Cook in a heavy skillet over medium heat about 10 minutes, stirring occasionally. When almost done, add banana cut into chunks and pineapple. Sprinkle with remaining sugar and cook several minutes until bananas are glazed. Remove the fruit so it won't crush. Add pineapple juice mixed with cornstarch; simmer, stirring a few minutes until cornstarch thickens. Heat fruit in sauce a few minutes before serving. 4 servings—205 calories each; 6 servings—135 calories each.

TROPICAL BANANA SAUTE

1½ tablespoons Wesson
3 bananas, sliced lengthwise
1½ tablespoons brown sugar
1 teaspoon lemon juice

Heat Wesson in skillet; add bananas and brown. Turn and sprinkle with brown sugar and lemon juice. Cook a few minutes to glaze, serve hot. Serves 3 to 6—½ banana—85 calories.

Having company for dinner? Guests who are watching their weight will be pleasantly surprised how few calories are in these luscious Wesson desserts.

1. *Skillet Fruit with Meringue. Fruit for dessert is made elegant here. Saute apples and pineapple in Wesson, glaze with brown sugar. (Recipe below.)*

2. *Make meringue, then drop these fluffy snow caps onto fruit. Cover pan and cook 5 minutes longer over low heat.*

SKILLET FRUIT WITH MERINGUE

- 1 large apple, peeled, and cut in thin wedges
- 2 cups pineapple chunks, fresh or unsweetened canned
- 2 tablespoons Wesson
- 2 tablespoons brown sugar
- 2 egg whites
- 3 tablespoons sugar
- ½ teaspoon salt

Saute apple and pineapple chunks in Wesson. While fruit cooks, sprinkle with brown sugar. Beat egg whites to a froth, then gradually add sugar and salt, beating until the whites stand in soft peaks. Drop one tablespoon at a time onto the fruit, cover, keeping heat low and constant for 5 minutes. Serve at once. 4 servings—190 calories each.

APPLE BETTY

- 8 slices day-old bread, cubed (4 cups)
- ½ cup Wesson
- 4 cups sliced apples (2 pounds)
- 1 cup sugar
- 2 teaspoons cinnamon

Heat oven to 350° (moderate). Cube bread. Heat Wesson in 10-inch fry pan. Add bread cubes and brown lightly. Remove from heat. Combine apples, sugar and cinnamon. Arrange layers of bread cubes and fruit in oiled 2-quart casserole, ending with bread cubes. Cover and bake 30 minutes; uncover and bake 20 to 25 minutes longer. Serve hot or cold, with light cream. 8 plain servings—340 calories each; with 3 tablespoons cream—445 calories.

CREAM PUFFS

½ cup boiling water
¼ cup Wesson
¼ teaspoon salt
½ cup sifted all-purpose flour
2 eggs, unbeaten

Heat oven to 400° (hot). Bring water to boil in saucepan. Reduce heat to low; add Wesson, salt and flour all at once. Cook, stirring vigorously until mixture leaves sides of pan and forms compact ball. Remove from heat; cool mixture slightly. Add eggs, one at a time, beating hard after each addition until mixture is smooth and glossy. Drop by rounded tablespoonfuls onto unoiled cookie sheet, 2 inches apart. Bake 45 minutes, until puffs are light and dry. Cool. Cut open and fill each with 1 tablespoon Royal Filling for Cream Puffs (recipe below). Dust with confectioners' sugar. Makes 12 medium puffs. 95 calories each, filled and sprinkled with confectioners' sugar.

ROYAL FILLING FOR CREAM PUFFS

1 egg white
¼ teaspoon lemon juice
2 tablespoons sugar
¼ cup whipping cream
Dash vanilla (optional)

Beat egg white stiff; add lemon juice, sugar. Beat until stiff and glossy. Now whip cream (no need to wash beater in between). Fold cream into egg white just until mixed; do not beat. Add a dash of vanilla. Use for filling cream puffs or on desserts. Yield: 18 tablespoons at 20 calories per tablespoon.

SPECIAL STRAWBERRY "ICE CREAM"

½ cup Wesson
5 tablespoons non-fat milk solids
1½ cups hot skim milk
¼ teaspoon salt
1 package (10 oz.) frozen strawberries
1 egg white

Mix Wesson and non-fat milk solids in blender or in a small bowl. Add half a cup of hot skim milk to make a paste. Beat at high speed in blender or beat thoroughly with rotary or electric beater, until smooth. Add remaining milk slowly, then beat a few seconds at high speed. Cool. Blend in ¼ teaspoon salt and partially frozen berries, pour into ice trays and freeze. When almost frozen, remove and beat well. Fold in stiffly beaten egg white. Freeze well. 6 servings—250 calories each.

FRUIT FRITTERS

1 cup sifted all-purpose flour
2 teaspoons baking powder
1¼ teaspoons salt
¼ cup sugar
1 egg, well beaten
⅓ cup milk
2 teaspoons Wesson
Wesson for frying
1 cup diced apple or other fruit

Sift dry ingredients together. Combine egg, milk and Wesson; add to flour mixture, stirring until smooth. Add apple or other fruit. Drop fritters by tablespoonfuls into deep Wesson heated to 375°, turning frequently to brown evenly. Fry about 4 minutes. Drain on paper towels. Sprinkle with confectioners' sugar, or serve with Pineapple Sauce (p. 80). Makes 10 fritters, served plain, 90 calories each; with 3 tablespoons Pineapple Sauce—140 calories.

BLINTZES

1 cup sifted all-purpose flour
3 teaspoons baking powder
2 tablespoons sugar
½ teaspoon salt
2 eggs, beaten
1¼ cups milk
3 tablespoons Wesson

Sift together flour, baking powder, sugar and salt. Beat eggs; add milk and Wesson, then stir in flour mixture, blending till smooth. Let stand one hour. Heat and oil a 6-inch fry pan; pour in 2 tablespoons batter, tilt pan to spread batter evenly and thinly. Cook about 1 minute until brown on one side; turn but do not brown other side (cook just enough to set batter). As cakes are baked lay them on a damp towel, brown side up. When all the batter has been used, roll blintzes in the towel until ready to fill. Spread the browned side of cakes with Blintz Filling, fold side edges in, roll each cake and fry in well-oiled fry pan until golden brown on all sides. Serve with sour cream or sprinkled with cinnamon and sugar. 24 blintzes—65 calories each including filling, add 30 more for each tablespoon sour cream.

Blintz Filling

1 cup (½ lb.) cottage cheese
1 tablespoon sugar
Dash cinnamon
1 egg, slightly beaten

Combine ingredients. Use to fill and spread on Blintzes.

Menu 12

2600 CALORIES

BREAKFAST

Grapefruit half	50
Hot wheat cereal, ¾ cup	130
Whole milk, 1 cup	165
Sugar, 2 teaspoons	30
Egg fried in Wesson	120
Slice toast	60
Butter, ½ pat	25
	580
Coffee or tea with cream or milk and sugar, average 3 cups a day	150

LUNCH

*Skillet-Grilled Ham, Cheese and Tomato Sandwich (page 12)	425
Sherbet, ½ cup	120
	545
Free calories—for drink before dinner or extra snack	125

DINNER

Tomato soup	85
*Escabeche of Shrimp 1½ servings with 2 bacon strips, crumbled (page 42)	340
*Sesame Bread, 1-inch serving (page 46)	90
Green salad with shredded carrot *1-Minute French Dressing, 2 tablespoons (page 55)	215
*3 Blintzes with sour cream, 3 tablespoons (page 82)	285
	1015

SNACK

Whole milk, 1 cup	165
Total calories for day	**2580**

*See recipe.

1800 CALORIES

BREAKFAST

Grapefruit half	50
Hot wheat cereal, ¾ cup	130
Whole milk, 1 cup	165
Sugar, 2 teaspoons	30
Slice toast	60
Butter, ½ pat	25
	460
Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

*Skillet-Grilled Cheese and Tomato Sandwich	315
Sherbet, ½ cup	120
	435

DINNER

Tomato soup	85
*Escabeche of Shrimp with 2 bacon strips, crumbled	265
*Sesame Bread, 1-inch chunk	90
Green salad with shredded carrot *1-Minute French Dressing, 1 tablespoon	120
*3 Blintzes with sour cream, 2 tablespoons	255
	815

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	**1800**

1200 CALORIES

BREAKFAST

Grapefruit half	50
Hot wheat cereal, ¾ cup	130
Skim milk, 1 cup	90
Sugar, 2 teaspoons	30
	300
Coffee or tea as desired, no cream or sugar. Use non-caloric sweetener if desired	—

LUNCH

2 oz. ripe cheese	200
Apple	75
2 rye wafers	50
	325

DINNER

Hot spiced tomato juice, 4 oz.	25
*Escabeche of Shrimp	175
Green salad with shredded carrot *1-Minute French Dressing, 1 tablespoon	120
*2 Blintzes with sour cream, 1 tablespoon	160
	480

SNACK

Skim milk or buttermilk, 1 cup	90
Total calories for day	**1195**

Cakes and Frostings

Do you know that you're a magician? It's true! Just bake a cake, homemade as only you can for your family, and you transform ingredients into a masterpiece and the day into a special and memorable occasion.

You'll learn here how to make Wesson's luscious Party and LoveLight Chiffon cakes, famous the country over for their airy lightness and delicate lacy quality. You'll discover, too, how to frost them and serve them so that all can share the enjoyment within each calorie quota.

Cakes made with Wesson have a superior keeping quality over mixes. They keep fresh and moist for days, so you don't have to eat them up at one sitting. The fluffy, party-cake goodness of Chiffon has made it a favorite even without any frosting. Bake one today—and see!

SUCCESS TIPS FOR LOVELIGHT CAKES

1. *Allow egg whites to reach room temperature, then beat until frothy. Gradually beat in ½ cup of sugar. Continue beating until stiff and glossy. The meringue should stand in peaks when you pull the beater through it.* *(See recipes next page.)*

2. *The meringue should be folded into the batter by cutting down gently through the batter, across the bottom, up and over, turning the bowl often. Pour into pans which have been lightly oiled and floured. Bake as directed in recipes.*

LOVELIGHT CHIFFON YELLOW CAKE

Just 2 eggs to make this light, luscious cake. A treasured Wesson recipe.

2 eggs, separated
1½ cups sugar
2¼ cups sifted cake flour
3 teaspoons baking powder
1 teaspoon salt
⅓ cup Wesson
1 cup milk
1½ teaspoons vanilla

Heat oven to 350°. Lightly oil and dust with flour 2 round layer pans, 8 x 1½ inches deep or 9 x 1½ inches deep; or use 1 oblong pan, 13 x 9 x 2 inches. Beat egg whites until frothy. Gradually beat in ½ cup of sugar. Continue beating until very stiff and glossy. Sift remaining sugar, flour, baking powder into another bowl. Add Wesson, half the milk, vanilla. Beat 1 minute, medium speed on the mixer, or 150 vigorous strokes by hand. Scrape sides and bottom of the bowl constantly. Add remaining milk, egg yolks, then beat 1 minute more, scraping the sides of the bowl constantly. Fold in meringue. Pour into prepared pans. Bake layers 30 to 35 minutes. Oblong should be baked 40 to 45 minutes. Cool, then frost with Seven Minute Frosting (below). 2 inch slice of iced layer cake—385 calories; 3-inch slice—525 calories. 4½ x 1-inch serving of oblong cake without icing—130 calories.

SEVEN-MINUTE FROSTING

2 egg whites
1½ cups sugar
¼ teaspoon cream of tartar
Dash salt
⅓ cup water
1 teaspoon vanilla

Combine egg whites, sugar, cream of tartar, salt and water in top of double boiler. Beat 1 minute with rotary beater. Cook over boiling water, beating constantly, 7 minutes or until icing stands in firm peaks. Remove from heat; add flavoring. Beat until of spreading consistency. Enough icing for 2 layer 8- or 9-inch cake. Ten servings of icing—120 calories each.

LOVELIGHT CHIFFON CUPCAKES

Bake LoveLight Chiffon Yellow Cake recipe in 24 muffin cups, oiled and floured, or lined with paper cups. Bake 18 to 20 minutes at 400°. Each cupcake —130 calories; with Seven-Minute Frosting (above)—180 calories each.

ORANGE FILLED CHIFFON LAYERS

Frosting:

1 egg white
1 cup sifted confectioners' sugar
2 teaspoons orange juice
1 teaspoon grated orange peel
Red and yellow food coloring

Filling:

2 medium oranges

Beat the egg white until foamy in a bowl; add half the sugar, beat till smooth. Add remaining sugar, orange juice and continue beating until stiff, white and glossy. Remove beater; add orange peel. Using the tip of a skewer to control amount, add a little of each color to the frosting to make orange. Stir with a spoon to the desired color. Peel and section the oranges; arrange on a layer of the LoveLight Chiffon Yellow Cake (left). Top with second layer. Pour frosting over cake and allow to drip down sides. 2-inch slice—300 calories; 3-inch slice—455 calories.

LADY BALTIMORE CHIFFON CAKE

Prepare basic LoveLight Chiffon Yellow Layer Cake recipe adding 1 teaspoon vanilla, 1 teaspoon grated lemon peel to batter. Bake in a 13 x 9½-inch loaf pan. Ice the top of the cake, using Lady Baltimore Frosting (below). Makes 24 1-inch slices—230 calories each.

LADY BALTIMORE FROSTING

½ cup chopped raisins
½ cup chopped figs
2 tablespoons rum flavoring
½ cup water
2 cups sugar
¼ teaspoon cream of tartar
2 egg whites
Dash salt
1 teaspoon vanilla
½ cup chopped nuts

Combine raisins, figs and rum flavoring; set aside to soften (about 30 minutes). Put water, sugar and cream of tartar into a 1-quart saucepan over medium heat, stirring until sugar is dissolved. Boil without stirring to 242° (medium ball stage). Beat egg whites with salt to soft peaks. Pour hot syrup slowly into egg whites, beating constantly; add vanilla; beat until frosting is very thick and stands in firm peaks. Fold in fruits and nuts. Spread between layers, on top and sides of cake. Enough for 2 layer 8-inch cake, 24 cupcakes, or one 13 x 9½-inch oblong pan. One small serving of icing (enough to top cupcake)—95 calories.

Here's one happy way to have your cake and still keep your figure. Instead of icing, decorate with lacy pattern of confectioners' sugar. To do it, lay paper doily on top of cake, sprinkle with sugar, remove doily carefully to retain design.

LOVELIGHT CHIFFON SPICE CAKE

2 eggs, separated
½ cup sugar
2¼ cups sifted cake flour
1 teaspoon baking powder
¾ teaspoon baking soda
1 teaspoon salt
¾ teaspoon nutmeg
¾ teaspoon cloves
¾ teaspoon cinnamon
1 cup brown sugar (packed)
⅓ cup Wesson
1 cup buttermilk
2 tablespoons confectioners' sugar

Heat oven to 350° (moderate). Oil lightly and dust with flour 2 round layer pans 8 x at least 1½ inches deep or 9 x 1½ inches, or one oblong pan, 13 x 9 x 2 inches.

Beat eggs until frothy. Gradually beat in sugar. Continue beating until very stiff and glossy.

Sift flour, baking powder, soda, salt, spices into another bowl. Add brown sugar, Wesson and 2/3 of the buttermilk. Beat 1 minute, medium speed on mixer, or 150 vigorous strokes by hand. Scrape sides and bottom of bowl constantly. Add remaining buttermilk, egg yolks. Beat 1 more minute, scraping bowl constantly. Fold in meringue. Pour into prepared pans. Bake layers 30 to 35 minutes; oblong 40 to 45 minutes. Cool.

Lay paper-lace doily on top of cake. Sprinkle with confectioners' sugar. Remove doily carefully so the lace will make a pretty pattern. 2-inch cut of single layer—110 calories; 3-inch cut of single layer—150 calories; 4½ x 1-inch cut of oblong cake—130 calories.

WESSON FRUITCAKE

For generations, families have celebrated the holidays with Wesson Fruitcake. Make it weeks in advance so it will ripen and mellow.

1 cup Wesson
1½ cups brown sugar firmly packed
4 eggs
3 cups sifted all-purpose flour
1 teaspoon baking powder
2 teaspoons salt
2 teaspoons cinnamon
2 teaspoons allspice
1 teaspoon cloves
1 cup orange juice
1 cup thinly sliced citron
1 cup chopped candied pineapple
1½ cups whole candied cherries
1 cup seeded raisins
1 cup chopped figs
3 cups chopped nuts

Heat oven to 275°. Combine Wesson, sugar and eggs; beat vigorously with spoon or electric mixer for 2 minutes. Sift 2 cups of flour with baking powder, salt and spices. Stir into oil mixture alternately with orange juice.

Mix remaining flour with fruits and nuts. Pour batter over fruit, mix well. Turn into two 9 x 5 x 3-inch loaf pans greased and lined with brown paper.

Place a pan of water on lower oven rack. Bake cakes 2½ to 3 hours. After baking, let cakes stand 15 minutes before removing from pans. Cool thoroughly on racks without removing paper.

When cool, remove paper. Wrap in aluminum foil; store to ripen. If desired, cakes can be wrapped in cloth dampened with brandy or wine. 48 slices—185 calories each.

SKILLET CAKE

Delicious—with or without fruit sauce.

1 egg, separated
¾ cup sugar
1 cup plus 2 tablespoons sifted cake flour
1½ teaspoons baking powder
½ teaspoon salt
3 tablespoons Wesson
½ cup milk
1 teaspoon vanilla

Oil a 9-inch skillet lightly with Wesson. Beat egg white in small bowl until frothy. Gradually beat in ¼ cup sugar. Continue beating until stiff and glossy.

Sift remaining sugar, flour, baking powder and salt into large bowl. Add Wesson, half of milk, vanilla. Beat 1 minute, medium speed on mixer or 150 strokes by hand. Scrape bowl constantly. Add remaining milk and egg yolk. Beat 1 more minute. Fold in beaten egg white. Pour into skillet. Cover with a domed lid. Cook over low heat 30 minutes without lifting lid. Test for doneness. Invert on warm serving dish. 2-inch slice—110 calories; 3-inch slice—175 calories.

Fruit Sauce: Melt 2 tablespoons butter in a medium fry pan. Stir in ¼ cup brown sugar, firmly packed, and 1 teaspoon cinnamon. Add 1 can (16 oz.) applesauce and heat thoroughly. Serve over the hot skillet cake. One serving of sauce (3 tablespoons)—35 calories.

STIR-N-ROLL SHORTCAKE

2 cups sifted all-purpose flour
3 teaspoons baking powder
1 teaspoon salt
2 tablespoons sugar
½ cup Wesson
⅔ cup milk
1 egg yolk, slightly beaten

Heat oven to 475°. Sift dry ingredients together into bowl. Pour Wesson and milk into measuring cup (but don't stir). Then pour all at once into flour; add egg yolk, and stir with fork until mixture cleans sides of bowl. Smooth by kneading dough about 10 times in bowl. Pat out ½-inch thick between waxed papers. Cut with unfloured biscuit cutter. Place on ungreased baking sheet. Bake 10 to 12 minutes. Split each shortcake in half and spoon sweetened berries between and on top. Serve warm with cream. 10 shortcakes 2¾ inches diameter, served with ½ cup sweetened strawberries—275 calories each. Add 30 calories for 1 tablespoon whipped cream.

QUICK COFFEE CAKE

To make Sunday breakfast an occasion.

1½ cups sifted all-purpose flour
2½ teaspoons baking powder
½ teaspoon salt
½ cup sugar
1 egg, beaten
¼ cup Wesson
¾ cup milk

Topping:

1 tablespoon flour
1 teaspoon cinnamon
1 tablespoon Wesson
¼ cup brown sugar, firmly packed
½ cup chopped walnuts

Heat oven to 375°. Sift dry ingredients together. Add egg, Wesson, milk, stirring until mixed. Pour into oiled 8 x 8 x 2-inch pan. Mix together ingredients for topping, sprinkle evenly over batter. Bake 30 to 35 minutes. Serve hot or cold. 16 squares—145 calories each.

Suggestion: Double this recipe. Serve one cake hot. Cool other, wrap, and put into freezer to be reheated later.

PEACH UPSIDE DOWN CAKE

2 egg whites
¾ cup sugar
1 cup and 2 tablespoons flour
3 teaspoons baking powder
1 teaspoon salt
2½ tablespoons Wesson
½ cup buttermilk
1½ teaspoons vanilla

Topping:

2 tablespoons Wesson
2 tablespoons brown sugar
6 peach halves

Heat oven to 350°. Oil lightly and flour one 9 inch layer cake pan, or a medium size oven-going skillet. Beat egg whites until frothy. Gradually beat in ¼ cup sugar. Continue beating until the meringue is stiff and glossy.

Sift remaining sugar, flour, baking powder and salt into another bowl. Add Wesson, buttermilk, vanilla. Stir till smooth. Scrape sides and bottom of bowl constantly. Fold in meringue.

For topping: Mix Wesson and brown sugar. Spread over bottom of cake pan or skillet. Cut peach halves into even crescents and place them in a petal design in the bottom of the pan. Pour in the batter, and bake the cake for 35 minutes, or until it tests done. 16 small servings—120 calories each.

Pies and Pastries

No man leaves the dinner table less than ecstatic when dessert brings his favorite *pie*. Here, Wesson brings you a bevy of ways to serve pie often and keep well within your ideal calorie quota. Pie calories, happily, are no more weighty than other calories. Simply plan your menu to allow for them and slice your pie to suit each person. Chubby Mr. Charles gets a smaller slice. Lean Miss Lil can have more.

Those who must keep calories low can enjoy single crust pies with a world of festive fruit and fluffy chiffon fillings. With Wesson, you make flaky, tender pie crust the first time you try the fast, famous Stir-N-Roll method. You pour Wesson to measure, stir it into the flour, saving all the bother of measuring and cutting in solid shortening. The rolling is done neatly between waxed papers, so there's no messy floured board to clean up. The purity and delicacy of Wesson produces a beautiful, golden brown crust—tender and flaky. Your Stir-N-Roll pie crust, as with everything you bake with Wesson, keeps wonderfully. It will stay crisp even in the moistness of your refrigerator.

WEIGHT-WATCHER'S STIR-N-ROLL PASTRY (Single Crust)

1 cup sifted all-purpose flour
¾ teaspoon salt
¼ cup Wesson
2 tablespoons cold whole milk

Mix flour and salt. Pour Wesson and milk into one measuring cup (don't stir); add all at once to flour. Stir to mix. Press into smooth ball, flatten slightly.

Place between 2 sheets of waxed paper (12 inches square). (Dampen table top to prevent slipping.) Roll out gently to edges of paper. Peel off top paper. If dough tears, mend without moistening. Place paper side up in 8- or 9-inch pie pan. Peel off paper. Ease and fit pastry into pan. Flute edge. Prick thoroughly with fork. Bake 8 to 10 minutes. Cool. Add filling. In some pies, filling and crust are baked together; for these, do not prick pastry before filling. ⅙th of pastry shell (without filling)—150 calories.

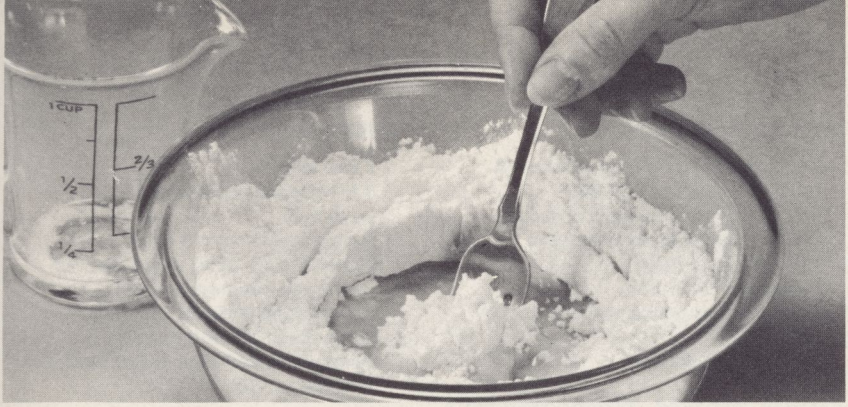
Note: Simply double recipe for double crust pie. 6 servings (without filling)—300 calories each.

LEMON CHIFFON PIE

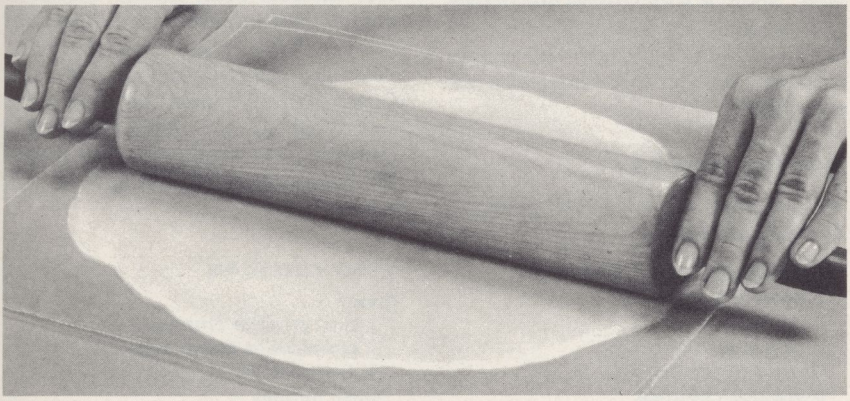
1½ teaspoons (½ envelope) unflavored gelatin
¼ cup cold water
1 tablespoon cornstarch
⅔ cup sugar
¼ teaspoon salt
¼ cup lemon juice
¼ teaspoon grated lemon peel
3 egg whites
1 baked 8-inch Weight-Watcher's Stir-N-Roll pastry shell (recipe at left)

Soften gelatin in water. Combine cornstarch, ⅓ cup sugar, salt, lemon juice. Bring to a boil and cook over low heat, stirring constantly, until thickened. Remove from heat, add softened gelatin; stir until dissolved. Add grated lemon peel, chill till slightly congealed. Beat egg whites till foamy; gradually add remaining ⅓ cup of sugar. Beat until mixture stands in soft peaks. Beat gelatin mixture until light. Fold in meringue, then pour into cooled baked pastry shell. Chill till firm. 8 servings—205 calories each.

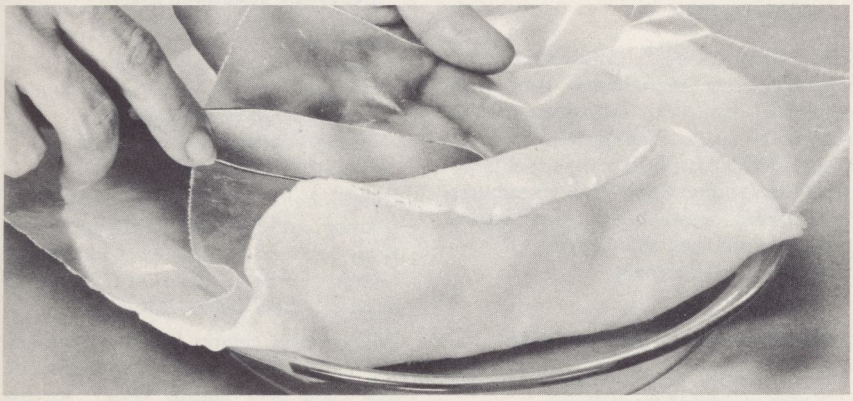
Lime Chiffon Pie: Use lime juice and grated lime peel in place of lemon. Add a few drops green food coloring.



1. *Stir-N-Roll pastry cuts pie-making time in half. Pour Wesson and cold milk into measuring cup and pour all at once into flour. Stir lightly to mix.* (*Recipe at left.*)

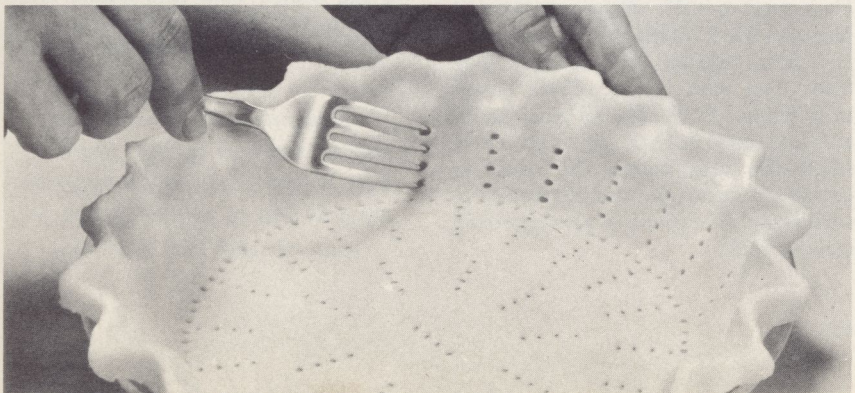


2. *No mussy floured board. Pie crust rolls neatly between two 12-inch squares of waxed paper. Roll to edges, then peel off top paper.*



3. *Simple to center. Pastry clings to bottom paper. Peel it off carefully. If dough tears, simply press together. Trim edges.*

4. *Flute edges, then prick the pastry thoroughly as shown in picture. Bake until golden brown. In some pies, filling and the crust are baked together.*



OPEN-FACED FRUIT TART

8-inch Weight-Watcher's Stir-N-Roll unbaked pie shell (p. 88)
2 to 3 cups strawberries, or 4 cups peeled sliced apples or pears
2 tablespoons sugar
1 teaspoon cinnamon
6 tablespoons cookie, cake or bread crumbs
1 tablespoon Wesson

Prepare unbaked Weight-Watcher's Stir-N-Roll pie shell. Arrange fruit in shell, sprinkle with sugar and cinnamon. Sprinkle with crumbs and drizzle with Wesson. Bake at 425°, 30 to 35 minutes, until fruit is tender and crumbs crisp and brown. 6 servings, 275 calories each.

DEEP DISH APPLE PIE

A calorie-saving way to serve this favorite All-American dessert.

6 cups pared, thinly sliced apples (about 2 lbs.)
1 cup sugar
1 tablespoon flour
½ teaspoon cinnamon
¼ teaspoon nutmeg
Dash salt
2 tablespoons Wesson
Weight-Watcher's Stir-N-Roll Pastry recipe (p. 88)

Heat oven to 425°. Prepare apples. Combine dry ingredients; mix with apples to coat. Put into deep baking dish or pie pan. Drizzle with Wesson. Cover with crust; flute rim; cut slits for steam to escape. Bake 35 to 45 minutes until nicely browned and juice begins to bubble through slits in crust. 8 servings—335 calories each.

HALF PEACH-HALF PLUM COBBLER

2 cups peeled, quartered fresh peaches
2 cups quartered fresh plums
1 cup sugar
2 tablespoons flour
2 tablespoons butter
Weight-Watcher's Stir-N-Roll pastry recipe (p. 88)

Heat oven to 425°. Place peaches and plums in 8 x 8 x 2-inch pan. Mix sugar and flour together and sprinkle over fruit. Dot with butter. Place pastry over filling. Fold edge of crust under and just inside edge of pan. Cut 3 or 4 small slits near center for steam to escape. Bake 35 minutes. Serve warm with cream, if desired. 8 servings—285 calories each.

CHERRY PIE

1 cup sugar
3 tablespoons cornstarch
Dash salt
¾ cup juice from cherries
2 cans (16 oz. size) pitted tart red cherries, drained
2 teaspoons Wesson
½ teaspoon almond extract
Weight-Watcher's Stir-N-Roll pastry recipe (p. 88)

Mix sugar, cornstarch and salt in saucepan; stir in juice from cherries. Cook over medium heat, stirring constantly until mixture thickens and boils. Add cherries, Wesson and almond extract. Pour into pastry-lined 9-inch pie pan. Cover with aluminum foil during first half of baking time. Bake at 425° (hot oven) for 35 to 40 minutes. 6 servings—380 calories each; 8 servings—285 calories each.

TANGY CHEESE PIE

Crust:
1 cup rye wafer crumbs
2 tablespoons brown sugar
¼ teaspoon salt
Dash nutmeg
1 tablespoon Wesson

Filling:
1 envelope unflavored gelatin
¼ cup sugar
Dash salt
½ cup buttermilk
½ teaspoon finely grated lemon peel
2 tablespoons lemon juice
1½ cups cottage cheese, sieved
1 egg white, stiffly beaten

Combine rye wafer crumbs, sugar, salt, nutmeg and Wesson. Stir to blend. Press mixture on bottom and sides of 8-inch pie pan. Bake at 375° for 8 minutes. Cool before filling.

Filling: Mix gelatin, sugar and salt in top of double boiler. Add buttermilk and cook over boiling water, stirring constantly, about 8 minutes. Cool. Stir in lemon peel and juice and cottage cheese. Whirr in blender, or beat with electric mixer for extra creaminess. Chill. When beginning to thicken, fold in egg white. Pour into crumb crust. Chill in refrigerator several hours. 7 servings. Calories per serving—140.

Some oils tend to cover up the natural flavors in baking. Sparkling light Wesson brightens and brings out the good taste of your pie fillings, but never ever adds taste of its own.

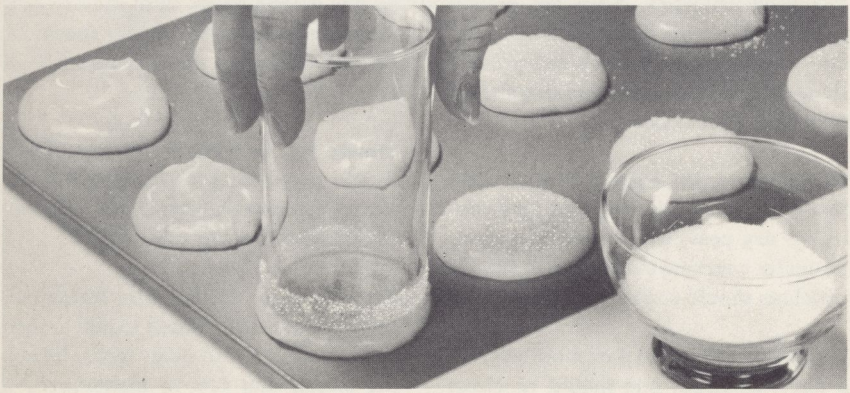
STIR-N-DROP COOKIES

2 eggs
⅔ cup Wesson
2 teaspoons vanilla
1 teaspoon grated lemon peel
¾ cup sugar
2 cups sifted all-purpose flour
2 teaspoons baking powder
½ teaspoon salt

Heat oven to 400°. Beat eggs with fork. Stir in Wesson, vanilla, lemon peel. Blend in sugar (reserve one tablespoon). Sift together flour, baking powder, salt; add to egg mixture. Drop by teaspoonfuls about 2 inches apart onto ungreased cookie sheets. Stamp each cookie flat with bottom of glass dipped in sugar. (Lightly oil glass, then dip in reserved sugar . . . continue dipping in sugar.) Bake 8 to 10 minutes. Remove at once from cookie sheet. If you bake the cookies one sheet at a time, stir the mixture between each batch. 60 thin 2-inch cookies—50 calories each.

1. *Stir-N-Drop Cookies are an easy, modern version of old-fashioned sugar cookies. No rolling or cutting. Just drop the batter from a teaspoon about 2 inches apart on an ungreased cookie sheet.*

2. *Neat trick! Flatten each cookie with bottom of glass. First, oil glass with a little Wesson, then dip in sugar. Dip in sugar before stamping each cookie. Decorate with colored candy bits, if desired.*



3. *Cookies bake in perfect rounds, come out shiny with sugar and fragrant with homemade flavor. The recipe is so simple, children can follow it—and love the eating.*

YOUR OWN MENUS

How to plan your own menus . . . and serve the same meal at 3 different calorie levels

For good nutrition, there are certain essential nutrients we need every day. Four basic groups of foods will provide these essentials, so meal planning should start with these foods.

Meat, poultry, fish, eggs: 2 or more servings a day. Occasionally you may substitute dry peas, beans, nuts or peanut butter for a serving in this group. Weight watchers should stress poultry and fish.

Vegetables and fruits: 4 or more servings a day. Of these, one should be citrus fruit or juice, or tomatoes, cabbage, strawberries, cantaloupe or other fruit or vegetable rich in Vitamin C. Also include: a dark green or deep yellow vegetable, potato and other vegetables and fruits.

Milk, cheese and other dairy foods: 2 cups of milk or more for adults, 4 cups for children; part may be eaten as cheese or used in cooking. For those on low-calorie levels, skim milk or buttermilk may be used; cheese should be cottage cheese or other types made of skim milk.

Breads and cereals: 4 servings. These should be whole grain, enriched or restored breads and cereals. At 1200 calories, 3 servings are sufficient.

Prepare these foods with nutritious, poly-unsaturated Wesson to add to their satiety values. Add other foods, including sweets and fats in moderation, if necessary to complete the calories you can eat every day to maintain your best weight.

Use the index on pages 95 and 96 to find delicious ways to include these foods in your daily meals and to help you count the calories. The calories of each dish are given per serving, so you can easily add up the total calories in your meals.

Here you see how easily one delicious chicken dinner can be adjusted to meet the individual calorie needs of your family

For those on 2600 calories a day: *The very active adult or fast growing teenager gets a generous serving of Herb-Fried Chicken, Lucky Cabbage, potatoes, a slice of crusty French bread and Chiffon Spice Cake for dessert.*

For those on 1800 calories a day: *To help keep weight right for the woman of average build, also to help men of average height lose weight—serve the same meal minus only the bread and one piece of chicken.*

For those on 1200 calories a day: *Overweight men of small frame and women who need to lose weight can enjoy a serving of Fried Chicken, Steamed Cabbage (instead of Lucky Cabbage), a parsleyed potato and a rye wafer.*

Foods That Make Diet Meals More Attractive

FOOD	AMOUNT	CALORIES
Almonds	½ cup	425
Apples	1 medium	70
Apricots, raw	3	55
canned with syrup	1 cup	220
dried	½ cup	195
Asparagus, fresh	1 cup	35
canned	6 spears	20
Bananas	1 medium	85
Beets, cooked	½ cup	35
Blackberries, raw	½ cup	43
canned with syrup	½ cup	108
Blueberries, raw	½ cup	43
canned with syrup	½ cup	123
Brazil nuts	½ cup	453
Carrots, raw	1	20
Cashew nuts	½ cup	385
Cauliflowerets, raw	1 cup	25
Celery, raw	1 cup, diced	20
Cherries, raw	½ cup	33
Chocolate, sweetened	1 ounce	145
Coconut, fresh, shredded	½ cup	165
Cranberries, raw	½ cup	27
Cucumbers	1	25
Dates	½ cup	253
Eggs, hard cooked	1	80
Figs, raw	3	90
canned with syrup	3	129
dried	1 large	60
Grapefruit, fresh	½	50
canned, sweetened	½ cup	85
Grapes, raw (Thompson, Tokay, etc.)	½ cup	50
Green Pepper, raw	1 medium	15
Kumquats	7 medium	100
Jams, marmalades, preserves	1 tablespoon	55
Jellies	1 tablespoon	50
Lemon	1 medium	20
Lettuce	2 large or 4 small leaves	5
Mushrooms, canned with liquid	1 cup	30
Olives, green, large	1	6
ripe, large	1	7
Onions, raw	1	50
cooked	1 cup	80
green	6	25
Orange	1 large	70
Parsley, chopped	1 tablespoon	1
Peaches, raw	1	35
canned with syrup	2 halves	90
frozen	4 ounces	89
Peanuts	½ cup	420
Pears	1	100
Pecans	½ cup	370
Pickles, dill	1 large	15
sweet	1 medium	20
Pineapple, raw	1 slice	44
canned with syrup	1 large slice	95
Plums	1	30
Prunes, dried, uncooked	4 medium	70
Radishes, raw	4 small	10
Raisins	½ cup	230
Soy Sauce	1 teaspoon	5
Strawberries, raw	1 cup	55
Tangerines	1 medium	40
Tomatoes, raw	1 medium	30
Walnuts, English	½ cup	325
Water Chestnuts, sliced	½ cup	20
Water Cress	¼ pound	21

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Shish Kabobs ▶

wesson
poly-unsaturated oil