

Sauté the zucchini and 1 whole clove garlic until golden brown in about 3 tablespoons hot shortening or salad oil. Remove the garlic. Beat 4 eggs slightly. Add 2 tablespoons milk. Season with 1 teaspoon salt and a dash of pepper, and add  $\frac{1}{4}$  cup grated Parmesan or Romano cheese. Romano is a hard grating-type cheese, much like Parmesan. Mrs. Patrello says she prefers it to Parmesan for its sharper flavor. Fold in the zucchini and pour into a hot omelet pan, greased with 1 tablespoon shortening or salad oil. Brown gently on bottom. Do not stir, but lift egg-and-squash mixture here and there now and then, so all liquid gets down to bottom. When set but still soft—you don't want it firm—it's ready to serve. Grease through middle perpendicularly to handle and fold in half, with the help of a wide spatula or pancake turner. Turn out on hot platter. Serves 4-6.

In Italian restaurants, *pizza* pie is made with a sour dough, difficult to reproduce under home conditions. Mrs. Patrello uses a regular bread dough. When she bakes bread, she divides the dough in 4 parts. To one loaf she adds grated Romano cheese and black pepper; to another, fennel seed; to a third, lard cracklings; and the fourth is shaped into a *pizza* crust for their supper. An easier, quicker way, when you're in the mood for *pizza*, is to use the quick-roll mix. *Pizza* is a meal in itself with a good green salad.

**OLIVE PIZZA**

Prepare the dough from a package of hot-roll mix as directed on the package. Cover and let rise in a warm place until doubled in bulk. Meanwhile, cut the meat off 1 cup ripe olives. Turn dough out onto floured board, and roll into a rectangle as thin as you possibly can. Place dough on a greased baking sheet (about 14 x 7") and pull the edges within  $\frac{1}{2}$ " of the sheet. Or fit dough into a shallow jelly-roll pan which has a 1" rim. Brush dough with 1 tablespoon salad oil and spread 1 eight-ounce can tomato sauce evenly over the surface. Sprinkle with  $\frac{1}{2}$  teaspoon crushed oregano, the olive pieces and 4 ounces thinly sliced Italian *prosciutto* ham, cut into 1" squares. Use regular cooked ham if you can't buy the Italian ham. Slices of Italian salami could be substituted too. Sprinkle  $\frac{1}{2}$  cups sharp American cheese over all, or cover with thin slices of *mozzarella* cheese—available in all Italian markets. Bake in hot oven, 400° F., about 20 minutes. Cut into squares and serve warm. As a variation, use strips of anchovy instead of the ham; sliced, sautéed mushrooms instead of olives. Serves 6-8, as a main dish.

As a change from the many dishes made with tomato sauce, the *Parmesan*—particularly the *menfolk*—love chicken smothered in onions and bread. They have nicknamed it *Sticky Chicken*.

**STICKY CHICKEN**

Using a roasting pan, broil the chicken until it is browned on both sides. Add 4½ pounds of onion, sliced, and 3 tablespoons of butter. Cook for 30 minutes. Turn the chicken over and cook for another 30 minutes. Turn the chicken over and cook for another 30 minutes. Turn the chicken over and cook for another 30 minutes.

dium onions and strew over chicken. Cover and braise over low heat about an hour until chicken is tender. Shake pan occasionally, but do not stir. The onions and chicken braise down to a deep golden brown. Mrs. Patrello cooks this in her waterless cooker. A Dutch oven or any heavy pan with tight-fitting lid will do a good job. Serves 4-6.

There's an extensive variety of macaroni and spaghetti in Mrs. Patrello's cupboard: the thin, thin *spaghettini*; *linguini* (a flat-sided spaghetti); *ditalini* (small macaroni); *cannoni* (large macaroni); *tufoli* (very large macaroni); *gnocchi* (shell-shaped) and *mafalde* (fluted and ribbonlike). Look into the different kinds. They'll add interest to your spaghetti dinners. Mrs. Patrello makes three different meat sauces from one basic tomato sauce. "The secret to a well-flavored meat sauce," she says, "is in using beef for color and pork for flavor."

**THREE-WAY SPAGHETTI SAUCE**

For the basic tomato sauce: Chop 1 onion and sauté until golden brown in 1 tablespoon salad oil. Add 1 tablespoon wine vinegar, 1 No. 2½ can tomatoes put through a coarse sieve (Mrs. Patrello uses the Italian-style canned plum tomatoes), 1 can tomato sauce, 1 can tomato paste, 1 basil leaf or a good pinch of crushed basil, 1 teaspoon salt, 2 tablespoons chopped parsley and  $\frac{1}{2}$  teaspoon pepper. Simmer until thickened—about  $\frac{1}{2}$  hour. This quantity makes 3 cups of sauce and may be doubled or tripled and kept in the refrigerator to vary in the following ways. In each case, use 3 cups sauce, plus meat, for 4-6 servings of spaghetti.

**SPAGHETTI SAUCE WITH SAUSAGE**

Cut  $\frac{1}{4}$  pound sweet Italian sausage and  $\frac{1}{4}$  pound hot, spicy Italian sausage into 1" lengths and sauté until nicely browned. Drain. Add to sauce and simmer, covered, 30 minutes. Serve with spaghetti and grated cheese.

**SPAGHETTI SAUCE WITH MEAT BALLS**

Combine  $\frac{1}{4}$  pound ground beef and  $\frac{1}{4}$  pound ground pork. Add 3 tablespoons chopped parsley,  $\frac{1}{2}$  clove garlic, minced,  $\frac{1}{4}$  cup grated Parmesan or Romano cheese, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, 1 beaten egg and a slice of bread which has been soaked in water, squeezed dry and crumbled. Mix very thoroughly and shape into small balls about the size of a walnut. Brown well on all sides in hot shortening or salad oil. Drain and add to 3 cups of sauce, and simmer, covered, 30 minutes. Serve with spaghetti and grated cheese.

**SPAGHETTI SAUCE WITH BRAZZOLA (Beef and Pork Rolls)**

Make a mixture of  $\frac{1}{2}$  cup chopped parsley,  $\frac{1}{2}$  cup grated Romano or Parmesan cheese and  $\frac{1}{2}$  clove garlic, minced. Have butcher cut your *brazzola* into 1" thick slices, for rolling. Roll the mixture into the meat, and roll up. Cook in hot shortening or salad oil until browned on both sides. Drain and add to 3 cups of sauce, and simmer, covered, 30 minutes. Serve with spaghetti and grated cheese.



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NEW "BE-MY-VALENTINE" RECIPE FOR  
**Honey Nougat Frosting**  
**BROWN SUGAR CAKE**

Chosen from 63,000 recipes to be the CALUMET Cake-of-the-Month

"Honey Nougat Frosting" Brown Sugar Cake

Baking temperature: Moderate oven (375°F.) Baking time: 20 to 25 minutes

- 2 cups sifted Swans Down Cake Flour (sift before measuring)
- 1½ teaspoons CALUMET Baking Powder
- ½ teaspoon soda
- 1 teaspoon salt
- ½ cup shortening (at room temperature)
- 1½ cups brown sugar, firmly packed
- \* Milk (see below for amount)
- 2 eggs, unbeaten
- 1½ teaspoons vanilla

\*With butter, margarine, or lard, use  $\frac{1}{4}$  cup milk. With vegetable or any other shortening, use  $\frac{1}{2}$  cup milk.

**Note:** For that real *Homemade* goodness, use America's Quality Baking Powder—CALUMET! More published recipes call for CALUMET than any other brand of baking powder—and substitutions are always unwise! For, CALUMET is not only Double-Acting, but *Double-Dependable*, too. It gives you just the RIGHT amount of leavening—first in the mixing bowl, then in the oven—for gorgeous cakes, biscuits, muffins, waffles, coffee cake! No wonder...

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**Now the mix-easy part.** Mix by hand or at a low speed of electric mixer. Count only beating time or beating strokes. Allow 150 full strokes per minute. Scrape bowl and spoon often.

**Method.** 1. Measure flour into sifter; add baking powder, soda, and salt.

2. Place shortening in mixing bowl; stir to soften. Sift in dry ingredients. Add brown sugar which has been put through a sieve to remove lumps. Add  $\frac{1}{4}$  cup of the milk; mix until all flour is dampened. Beat 2 minutes.

3. Add eggs, vanilla, and any remaining milk. Beat 1 minute longer.

**Baking.** Turn batter into two round 8-incb layer pans, 1½ inches deep, which have been lined on bottom with paper, then greased. Bake as directed above. Cool. Frost with Honey Nougat Frosting.

**Honey Nougat Frosting.** Combine 1 egg white,  $\frac{1}{4}$  cup sugar, dash of salt, 2½ tbs. water, 2 tbs. honey in double boiler. Beat 1 minute. Cook over rapidly boiling water, beating constantly 4 minutes, or until frosting stands in peaks. Remove from water, add  $\frac{1}{4}$  tsp. vanilla, beat 1 minute, or until stiff enough to spread. Add  $\frac{1}{4}$  cup coarsely chopped toasted walnut meats.

