

4HJ
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GOOD BROWN BEEF GRAVY

ready to serve in so many ways



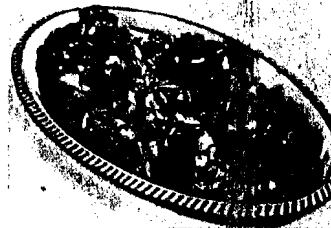
Beef Stew. Cube 1 lb. chuck or round steak. Brown in 1 tbsp. shortening. Add ¼ cup water, 1 tsp. salt, dash pepper. Cover, cook over low heat 30 min. Stir in 1 can Beef Gravy, 8 small potatoes, 4 medium carrots, 4 small onions, 2 large stalks celery cut in 1-in. pieces. Cover; simmer 30 min. Add 1 cup frozen peas; cook about 15 min. or until tender. 4 generous servings.

1/3 the calories of homemade—
made with lean, juicy beef

Nothing stirs up a man's appetite like beef stew. Especially when it has that good roasting-pan flavor of FRANCO-AMERICAN Beef Gravy. This deep-brown gravy is made from the juices of lean, trimmed beef—about 25 calories in a ¼-cup serving. Try it soon on these main-dish suggestions.



Shepherd's Pie. Brown 1 small minced onion lightly in 1 tbsp. shortening. Combine with 1 can Beef Gravy, 2 cups cubed cooked beef, 1 cup cubed cooked carrots, ½ cup cooked peas; pour into 1½-qt. casserole. Spoon 2 cups seasoned mashed potatoes on top. Bake in a very hot oven (450°F.) about 25 min. 6 generous servings.



Pork Chops, Apricot Stuffing. Brown 6 pork chops in oven-proof skillet. Flanner in covered pan ½ cup dried apricot strips, ½ cup chopped celery, 2 tbsp. butter, ¼ cup water 5 min.; combine with 2 cups soft bread cubes. Spoon dressing on chops. Pour on 1 can Beef Gravy. Bake at 350° F. 30 min. covered; 30 min. uncovered. Serves 6.

FRANCO-AMERICAN

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ing finger hastily. "You're from Wilts?"
ked, r... eyes past the bulk of
fer and... to the dark lean face.
"I ye a Scot?"
boys shouted with laughter. "What a
iment." Richard threw back his head
ounded his brother on the back. "Tell
ou're sorry, Katryn."
ryn looked up at Tom Seymour. He
miling and his eyes held hers and she
think of nothing to say, nothing at all.
y name was originally Saint Mawr," he
"French. Norman. Have ye heard those
efore?"
course," she snapped, and then blushed,
l three of them laughed. Katryn's eyes
ned and the gold specks swam about.
re making fun of me," she said.
h, no," he said seriously. "Not at all.
re right and these two youngsters wrong.
ven though I am kin to Dame Mary,
I think you find hard to credit, I assure

you I have no measure of respectability left,
not a shred, and you are quite right." He had
hooked his thumbs in his belt and was regard-
ing her lazily from his height. "I might as
well be a marauding Scot, come o'er the
Border to steal your rings and ravish your
honor." He laughed then, and bowed, and
turned on his heel, going back to the fireplace,
and engaging Sir John in immediate talk.
She looked about for Hugo, but all she
could see was his back as he bent over the
sideboard with its burden of roast meat. The
boys were still at her side, and she paid them
no attention, for they were teasing her about
Tom Seymour. She glanced over at him, as
he leaned against the mantel, one hand resting
negligently on the big dagger at his hip, one
boot on the fire fender. He was listening to Sir
John and Katryn saw him smile suddenly, his
eyes delighted and wicked and amused. She
said crisply, "Marry, you're both dolts. What
he said about himself was perfect true!"

OTHER VIEWS, SIZES AND PRICE OF VOGUE PATTERN ON PAGES 74 AND 75

Vogue Design No. 4973. One-piece dress, jacket, skirt and blouse; 10-20 (31-40). \$1.50.

Black faille jacket and skirt require 2¾ yards of 48" fabric without nap, size 14.

White blouse with bracelet-length sleeves requires 2 yards of 39" fabric without nap, size 14.

Printed jacket with contrasting bands requires 1¼ yards of 54" fabric without nap, size 14.

Dress and contrasting jacket bands require 4¾ yards of 39" fabric without nap, size 14.

Gray jacket and skirt require 2½ yards of 54" fabric without nap, size 14.

White blouse with bracelet-length sleeves requires 2 yards of 39" fabric without nap, size 14.

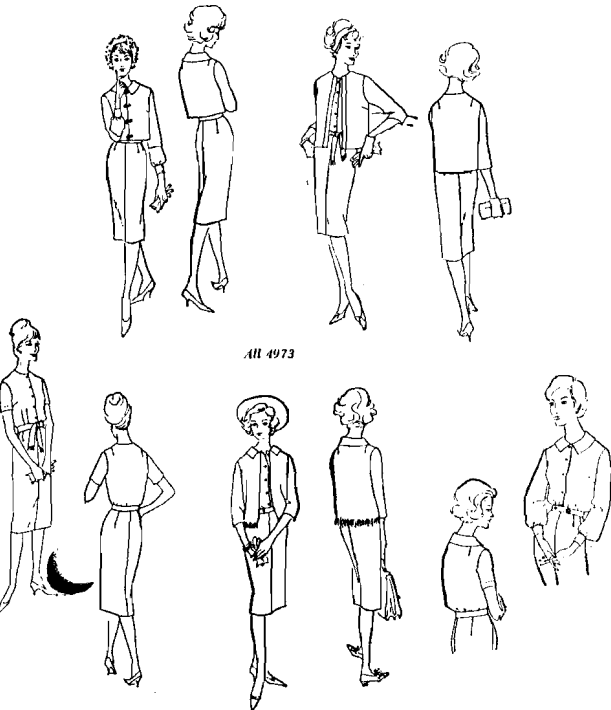
Blue shepherd-check jacket and skirt require 2½ yards of 54" fabric without nap, size 14.

Blue blouse with short sleeves and matching belt requires 1¾ yards of 39" fabric without nap, size 14.

Blue print dress and jacket lining require 4 yards of 39" fabric without nap, size 14.

Blue jacket requires 1½ yards of 39" fabric without nap, size 14.

Beige jacket and skirt and blouse with short sleeves require 4¾ yards of 39" fabric without nap, size 14, and 2 yards of braid.



All 4973