

LHS p148 a/51

Bowl-Size! 3 Extra Biscuits!



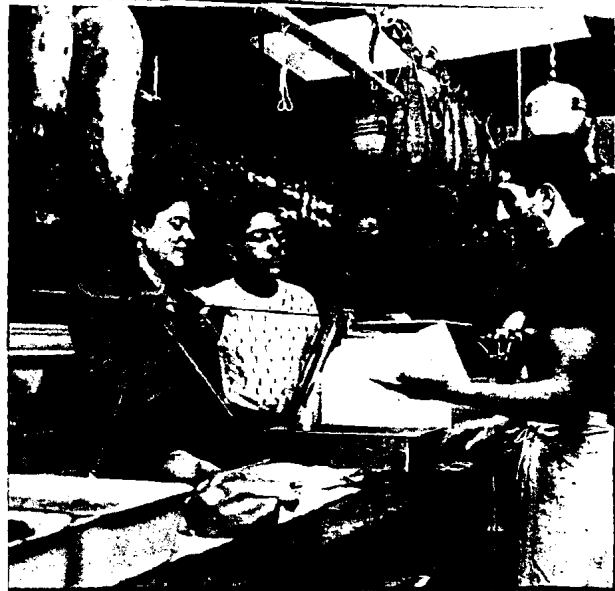
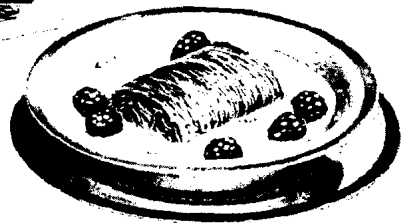
It's 3 Ways Different
3 Ways Better—because it's
Kellogg's SHREDDED WHEAT

1. BETTER BUY! Because only Kellogg's gives you 15 biscuits in every package!

2. BETTER FLAVOR, because only Kellogg's Shredded Wheat has the "nut sweet" flavor.

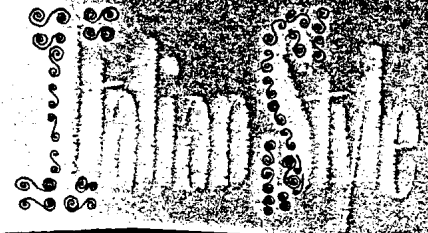
"nut sweet" flavor. Extra-thorough roasting is the secret.

3. BETTER SIZE! Streamlined biscuits that fit the bowl. No waste, no soggy milk. No messy crumbs.



Mrs. Patrello and Joey buy mozzarella cheese for Ezzeplata Parmigiana.

thrifty meals



By LOUELLA G. SHOUER

MRS. PATRELLO'S family came from the Neapolitan section of Italy. Her mother taught her to make the family provincial dishes when she was very young. Macaroni in one form or another is the basis of many of her specialties. A skillful blending of tomato sauce, olive oil, herbs and cheese gives these dishes distinction. They are filling, yet not expensive, and will add interest to your own everyday menus.

A spirited cook, Mrs. Patrello not only shared her recipes with the JOURNAL, but showed us just how each should be prepared. We found them fun to make and very good eating, and join her in wishing you "buon' appetito!"

Nothing is ever wasted in the Patrello kitchen. Escarole is the family's favorite salad green and they use a considerable quantity in a week. Thrifty as she is, Mrs. Patrello saves all the outer leaves from each head of escarole to make Mr. P.'s favorite soup. It has fewer ingredients than the usual minestrone. Mr. Patrello is quite as happy with a big bowl of this steaming brew of greens and beans, with plenty of fresh Italian bread, as he would be with some of Mrs. Patrello's more elaborate specialties.

ESCAROLE-AND-BEAN SOUP

Soak 1 pound white kidney or marrow beans in 1 quart cold water overnight. (Most packaged beans do not now require overnight soaking, but Mrs. Patrello soaks hers.) Cook beans in the soaking water, plus an additional quart of water, until almost tender. Drain, add 1 cup

to eat if the leaves are broken into about 1 1/2-2" lengths. Simmer 10 minutes and serve in deep bowls with grated cheese and plenty of fresh bread. It's good with spinach leaves instead of escarole. Mr. Patrello likes slices of raw Italian red onions in his bowl of soup. Makes 2 quarts soup.

Some cooks also prefer to smother the soup with a tomato sauce. Available

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