



Slender
is for taking
it off and
keeping it off

It can help you peel off pounds fast. Or, it can help you hold onto the good figure you already have. Mixed with the substantial nutrition of milk or chilled from the can, Slender is just 225 calories. And it works. So ask your doctor, and get Slender.



Win money for your recipes

Start-from-scratch Cakes—Ham Main Dishes

Do you make a start-from-scratch cake that's famous in your neighborhood? We're also looking for especially tasty dishes. Send your recipe today for either or both categories—you could be a prizewinner next February. Two Contest winners receive \$50 each. Four Runners-up receive \$25 each. 12 Honor Roll winners get \$10 each. The selected winners will be pictured on the Prize-Tested Recipes pages next February. All 18 winners receive a framed Better Homes and Gardens Certificate of Endorsement and six copies of the endorsement.

Hints to Help You

Start-from-scratch cakes might be an heirloom recipe. Perhaps you grate fruit peel into flour and add the juice as liquid. Do you spread a favorite chocolate cake with a fluffy coffee frosting? Are you creative with marshmallows and whipped cream? Hints: *daiquiri jelly roll*, *almond-brittle torte*, *banana ripple cake*, *snowcapped cupcakes*, *calico chiffon cake*

Ham main dishes can be fancy. Ground ham with vegetables or rice can be a sandwich or manicotti. Turn leftover ham into a sandwich. Perhaps you sandwich potatoes between honey-glazed slices before grilling. Hints: *orange ham Wellington*, *ham-artichoke quiche*, *curried ham balls*, *creamed ham waffles*, *apricot ham kabobs*

THIS MONTH'S WINNERS

(See recipes on pages 71 and 72.)

Cooks-of-the-Month

Shanna Breen, Detroit, Mich.
Mrs. Janis Stadler, St. Paul, Minn.

Runners-up

Mrs. F. C. Asmurst, Santa Ana, Calif.
Mrs. Billy P. Glass, Newark, Del.
Aileen M. Lenehan, Southern Pines, N.C.
Mrs. Virgil Smiley, Paris, Tenn.

Honor Roll

Mrs. Marion E. Burns, Lynn, Mass.	Debbie Jensen, Creswell, Ore.
Mrs. Bernadine Castle, Edgebrook, Ill.	Kermit Leas, Deer River, Minn.
Kathleen Cheney, New York, N.Y.	Barbara Schreier, Bethlehem, Pa.
Mrs. Victor Flinn, W. Lafayette, Ind.	Mrs. LaVern Schultz, Belle Plaine, Minn.
Mrs. Bill Hanks, Atwater, Calif.	Mrs. Lorieta Sweetney, Okemah, Okla.
Carol Hefler, Phoenix, Ariz.	Mrs. Elaine Tuttle, St. Louis, Mo.

Contest Rules

1. Write or type your recipe clearly on one side of the paper. It "February Start-from-scratch Cakes" or "February Ham Main Dishes." If you wish, send a recipe for each of the two categories.
2. Print your full name and address in upper right corner of paper.
3. Give measurements in level cups, tablespoons, teaspoons.
4. Specify brand names of the nationally known food products as ingredients so we can test your recipe with the same brands.
5. Include 50 to 100 words about the origin of the recipe you submit.
6. Recipes submitted become property of Meredith Corporation.
7. Entries must be postmarked by midnight, July 31. In case duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipe.
9. Address the recipes you enter to 7407 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.

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