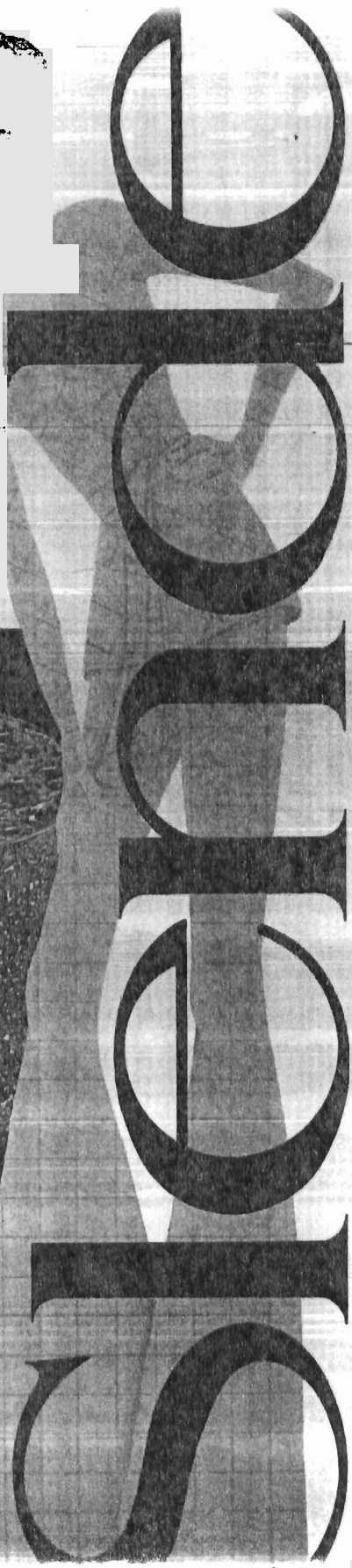
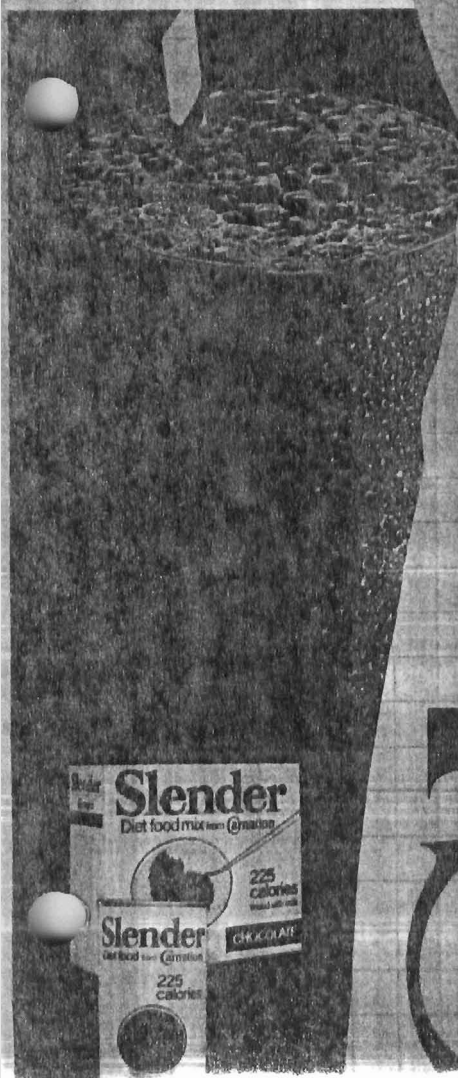


**Slender  
is for taking  
it off and  
keeping it off**

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**

**Fancy Roasts—Frozen Fruit Salads**

What's extra special about the fancy roasts that you guests? We're also looking for frozen fruit salads that are above the usual. Send your recipe today for either or both categories and you could be a prizewinner next April. Two **First-Place** winners receive \$50 each. **Four Runners-up** receive \$25 each and 12 **Honor Roll** winners get \$10 each. The selected recipes will be pictured on the Prize Tested Recipes page in April. All 18 winners receive a framed Better Homes and Gardens Certificate of Endorsement and six copies of the endorsement.

**Hints to Help You**

**Fancy roasts** might be marinated in a homemade lemon-pepper marinade. Or flame the roast at the table and serve a wine-laced gravy alongside. Maybe you bake a fresh fruit glaze atop. Be creative with gravy mixes or canned soups. **Hints:**  
*sausage rolled roast*  
*ham and horseradish roast*  
*apple butter pork roast*  
*tenderloin au poivre*  
*lamb murengo*

**Frozen fruit salads** can be served in fancy molds or even on a platter. Use fresh, frozen, or canned fruits in any combination you add tang with your favorite? Cream cheese, sour cream and whipped cream are all good things for fruit. **Aids:**  
*ambrosia freeze*  
*frosty applesauce sauce*  
*peach-cot cherry ring*  
*frozen banana swirl*  
*apricot ice ring*

**THIS MONTH'S WINNERS**  
*(See recipes on pages 101 and 102.)*

**Cooks-of-the-Month**

Diana Lynn Aman, Spencer, N.Y.  
 Lynn Steuer, Hawley, Pa.

**Runners-up**

Mrs. Marc B. Baer, Iowa City, Ia.  
 Mrs. John J. Gossage, Springfield, Va.  
 Mrs. Irene C. Mund, Westogue, Ct.  
 Mrs. Karen Rowell, Muncie, Ind.

**Honor Roll**

Mrs. Patricia Cantone, Hauppauge, N.Y.	Marie Nunn, Pacifica, Calif.
Pei-hsin Chia, Wooster, Ohio	Mrs. Judith Elaine Oetli, Cedar Rapids, Ia.
Ann Fosnight, Boulder, Colo.	Arline V. Schettini, North Providence, R.I.
Barbara L. Johns, Detroit, Mich.	Mrs. Candice Soulakis, Baltimore, Md.
Mrs. James A. Morris, Radford, Va.	Linda L. Tatsch, Binghamton, N.Y.
Mrs. Grace Murphy, San Francisco, Calif.	Lynn F. Wieser, Phoenix, Ariz.

**Contest Rules**

1. Write or type your recipe clearly on one side of the paper. It must be titled "April Fancy Roasts" or "April Frozen Fruit Salads." If you 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 are submitting.
6. Recipes submitted become property of Meredith Corporation.
7. Entries must be postmarked by midnight, September 30, 1974. Where duplicate recipes are submitted, the one with the latest postmark will be judged. All Judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipes.
9. Address the recipes you enter to 7409 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.

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