

V
9
7
/
3



**THERE'S A WORLD
OF THINGS YOU CAN DO
WITH SPAM.**

SPAM ENCHILADA

One 1-³/₈ oz. envelope enchilada sauce mix

One 15-oz. can tomato sauce
1/4 cup water

6 to 8 flour or corn tortillas,
sautéed in butter

Grated Cheddar cheese

One 12-oz. can SPAM® Luncheon Meat, diced

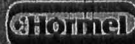
Combine sauce mix, tomato sauce and water until smooth, add SPAM. Place a generous spoonful of SPAM mixture in center of each tortilla.

Roll tortilla and place, seam side down, in shallow baking dish. Top with remaining SPAM mixture, then grated cheese.

Bake in preheated 350° oven for 20-25 minutes. Garnish with sliced green onions. Serve with rice. Makes 3-4 servings.



**A LOT OF MEALS.
BUT NOT A LOT OF MONEY.**



M
R

8
0
UMI

803

LADIES HOME
Journal
NEVER UNDERESTIMATE THE POWER

Journal highlights

34 Meryl Streep

By Diane de Dubovay

The quiet, sensitive superstar who is fast becoming an acting legend

80 Why Men Need Love More Than Women Do

By Nancy Friday

A provocative essay by the author of bestselling My Mother, My Self

100 **Truth & Beauty**

By Maureen Lynch

Journal answers to the tough beauty problems all women face

Journal articles

16 Can This Marriage Be Saved?

"Why Won't My Husband Act Like a Man?"

By Dorothy Cameron Disney

23 It's Not Easy to Be a Woman Today!

"I Gave My Daughter Away and Found Her Again"

A mother's true story as told to her daughter, Leann D. Hudgens

44 The Energy Savers Four Families Cut Costs—and You Can, Too

By Betsy Brown

Practical, efficient ways you can energy-audit your home

58 Sex and the American Teen-ager

By Kathleen Fury

What happens when kids have sex before they know how to love?

A Journal report



62 **Wa**
Bat
Lo
Too
to l
By L
Am
Lois

A pe
and

3 **Edi**
By J

10 **The**
Lo
By J

26 **Wh**
By C
Gen
mot
at n

30 **You**
Tip
By
Am
you
law

90 **F**
B
E
at
9

150