



ANNOUNCING THE TASTE YOU USED TO CHEAT FOR.

Bald, rubbery, hard-boiled eggs.
Endless vistas of cottage cheese.
Conventional diet food is enough to drive you off a diet.

Happily, Weight Watchers 19 New Frozen Meals are good enough to drive you on.

Like this Chicken Oriental in a snappy soy-spiked ginger sauce with crunchy Chinese vegetables.

Lasagna dripping with spicy

tomato sauce.

Lean, juicy Beefsteak smothered in a thick brown gravy.

Yes, even Sausage Pizza.

Now you can have them.

Even if you're on a diet. So if you're trying to lose weight, our exciting new taste can help.

After all, how can you go off your diet, if the taste you want is on it?



WEIGHT WATCHERS®
19 NEW FROZEN MEALS.
TRY IT.
YOU'LL DIET.

WEIGHT WATCHERS IS THE REGISTERED TRADEMARK OF WEIGHT WATCHERS INTERNATIONAL, INC. © WEIGHT WATCHERS INTERNATIONAL, INC. 1981

176

82B

RD
1/82

Instant Cup-a-Soup introduces dips

you don't have to have a party to have.

Cup-a-Soup has just created three delicious dips designed to feed a few at a time. Each recipe yields one cup. The Onion Dip has all that Lipton flavor you love. And the other two are

brand new—dips you can make only with Cup-a-Soup. For more ideas send for our 28 page cookbook, "Cooking for One, Two... or a Few!," Box 8597, Clinton, Ia. 52736. Please include 25¢ to cover mailing.



Half-Pint Onion Dip

Blend 2 env. Lipton® Onion Cup-a-Soup with 1 cup (8 oz.) sour cream or plain yogurt; chill.



Mexicali Dip

Blend 2 env. Lipton® Onion Cup-a-Soup with 1 cup (8 oz.) sour cream or plain yogurt; add ¼ cup chopped pimiento or green chiles and 2 tps. chili powder; chill.



Garden Vegetable Dip

Blend 2 env. Lipton® Spring Vegetable Cup-a-Soup with 1 cup (8 oz.) sour cream or plain yogurt; chill.



177