

**Thrifty new tips  
on a grand old  
favorite**

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Pittsburgh, Pa.





CAPE COD BAKED  
BEANS AND CORN

*Recipe page 6*

And here's the  
biggest tip of all about  
BAKED BEANS

BEFORE you pass on to the tempting recipes and menus in this book, let me ask you a question: Are you sure the baked beans you serve are really baked?

That question is not as foolish as it sounds! For most of the beans that people call "baked" beans are not really baked at all—they're merely steamed or boiled. So take this tip: *Read the labels on the different brands of beans. Unless you find the word "baked" on the label, those beans aren't baked!*

Does baking really make a difference? *Indeed it does!* There is just as much difference between steamed or boiled beans and baked beans as there is between a boiled potato and a flaky baked potato.

That's why all Heinz beans are baked. Yes, oven-baked to bring out every bit of luscious flavor—to let the luscious Heinz sauces penetrate through and through, just as butter permeates a baked potato.

Heinz Oven-Baked Beans come in four different styles. Two styles with tomato sauce—one with pork, one without. Then there are Boston Style Beans—with pork and a rich, molasses-flavored sauce. And, last, Heinz Oven-Baked Red Kidney Beans—these, too, in a savory sauce done to Heinz perfection.

You will be especially interested in the suggestions on pages 10 and 11 for serving the four different kinds of Heinz Oven-Baked Beans in thrifty "one-plate" meals. And I know you'll like the many recipes! (For some interesting information about the high nutritional value of baked beans, see page 20.) If there is any way in which I can be of further help, won't you write me?

(Signed) JOSEPHINE GIBSON,  
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# • • Main Dishes • •

HERE are novel answers to that old, old question, "What shall we have?"

And only you, the budget-keeper, need ever know this—these recipes are wonders at keeping the meat bill down! For some of these dishes replace meat altogether. Others make a little meat go a long way.

You will find the following suggestions for menus—and the recipes for carrying them out—an inspiration in planning meals.

## DINNER MENUS

### I

Quick Chili Con Carne  
Cooked Rice  
Celery and Green Pepper Salad with  
French Dressing  
Sliced Oranges with Custard Sauce  
Hermits

### II

Grapefruit Juice  
Baked Bean Casserole  
Cabbage and Sliced Stuffed  
Olive Slaw  
Toasted Brown Bread  
Date Tapioca Cream

### III

Heinz Tomato Juice  
Casserole of Kidney Beans and Corn  
Garnished with Sausages  
Sliced Hot Beets in Vinegar Celery  
Heated Rolls  
Spice Cup Cakes Foamy Sauce

### IV

Heinz Vegetable Soup  
Pork Chops with Oven-Baked Beans  
Buttered Onions  
Heinz Fresh Cucumber Relish  
Baked Apples

### V

Baked Tomatoes Stuffed with  
Oven-Baked Beans  
Buttered Cauliflower  
Heinz Preserved Sweet Gherkins  
Lettuce Salad  
with Roquefort Dressing  
Bread Butter

### VI

Baked Bean Patties with  
Crisp Bacon  
Buttered Spinach Garnished with  
Diced Beets  
Baking Powder Biscuits  
Orange Salad  
Crisp Crackers

● **Bermuda Onions Stuffed with Beans**

- 6 large Bermuda onions
- 3 tablespoons butter
- 1 medium can Heinz Oven-Baked Beans (Vegetarian Style)
- $\frac{1}{4}$  cupful Heinz Tomato Ketchup
- 1 teaspoonful salt
- $\frac{1}{4}$  teaspoonful pepper
- $\frac{1}{2}$  cupful dry bread crumbs

PEEL the onions carefully, scoop out centers, leaving hollow cup with opening at the top about as big as a fifty-cent piece. Chop  $\frac{1}{2}$  cupful of the onion removed from centers and let simmer in butter 10 minutes. Remove from fire and combine with Heinz Oven-Baked Beans, ketchup, seasonings and bread crumbs. Fill onions with prepared mixture. Place in a deep, covered baking dish with a little water. Bake in moderate oven (375° F.) 1½ hours or until onions are tender. Serves 6.

● **Shepherd's Pie—  
New England Style**

- 2 cupfuls mashed potatoes
- 1 medium can Heinz Oven-Baked Red Kidney Beans
- 1 tablespoonful minced onion, if desired
- 1 tablespoonful Heinz Prepared Mustard
- $\frac{1}{2}$  cupful grated American cheese
- Paprika

LINE a buttered casserole with well seasoned mashed potatoes, saving out enough for top. Place in prepared casserole Heinz Oven-Baked Beans combined with onion, if desired. Spread beans with mustard. Cover with remaining mashed potatoes. Sprinkle top with grated cheese and paprika. Bake in a moderate oven (375° F.) 15 minutes or until brown. Serve hot. Serves 6.



Bermuda Onions stuffed with Beans



● **Quick Chili Con Carne**

- 1 pound ground beef
- 1 tablespoonful butter
- 1 medium onion, chopped
- 1 medium can Heinz Oven-Baked Red Kidney Beans
- 1 small can Heinz Cream of Tomato Soup
- Dash of salt and pepper
- ¼ teaspoonful chili powder, if desired

BROWN beef in a skillet with butter and chopped onion. Add Heinz Oven-Baked Beans and stir until well blended. Pour over this the soup, and season with salt and pepper, and chili powder if desired. Cook slowly for ½ hour. Serves 6.

● **Tomato Sauce**

- 1 tablespoonful butter
- 1 tablespoonful flour
- ¾ cupful milk
- ¼ cupful Heinz Tomato Ketchup

MELT butter, add flour and blend thoroughly. Add milk slowly and cook until thickened. Add ketchup gradually and remove from fire.

● **Casserole of Kidney Beans and Corn**

- 1 medium can Heinz Oven-Baked Red Kidney Beans
- 1 can corn (2 cupfuls)
- 1 green pepper, minced
- ½ teaspoonful salt
- 1 egg, well beaten
- 3 tablespoonfuls grated cheese
- Buttered crumbs

Mix Heinz Oven-Baked Beans, corn, green pepper, salt and well-beaten egg. Put in greased baking dish, and sprinkle top with grated cheese and a layer of fine, buttered crumbs. Bake in a moderate oven (375° F.) for 35 to 40 minutes. Serve with Heinz Chili Sauce. Serves 6.



Quick Chili Con Carne

### ● Cape Cod Baked Beans and Corn

- 1 medium can Heinz Oven-Baked Beans (Boston Style)
- 2 cupfuls canned corn or 4 ears fresh corn
- 1 teaspoonful sugar
- $\frac{1}{2}$  teaspoonful salt
- 1 teaspoonful molasses
- 1 small onion, whole
- 2-inch square salt pork or several slices bacon

PLACE Heinz Oven-Baked Beans in an earthenware pot or in casserole; add corn from can, or, if fresh corn is available, split the kernels through the center with a sharp knife, then slice from the ear. Mix well with the beans; add sugar, salt and molasses. Peel onion and place whole among the beans and corn. Bury the salt pork or bacon in the pot or casserole. If salt pork is used, cut the rind in several places and place it so that the rind protrudes above the beans. Bake in a moderate oven (375° F.) 1½ hours or until onion is tender and the flavor of the pork is well through the beans and corn. The onion may be removed before serving, if desired. Serves 6. This recipe is adapted from a very old one used on Cape Cod.

### ● Pork Chops with Oven-Baked Beans

- 4 to 6 pork chops
- 1 medium can Heinz Oven-Baked Beans (Vegetarian Style)
- 1 teaspoonful sugar
- $\frac{1}{2}$  cupful Heinz Tomato Ketchup

FRY pork chops until nicely brown. Pour over chops the Heinz Oven-Baked Beans; add sugar and ketchup. Mix lightly. Bake in a moderate oven (375° F.) for about 20 minutes. Serves 4 to 6.

### ● New England Roast

- 1 medium can Heinz Oven-Baked Red Kidney Beans
- 1 cupful soft crumbs
- 1 cupful grated cheese
- 1 medium onion, chopped finely
- $\frac{1}{2}$  teaspoonful Heinz Worcestershire Sauce
- $\frac{1}{2}$  teaspoonful salt
- 1 egg

MASH Heinz Oven-Baked Beans or put through food chopper. Mix with other ingredients. Bake in a greased baking dish in moderate oven (375° F.) 30 minutes or until firm and nicely brown. Serve with Tomato Sauce. Serves 6.

### ● Baked Sausages with Kidney Beans

- 1 pound sausage
- 1 medium can Heinz Oven-Baked Red Kidney Beans

FORM sausage into patties and brown in a skillet. Pour over them the Heinz Oven-Baked Beans. Simmer on top of stove for 15 minutes or bake in a slow oven (350° F.) for 15 to 20 minutes. Place the beans in center of platter, surround with the sausage and garnish with small branches of parsley. Serves 6.



### ● Baked Bean Casserole

- 2 small onions
- 2 seeded green peppers
- 3 tablespoonfuls butter
- 1 medium can Heinz Oven-Baked Beans (with Pork and Tomato Sauce)
- $\frac{3}{4}$  cupful grated American cheese
- $\frac{1}{2}$  cupful fine, fresh bread crumbs
- 6 bacon slices

COOK the onions and green peppers, chopped finely, in 2 tablespoonfuls fat until they are tender and golden-brown in color. Then add the Heinz Oven-Baked Beans and combine thoroughly. Arrange beans in alternate layers with the cheese in a greased casserole having beans on top. Top with the crumbs mixed with remaining butter. Arrange bacon over the top and bake in a moderate oven (375° F.) for 30 minutes. Serves 4.

### ● Oven-Baked Beans in Green Pepper Cases

- 4 large green peppers
- 1 medium can Heinz Oven-Baked Beans (Vegetarian Style)
- 1 cupful Heinz Rice Flakes or bread crumbs, buttered

WASH green peppers, cut in halves lengthwise and remove the seeds. Place in boiling water and allow to stand for five minutes to remove sting from the peppers. Fill pepper cases with Heinz Oven-Baked Beans, sprinkle with buttered rice flakes or crumbs, place in a deep baking dish, add  $\frac{1}{4}$  cupful water and bake in a moderate oven (375° F.) for 30 minutes or until peppers are tender and the crumbs brown. Serves 4.

### ● Baked Tomatoes Stuffed with Oven-Baked Beans

- 6 large tomatoes
- 2 green peppers, chopped
- 6 slices bacon, cut finely
- 1 medium can Heinz Oven-Baked Beans (with Pork and Tomato Sauce)
- Salt and pepper

SCALD and peel tomatoes, and cut a slice from the top of each and scoop out inside. Turn upside down to drain. In skillet, fry green peppers and bacon. When slightly brown, add to Heinz Oven-Baked Beans and the drained pulp from the inside of the tomatoes. Season with salt and pepper and fill the tomato shells. Bake in a moderate oven (375° F.) for 20 minutes or until the tomatoes are tender. Serves 6.

### ● Baked Bean Patties

- 1 medium can Heinz Oven-Baked Beans (with Pork and Tomato Sauce)
- 1 cupful dry bread crumbs
- 2 eggs, slightly beaten
- 2 tablespoonfuls butter, melted
- 6 tablespoonfuls flour
- Salt and pepper
- Heinz Worcestershire Sauce
- Onion juice

MASH Heinz Oven-Baked Beans finely and add bread crumbs, eggs, melted butter, flour, and salt, pepper, Worcestershire Sauce and onion juice to season. Drop by spoonfuls into a skillet, having a  $\frac{1}{4}$ -inch layer of hot fat. Fry until brown, turn and brown other side. Serve with or without Tomato Sauce. Serves 6.

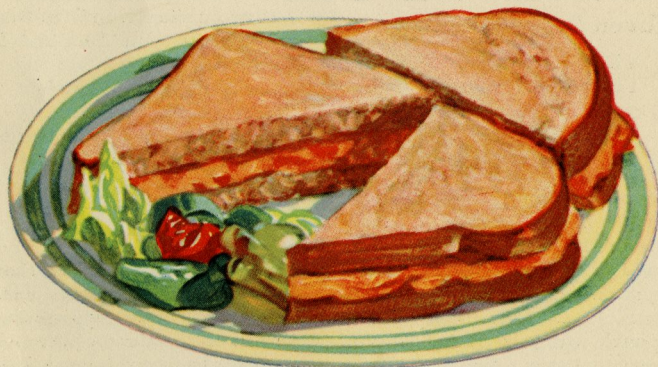
# • • Sandwiches • •

IF you're not already one of those who know about Heinz Bean Sandwiches, then you should be! They're hearty—they're filling—they're sensible for kiddies and grown-ups. More important still, they're so wonderfully *good!*—so good that you'll be voted the world's most popular wife and mother.

## • Boston Bean Sandwich

- 1 medium can Heinz Oven-Baked Beans (Boston Style)
- $\frac{1}{2}$  teaspoonful salt
- 4 Heinz Preserved Sweet Gherkins, chopped
- 8 Heinz Stuffed Spanish Olives, chopped
- Heinz Mayonnaise Salad Dressing

DRAIN Heinz Oven-Baked Beans and press through a sieve or mash until entirely free from lumps. Add salt, gherkins and olives. Add just enough mayonnaise to make a smooth filling and spread between buttered slices of Boston brown bread or whole wheat bread.



Boston Bean Sandwich



### ● Aviation Sandwich

- 3 slices buttered whole wheat bread for each sandwich
- 1 small can Heinz Oven-Baked Beans (Vegetarian Style)
- 2 tablespoonfuls Heinz Tomato Ketchup or Chili Sauce
- 2 to 3 tablespoonfuls minced onion
- $\frac{1}{4}$  teaspoonful salt
- 1 large green pepper, chopped
- Lettuce

MASH Heinz Oven-Baked Beans, add ketchup or chili sauce, onion and salt, and spread one slice of buttered bread with this; top with another slice, spread with a layer of green pepper, lettuce and salt combined; and top with third slice of bread. Cut sandwiches diagonally and place cut edges toward edge of plate. Insert 3 toothpicks in each, and top them with Heinz Preserved Sweet Onions or Heinz Stuffed Spanish Olives. Garnish center with a leaf of lettuce and a ring of green pepper.

### ● Baked Bean Sandwich

- 1 small can Heinz Oven-Baked Beans (Vegetarian Style)
- 1 teaspoonful Heinz Evaporated Horseradish, soaked in
- 2 teaspoonfuls cold water for 10 minutes
- 4 tablespoonfuls Heinz Chili Sauce
- Few drops onion juice

DRAIN and mash Heinz Oven-Baked Beans. Season with horseradish, chili sauce and onion juice. Spread between slices of buttered whole wheat bread or fill whole wheat rolls. Serve with Heinz Preserved Sweet Mixed Pickles.

### ● Baked Bean, Bacon and Olive Sandwich

- 3 slices toast for each sandwich
- $\frac{1}{4}$  pound bacon, sliced thinly
- 1 small bottle Heinz Stuffed Spanish Olives, sliced
- 1 medium can Heinz Oven-Baked Beans (with Pork and Tomato Sauce)

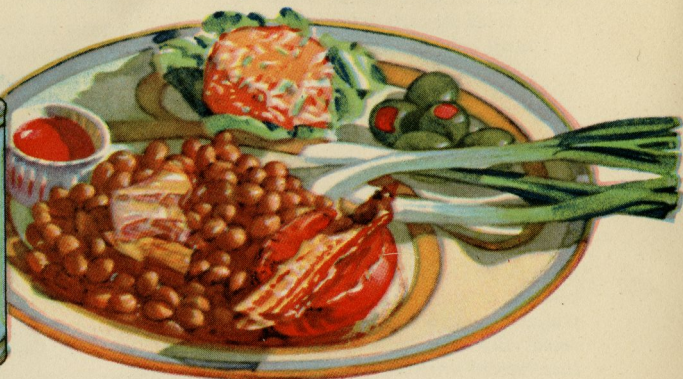
FRY bacon until crisp and brown. Add sliced olives and allow to heat in the fat. Heat Heinz Oven-Baked Beans. On first slice of toast, place a generous layer of hot beans, cover with a second slice of toast, add slices of bacon and olives. Add third slice of toast. Cut sandwich in halves diagonally and garnish with slices of Heinz Genuine Dill Pickle or with additional olives. Serve with knife and fork. This sandwich, with a hot beverage, makes a nourishing and satisfying winter luncheon.

### ● Broiled Bean Sandwich

- 6 slices bread
- Butter
- 1 medium can Heinz Oven-Baked Beans (Boston Style)
- $\frac{1}{2}$  lb. package American cheese
- 6 slices bacon

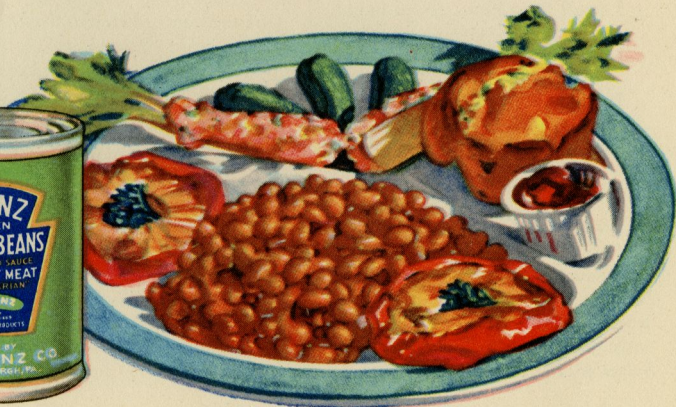
PLACE slices of buttered bread on a baking sheet. Spread generously with Heinz Oven-Baked Beans. Cut cheese in 6 lengthwise slices and place a slice on each sandwich on top of beans. Top each with a slice of bacon. Place under low broiler flame 5 minutes or until cheese is melted and bacon crisp. Serve hot, garnished with Heinz Chow Chow Pickle. Serves 6.

## ● ● Appealing Plate Dinners



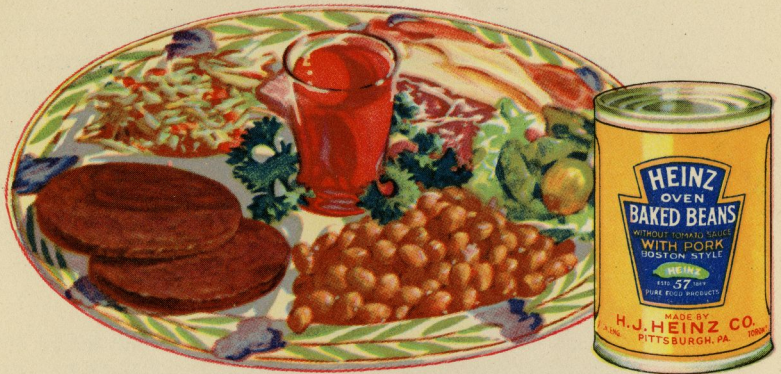
● Here's a "one-plate" meal that's zestful and satisfying. Heinz Oven-Baked Beans with Pork and Tomato Sauce . . . Broiled Tomato with Bacon on Toast . . . Timbale molds of Raw Vegetable Salad . . . Scallions and Olives.

● The plate below features Heinz Oven-Baked Beans, Vegetarian Style. An ideal meal for Lent or other "meatless" days. Accompaniments are Fried Apple Rings . . . Stuffed Celery and Sweet Gherkins . . . Muffins . . . and Currant Jelly.





# Quickly Prepared



● Heinz Oven-Baked Beans, Boston Style, play the star role in this hearty dinner, assisted by Heinz Tomato Juice . . . Cold Cuts . . . Steamed Brown Bread . . . Cold Slaw with Green Pepper and Pimento . . . and Sweet Mustard Pickle.

● Below, another substantial one-plate meal. Heinz Oven-Baked Red Kidney Beans . . . Thin Slices Broiled Ham . . . Spinach with Hard-Cooked Egg . . . Pineapple Slice Salad . . . and Hot Biscuit.



# • • Supper Snacks • •

AN—here's novelty for you! For Sunday night supper . . . for midnight raids on the pantry . . . for *any* time when you want to serve something filling—quick—unusual—and, above all, *tempting!*

Here are the menus and the recipes, too.

## SUPPER MENUS

### *Bridge Supper*

Heinz Tomato Juice  
Crackers Spread with Cream  
Cheese and Onion  
American Chow Mein  
Assorted Relishes  
Apple and Nut Salad  
Coffee

### *After Bridge or Theater Supper*

Welsh Rarebit with Kidney Beans  
Sliced Tomatoes Marinated in  
French Dressing  
Heinz Ripe Mission Olives  
Lime Gelatin Whip    Lady Fingers  
Coffee

### *Sunday Evening Family Supper*

Brazilian Cabbage Salad  
Baking Powder Biscuits  
Heinz Crabapple Jelly  
Mince-meat Turnovers  
Coffee

### *Buffet Supper*

Corned Beef Supper Snacks  
Jellied Tomato Salad  
Hot Graham Nut Muffins  
Celery                      Pickled Pears  
Chocolate Layer Cake    Beverage

### *Before the Fire Sunday Night Supper*

Hot Open Bean Sandwich with  
Sliced Beef  
Heinz Genuine Dill Pickle  
Coffee Spanish Cream  
Sugar Cookies  
Coffee

### *Sunday Evening Guest Supper*

Cold Sliced Ham  
Tomato and Boston Bean Salad  
Baking Powder Biscuits  
Heinz Quince Jelly  
Caramel Ice Cream              Cake  
Coffee



## ● Corned Beef Supper Snacks

- 1 small can corned beef
- 1 small can Heinz Oven-Baked Beans (Vegetarian Style)
- 1 tablespoonful onion, minced
- ½ cupful Heinz Chow Chow Pickle, chopped finely
- 1 tablespoonful mustard sauce, from pickle

CHILL corned beef in can several hours, then cut in thin slices. Mash Heinz Oven-Baked Beans and combine with pickle and mustard sauce. Spread baked bean mixture between slices of corned beef. Arrange on a platter and garnish with parsley.

## ● Stuffed Ham Rolls

- 1 medium can Heinz Oven-Baked Beans (with Pork and Tomato Sauce)
- 1 teaspoonful Heinz Prepared Mustard
- 2 tablespoonfuls Heinz Tomato Ketchup
- 12 thin slices boiled ham

MASH Heinz Oven-Baked Beans slightly, add seasonings, spread mixture on thin slices of ham and roll like jelly roll. Fasten with toothpicks. Fry in a skillet, which has in it a small amount of melted butter, until ham is thoroughly heated and slightly brown. These may be placed in shallow pans and baked in a moderate oven (375° F.) for about 20 minutes. Serves 6.



Corned Beef Supper Snacks

● **Welsh Rarebit with Kidney Beans**

- 4 tablespoonfuls butter
- 4 tablespoonfuls flour
- 2 cupfuls milk
- Dash of pepper
- ½ teaspoonful salt
- 1½ cupfuls grated American cheese
- 1 medium can Heinz Oven-Baked Red Kidney Beans

MELT butter in top of double boiler, remove from fire and mix with the flour. Scald the milk and stir into the butter and flour. Season with salt and pepper. Cook over boiling water until the mixture thickens, stirring constantly. Beat in the grated cheese, and when the cheese melts, add the drained Heinz Oven-Baked Beans. Serve on slices or cubes of hot toast with crisp bacon. Serves 6.

● **American Chow Mein**

- 2 tablespoonfuls butter
- 1 cupful onion, coarsely chopped
- 1½ cupfuls celery, coarsely chopped
- ½ cupful water
- ½ teaspoonful salt
- 1 medium can Heinz Oven-Baked Red Kidney Beans
- 1 tablespoonful flour
- 2 tablespoonfuls molasses
- 2 cans chow mein noodles

MELT butter in large saucepan, add onions and cook until lightly browned. Add celery, water and salt and simmer gently 10 minutes. Add Heinz Oven-Baked Beans and simmer 5 minutes longer. Blend together flour and molasses and add to bean mixture, stirring until mixture thickens. Pour over crisp noodles on a large platter. Serve hot. Serves 6.

● **Hot Open Bean Sandwich with Sliced Beef**

- 1 small jar dried beef
- 1 tablespoonful butter
- 1 medium can Heinz Oven-Baked Beans (with Pork and Tomato Sauce)
- 2 tablespoonfuls Heinz Tomato Ketchup
- 1 teaspoonful sugar
- 6 slices hot buttered toast

BREAK beef into small pieces and brown in frying pan with the butter. After a few minutes, add Heinz Oven-Baked Beans, ketchup and sugar and allow to heat thoroughly. Serve on slices of golden brown toast. A slice of Heinz Genuine Dill Pickle is a suitable accompaniment to this dish. Serves 6.

● **Tomato Welsh Rarebit with Kidney Beans**

- 4 tablespoonfuls butter
- 4 tablespoonfuls flour
- 2 cupfuls milk
- ½ teaspoonful salt
- Dash of pepper
- 1½ cupfuls grated American cheese
- ½ cupful Heinz Tomato Ketchup
- 1 medium can Heinz Oven-Baked Red Kidney Beans

MELT butter in top of double boiler, remove from fire and mix with the flour. Scald the milk and stir into the butter and flour. Season with salt and pepper. Cook over boiling water until the mixture thickens, stirring constantly. Beat in the grated cheese, and when the cheese melts, add ketchup and drained Heinz Oven-Baked Beans and allow beans to heat through. Serve on slices of hot toast or biscuit. Serves 6.



# • • Salads • •

HERE are "filling" salads—the kind you can use as a main dish . . . for lunch . . . for supper . . . or for whatever meal is at hand. And here, too, are salads that would give the smartest hostess a reputation for cleverness.

## • Brazilian Cabbage Salad

- 1 medium can Heinz Oven-Baked Red Kidney Beans
- 2 cupfuls cabbage, coarsely shredded
- 3 tablespoonfuls Heinz Fresh Cucumber Relish
- 3 tablespoonfuls Heinz Tomato Ketchup
- 3 tablespoonfuls Heinz Mayonnaise Salad Dressing
- ½ teaspoonful salt
- Lettuce

PLACE Heinz Oven-Baked Beans in a sieve and rinse sauce from them. Drain, chill and add remaining ingredients. Toss together lightly and chill. Serve on a bed of crisp lettuce and garnish with mayonnaise. Serve as a luncheon salad. Serves 6.

## • Mexican Salad

- 1 medium can Heinz Oven-Baked Red Kidney Beans
- ½ cupful peas
- ½ cupful celery, diced
- ½ cupful cold meat, diced (ham, veal or pork)
- 6 Heinz Preserved Sweet Onions, chopped
- ½ teaspoonful salt
- Heinz Mayonnaise Salad Dressing
- Lettuce

DRAIN Heinz Oven-Baked Beans and peas and rinse the sauce from the beans. Marinate the beans, peas and celery in French Dressing for half an hour. Add the meat, onions and salt, and mix with mayonnaise. Serve on crisp lettuce. Serves 6.

## • Spring Salad

- 1 medium can Heinz Oven-Baked Beans (Boston Style)
- 1 cupful celery, cut in pieces
- ½ cupful radishes, sliced
- ½ teaspoonful salt
- ⅛ teaspoonful paprika
- Lettuce

PUT Heinz Oven-Baked Beans in a strainer and pour boiling water over them. Cool. Mix beans, celery, radishes, salt and paprika and marinate in French Dressing. Chill. Arrange in nests of crisp lettuce leaves and garnish with radish roses. Serve with Russian Dressing. Serves 6.

## • Vegetable Salad in Cabbage Shell

- 1 medium can Heinz Oven-Baked Red Kidney Beans
- 1 cupful raw carrot, shredded
- 1 cupful cabbage, chopped
- 1 Heinz Dill Pickle, chopped
- French Dressing
- 1 head cabbage

DRAIN the sauce from Heinz Oven-Baked Beans. Combine with carrot, cut in long thin strips, chopped cabbage and dill pickle. Marinate well in French Dressing. Chill. Prepare a cabbage shell by removing a thick slice from top of head of cabbage. Cut out inside leaving a shell about ½ inch thick. Cut edge of the shell into points or scallops. Fill with prepared salad mixture. Serves 6.

### ● Baked Bean and Egg Salad

- 1 medium can Heinz Oven-Baked Beans (Boston Style)
- 3 hard-cooked eggs
- 6 Heinz Preserved Sweet Gherkins, chopped
- 1 small onion, chopped
- ½ teaspoonful salt
- Heinz Mayonnaise Salad Dressing
- Lettuce

PLACE Heinz Oven-Baked Beans in a sieve and wash with boiling water and cool. Add chopped egg whites, gherkins, onion and salt. Moisten with mayonnaise and serve in crisp lettuce cups. Garnish with mayonnaise and egg yolks pressed through a sieve. Serve very cold. Serves 4.

### ● Winter Supper Salad

- 1 medium can Heinz Oven-Baked Red Kidney Beans
- 1 cupful raw carrots, very finely diced
- 3 tablespoonfuls Heinz India or Fresh Cucumber Relish
- 1 tablespoonful onion, finely chopped
- ¼ cupful Heinz Mayonnaise Salad Dressing
- Lettuce

PLACE Heinz Oven-Baked Beans in a strainer and run cold water over them. Drain. Add carrots, relish, onion and mayonnaise. Toss lightly together and chill. Serve a generous mound of the salad in a cup of crisp lettuce and garnish with a sprig of parsley. Serve for luncheon or supper with a hot soup, whole wheat bread or rolls and a beverage. Serves 5.



Baked Bean and Egg Salad



### ● Kidney Bean Salad

- 1 medium can Heinz Oven-Baked Red Kidney Beans
- 1 cupful celery or cabbage, chopped
- 2 tablespoonfuls Heinz India or Fresh Cucumber Relish
- ½ teaspoonful salt
- Heinz Mayonnaise Salad Dressing
- Lettuce or cabbage

Put Heinz Oven-Baked Beans in a strainer and pour boiling water over them. Cool. Mix with celery or cabbage, relish and salt. Moisten with mayonnaise. Chill thoroughly. Arrange in nests of lettuce or cabbage and sprinkle with paprika, or garnish with slices of hard-cooked egg. Serves 6. (This salad may be served in tomato shells, as Tomato and Boston Bean Salad.)

### ● Tomato and Boston Bean Salad

- 6 firm tomatoes
- 1 small can Heinz Oven-Baked Beans (Boston Style)
- 3 tablespoonfuls Heinz India or Fresh Cucumber Relish
- 2 tablespoonfuls Heinz Stuffed Spanish Olives, chopped
- Heinz Mayonnaise Salad Dressing
- Lettuce

Cut a thin slice from top of tomatoes, remove seeds, sprinkle with salt and invert to drain. To Heinz Oven-Baked Beans, add relish and olives. Moisten with mayonnaise. Mix thoroughly and stuff tomatoes. Top each with a spoonful of mayonnaise and place a narrow strip of tomato crosswise over the top as a garnish. Serve in a nest of crisp lettuce. Serves 6.



Kidney Bean Salad

# • • Soups • •

HERE we present four ways to make soup the main dish at the children's lunch—or a welcome first course at any meal. These soups are wonderfully nourishing—children won't go back to school half-fed. And soup-bowls won't go back half-full—not when the soup's as delicious as these!

## • Lenten Bean Soup

- 1 medium can Heinz Oven-Baked Beans (Vegetarian Style)
- 1 quart cold water
- 1 small onion
- 2 stalks celery
- 1 small can Heinz Cream of Tomato Soup
- 1 tablespoonful Heinz Chili Sauce
- $\frac{1}{4}$  teaspoonful salt
- 2 tablespoonfuls butter
- 2 tablespoonfuls flour

MASH Heinz Oven-Baked Beans, place in saucepan with water, onion and celery; bring to a boil and cook slowly for 30 minutes. Put through a sieve, and add soup, chili sauce and salt. Melt butter, add flour and bean mixture. Heat thoroughly. Serves 8.

## • Cream of Baked Bean Soup

- 1 medium can Heinz Oven-Baked Beans (with Pork and Tomato Sauce)
- 1 cupful water
- 3 tablespoonfuls celery, chopped
- 3 tablespoonfuls onion, chopped
- 1 teaspoonful salt
- Dash of pepper
- $1\frac{1}{2}$  cupfuls milk, scalded

COOK Heinz Oven-Baked Beans slowly with water and seasonings until the beans are soft. Press through a coarse wire strainer or colander. Add scalded milk to the strained bean mixture. Serves 4.

## • Purée of Baked Bean

- 1 small can Heinz Oven-Baked Beans (with Pork and Tomato Sauce)
- 4 tablespoonfuls butter
- 4 tablespoonfuls flour
- $1\frac{1}{4}$  teaspoonfuls salt
- Dash of pepper
- $\frac{1}{4}$  teaspoonful paprika
- 1 teaspoonful onion juice
- 4 cupfuls milk
- 3 tablespoonfuls Heinz Tomato Ketchup

FORCE Heinz Oven-Baked Beans through a coarse sieve. Melt butter in a saucepan, blend thoroughly with flour, add seasonings and milk, cook until thickened, stirring constantly. Add beans and ketchup; stir until smooth. Serve hot with crackers. Serves 6.

## • Meatless Vegetable Chowder

- 1 can tomatoes (2 cupfuls)
- 1 onion, chopped finely
- 3 carrots, chopped finely
- 3 cupfuls water
- $1\frac{1}{2}$  teaspoonfuls salt
- 1 teaspoonful sugar
- Dash of pepper
- 1 medium can Heinz Oven-Baked Red Kidney Beans

COOK tomatoes, onion and carrots in water until carrots are tender. Add seasonings and Heinz Oven-Baked Beans. Heat thoroughly and serve. Serves 6.



# ●● School Lunches ●●

WHETHER served at home or packed in a lunch-box, school lunches are always something of a problem. One important point to remember is that variety tempts young appetites. Your menus can be simple, but everything should be attractive and good. If possible, each lunch should include something hot.

Here are six school lunch menus. All of them are well-balanced, easy-to-prepare, and economical. The complete recipe for each of the baked bean soups and sandwiches will be found in the soup or sandwich section of this book.

## SCHOOL LUNCH MENUS

### *Packed Lunches*

#### I

Boston Bean Sandwich (Brown Bread)

Orange Marmalade and Cream Cheese Sandwich (White Bread)

Celery                      Apple

Cocoa (in thermos)

Hermits

#### II

Cream of Baked Bean Soup (in thermos)

Lettuce and Mayonnaise Sandwich

Orange                      Graham Crackers

#### III

Purée of Baked Beans (in thermos) Crackers

Chopped Egg and Celery Sandwich on whole wheat bread

Fruit (in covered paraffin cup)

Sugar Cookies

### *Home Lunches*

#### I

Lenten Bean Soup

Crackers                      Bread and Butter

Mixed Fruit Salad

Sponge Cake                      Cocoa

#### II

Creamed Hard-Cooked Eggs

Boston Bean Sandwich

Fruit Gelatin                      Milk

#### III

Meatless Vegetable Chowder

Toasted Rolls or Muffins

Apple Sauce

Cocoa or Chocolate Flavored

Malt Drink

# What nutrition experts say about Oven-Baked Beans

Their food value—their economy

● *High in food value.* Baked beans contain Vitamins A and B and are particularly rich in protein. According to an article in Charm Magazine, baked beans give approximately 300 calories to an average serving.

● *An excellent meat substitute.* The Food Facts Information Service of Ladies' Home Journal states: "Beans are served as a meat substitute because they show a high percentage of protein".

● *A valuable winter food.* In winter time, two chief sources of Vitamin B—fruits and leafy vegetables—are apt to be scarce. A bulletin of the U. S. Department of Agriculture says: "The presence of Vitamin B in beans makes them especially desirable in winter because the diet is likely to be low in this much needed vitamin".

● *An economical energy food.* This same bulletin continues: "Their concentrated form makes beans a cheap source of energy. The large amount of protein and the relatively large amount of calcium make valuable additions to the diet at any time".



# HEINZ

## 57 VARIETIES

1. Heinz Oven-Baked Beans with Pork and Tomato Sauce
2. Heinz Oven-Baked Beans without Tomato Sauce, with Pork—Boston Style
3. Heinz Oven-Baked Beans in Tomato Sauce without Meat—Vegetarian
4. Heinz Oven-Baked Red Kidney Beans
5. Heinz Cream of Tomato Soup
6. Heinz Cream of Green Pea Soup
7. Heinz Cream of Celery Soup
8. Heinz Cream of Asparagus Soup
9. Heinz Cream of Oyster Soup
10. Heinz Vegetable Soup
11. Heinz Pepper Pot Soup
12. Heinz Mock Turtle Soup
13. Heinz Beef Broth
14. Heinz Mutton Broth
15. Heinz Noodle Soup
16. Heinz Gumbo Creole
17. Heinz Mince Meat
18. Heinz Plum Pudding
19. Heinz Fig Pudding
20. Heinz Peanut Butter
21. Heinz Cooked Spaghetti
22. Heinz Cooked Macaroni
23. Heinz Pure Fruit Preserves
24. Heinz Pure Jellies
25. Heinz Apple Butter
26. Heinz Preserved Sweet Gherkins
27. Heinz Mixed Pickles—Sweet or Sour
28. Heinz Sour Spiced Gherkins
29. Heinz Chow Chow Pickle
30. Heinz Sweet Mustard Pickle
31. Heinz Dill Pickles
32. Heinz Fresh Cucumber Pickle
33. Heinz Fresh Cucumber Relish
34. Heinz India Relish
35. Heinz Sandwich Spread
36. Heinz Pickled Onions—Sweet or Sour
37. Heinz Spanish Queen Olives
38. Heinz Stuffed Spanish Olives
39. Heinz Ripe Olives
40. Heinz Pure Spanish Olive Oil
41. Heinz Tomato Ketchup
42. Heinz Chili Sauce
43. Heinz Beefsteak Sauce
44. Heinz Pepper Sauce—Red or Green
45. Heinz Worcestershire Sauce
46. Heinz Prepared Mustard
47. Heinz Prepared Mustard Sauce
48. Heinz Evaporated Horse Radish
49. Heinz Salad Cream
50. Heinz Mayonnaise Salad Dressing
51. Heinz Pure Malt Vinegar
52. Heinz Pure Cider Vinegar
53. Heinz Distilled White Vinegar
54. Heinz Tarragon Vinegar
55. Heinz Rice Flakes
56. Heinz Breakfast Wheat
57. Heinz Tomato Juice



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