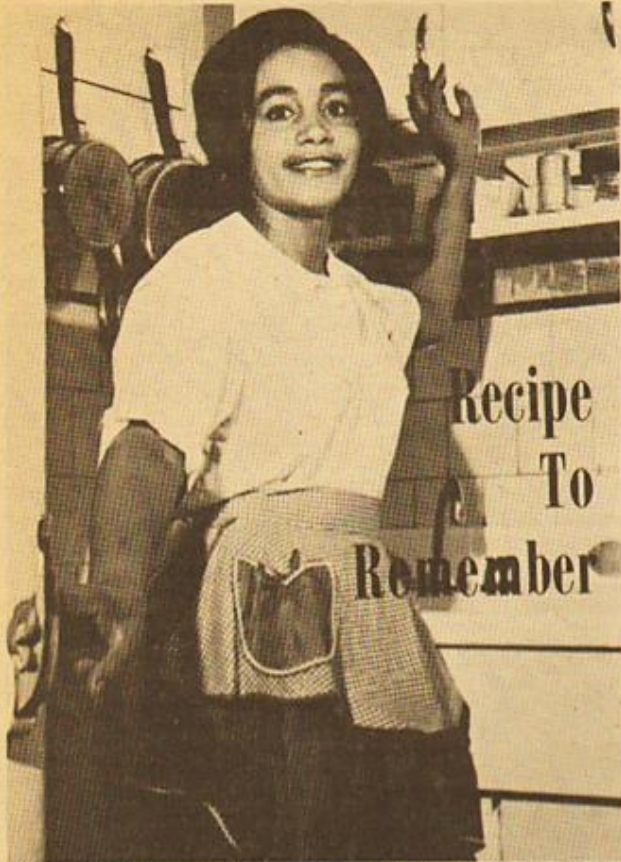


JULY 16, 1965



MRS. JEAN BROOKS recommends Barbecued Meat Balls with sauce for energetic families in this week's "Recipe to Remember."

Serve Barbecued Meat Balls to the Energetic Family

Filled with a love for outdoor living, Mrs. Jean Brooks swims, skates, rides and plays some tennis, to the delight of her three active youngsters, ranging in age from 5 to 10 years. Jean, a housewife, is filled with a boundless sort of energy that keeps her on the go.

Active families like these demand powerhouse diets and Jean offers this selection of Barbecued Meat Balls to restore energies spent during summer activities.

BARBECUED MEAT BALLS

2 lbs. ground beef
½ cup water
2 eggs, beaten
Dash of pepper
¾ lbs. non-fat dry milk
1½ cups bread crumbs
1 tsp. salt

Mix ingredients together, then shape into ¾ inch balls. Place in 15½ x 10½ x 1 inch baking pan.

BARBECUE SAUCE

½ lemon
1½ tsp. celery seed
2 tbsps. vinegar
½ cup catsup
Dash of chili powder
1 small onion, minced
2 tbsps. packed, brown sugar
1 tsp. Worcestershire Sauce
¾ cup hot water
Few drops of
Tobasco Sauce

Mix all ingredients together; pour over meat balls. Bake in 325-degree oven 20 to 25 minutes and serve steaming hot. Makes about three dozen.