

























Brown Pot Roast on

both sides in small amount of oil. Cook in Dutch oven. Add Small Potatoes and glass of water. Cover

—Takes about 1 hr. 20 min. During last 10 minutes, add desired quantity of seasoning and green

beans.

\$2.89

## A POT ROAST DINNER By MRS. LUCILLE GILLIS of Inglewood

This is simple, quick and inexpensive This is simple, quick and inexpensive and oh so tasty, especially adaptable for "career people" who are so busy and so tired when they get home. The dessert could be made the night before. The main meat and potato course with vegetable is put together very conveniently with the addition of water when needed and the vegetable the last 10 or 15 minutes of cooking.

If desired, a can of Libby's carrots could be added to the Roast or cabbage or celery, at a cost of not more than 15c for each—the fresh vegetables being added in the beginning as they would naturally take longer. This makes it extra flavorful, anyone of these listed could be added in place of the Green Beans or in addition to the Green beans. For those who like and can eat onions—5c worth of Onions also will put a finishing touch and flavor to delicious Pot Roast meals as listed abovel desired, a can of Libby's carrots

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## POT ROAST DINNER

| 2 lbs. Pot Roast                     | 1.47 |
|--------------------------------------|------|
| 6 sm. Libby's Potatoes               | .20  |
| 1 can Libby's Green Beans            | .15  |
| 1 lg. Cucumber                       | .10  |
| Vinegar Dressing                     | .03  |
| Coffee or Milk                       | .20  |
| 1 can Libby's Peaches                | .20  |
| 2 lbs. Grapes, seedless<br>(On Sale) | .20  |
| 1 ctn. Whip. Cream                   | .34  |
|                                      |      |

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ADJUNG Will pay \$5,00 for any complete dinner menu they publish which is sent in by their readers. Menu should include the following; soup or soled, entree with two vegetables (in case such as stew's the vegetables are part of the entree), dessert and beverage. The total cost of the complete ment, which should feed at least 4, should not be more than \$5,00. All entries are the property of Better Buying and only those which are published will be paid for.

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