

Munchy family treats to brighten March, made easy with *Kellogg's*® Rice Krispies.

Dress up your chicken in a crisp new coat.

DOUBLE-COATED CHICKEN SUPREME

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| 4 cups Kellogg's Rice Krispies cereal | ¼ teaspoon pepper |
| 1 teaspoon paprika | 1 teaspoon poultry seasoning |
| 1 egg | 3 lb. frying chicken pieces, cleaned and patted dry |
| ¾ cup milk | 3 tablespoons regular margarine or butter, melted (optional) |
| ¾ cup regular all-purpose flour | |
| 1½ teaspoons salt | |

1. Measure Rice Krispies cereal. Crush to 2 cups. Place in shallow dish or pan. Stir in paprika. Set aside.
2. In a second shallow dish or pan, beat egg and milk until foamy. Add flour, salt, pepper and poultry seasoning. Mix until smooth. Dip chicken in batter. Coat with crushed cereal. Place in single layer, skin side up, in well-greased or foil-lined shallow baking pan. Drizzle with melted margarine, if desired.
3. Bake in oven at 350°F. about 1 hour or until chicken is tender. Do not cover pan or turn chicken while baking. Yield: 6 servings

Cherry lovers never had it so good!

CREAMY CHEESE 'N CHERRY PIE

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| 3 cups Kellogg's Rice Krispies cereal | 2 tablespoons sugar |
| ½ cup regular margarine or butter | 4 pkgs. (3 oz. each) cream cheese, softened |
| ¼ cup sugar | 2 eggs |
| ½ teaspoon cinnamon | 1 teaspoon vanilla flavoring |
| 1 carton (8 oz., 1 cup) dairy sour cream | ½ cup sugar |
| | 2 teaspoons lemon juice |
| | 1 can (1 lb. 5 oz.) cherry pie filling |

1. Measure Rice Krispies cereal. Crush to 1½ cups. Set aside.
2. Melt margarine in small saucepan over low heat. Remove from heat. Stir in the ¼ cup sugar and the cinnamon. Add crushed cereal. Mix well. With back of spoon, press mixture evenly and firmly around sides and in bottom of 9-inch pie pan to form crust. Bake 5 minutes.
3. In small mixing bowl, mix together sour cream and the 2 tablespoons sugar. Set aside.
4. In large mixing bowl, beat cream cheese until smooth. Add eggs, vanilla, the ½ cup sugar and 1 teaspoon of the lemon juice. Beat until well combined. Pour mixture into crust. Bake in oven at 375°F. about 20 minutes or until set. Remove from oven. Spread sour cream mixture over top. Return to oven. Bake 5 minutes longer. Remove from oven. Cool.
5. In small mixing bowl, mix pie filling with the remaining 1 teaspoon lemon juice. Spread over top of cooled pie. Refrigerate until thoroughly chilled. Yield: one 9-inch pie

A fast, no-fail fudge with crunchy bits.

WONDER FUDGE

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|--|---------------------------------------|
| ¼ cup regular margarine or butter | 1 teaspoon vanilla flavoring |
| 1 pkg. (6 oz., 1 cup) semi-sweet chocolate morsels | 1½ cups sifted confectioners' sugar |
| ¼ cup corn syrup | 2 cups Kellogg's Rice Krispies cereal |

1. Measure margarine, chocolate morsels, corn syrup and vanilla into large saucepan. Cook over very low heat, stirring constantly until smooth. Remove from heat. Mix in sugar. Add Rice Krispies cereal. Stir until evenly coated.
2. Press mixture evenly in buttered 8 x 8 x 2-inch pan. Refrigerate until firm. Cut into squares.

Yield: 25 squares, 1½ x 1½ inches

Kellogg's® Rice Krispies® doesn't go to sleep after breakfast. It's great in dozens of delicious, no-fuss recipes—

starting with the famous Marshmallow

Treats recipe on every package. For a free Rice Krispies recipe folder, write: Kellogg Co., Dept. RK, Battle Creek, Mich. 49016.

Don't let it sit in your cupboard.



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If your daughter has tried a tampon without success...

Maybe she's tried the wrong one. But maybe, if you can answer her questions, she can find out how easy a tampon can be to use.

By Mary Morgan

Q Does it make any difference whether a girl uses a tampon or a napkin the first time she menstruates?

A No. Doctors have approved tampons as a perfectly safe method of sanitary protection, one that won't impair virginity in the normal young girl. As a result, more and more girls are beginning to use tampons the first time they menstruate.

And the advantages of tampons over napkins are many. For one, with a tampon like Pursettes[®], a girl can continue to lead an active life—even go swimming—no matter what time of the month it is.

Q What makes Pursettes easier to use than other tampons?

A Designed by a prominent Boston doctor, Pursettes is the only tampon with a tapered, pre-lubricated tip. This unique tip does away with the need for an applicator (which can sometimes be awkward in the hands of a beginner), and makes Pursettes really easy to use.

Each Pursettes is compressed a unique way, too, so it's no larger than a lipstick. Yet despite its small size, a Pursettes tampon can actually absorb more than 6 times its weight in fluid, to give a girl maximum protection and confidence.

TRIAL OFFER: Let your daughter see for herself how Pursettes tampons are easy to use. For a free, gold-embossed black compact filled with four regular Pursettes or three super-absorbent Pursettes Plus[®] tampons (indicate choice), send 25¢ for postage/handling to Campana, Dept. J-036, Batavia, Illinois 60510.

Offer expires in 90 days. Good in U.S.A. only.

Pet journal

By Gini Kopecky

A pet's "incurable" fears or bad habits may now be curable with a psychological training process known as Pet Behavior Modification.



Once there was a huge, four-year-old English sheepdog named Higgins, who, as far as the petite woman who owned the animal was concerned, was the perfect pet in every way except one—the dog was terrified of thunderstorms. Whenever a storm broke loose, the otherwise docile Higgins became a 110-pound battering ram in his futile attempts to escape the source of his fear. His owner tried sedatives and punishment but nothing worked. Then she heard about a unique pet clinic run by David S. Tuber and Dr. David Hothersall, two experimental psychologists, in nearby Columbus, Ohio. She brought the dog to the clinic and, within a few weeks, Higgins was cured of his problem behavior.

How? Through Pet Behavior Modification, a new application of a familiar psychological training technique often used to cure human beings of neurotic or destructive behavior. In 1971, Tuber and Hothersall began working with a local veterinarian to test such techniques on pets. The results were so promising that they opened their own clinic a year later.

Hothersall and Tuber found Higgins' fear of thunder could be triggered by a recording of an

actual storm. The first training step was to play the recorded storm at a low volume, while Higgins was told to lie down. His good behavior was immediately rewarded with a treat.

Gradually, over a number of sessions, the volume of the recording was increased until Higgins was sitting calmly through what could easily have passed for a full-fledged thunderstorm.

The ultimate test came when a storm broke while Higgins and his owner were at home. The dog's reaction was mild, and his behavior was again

rewarded. Higgins' master continued occasional practice sessions at home, and since then, she and the dog have passed many a stormy night in blessed calm.

Whenever possible, Tuber and Hothersall prefer to use the pet's own master as the training agent, and its own home as the training environment. "Only in rare cases do we make house calls," says Hothersall. A pet's behavioral problem is discussed in detail during a client's initial telephone contact with the clinic.

"Sometimes the solution is simply obedience training, which we don't do." Also, a veterinarian makes sure the pet's behavior problem does not stem from a physical cause.

If the problem does require behavior modification, an appointment is made at the clinic. The owner, the pet and as many family members as possible then come in for a one-hour interview, during which an intricate case history is taken of the pet's problem, its background and its interaction with the family. Tuber and Hothersall then spend a week formulating an appropriate

(continued)