RING OF PLENTY ( Recipe) A tonic for budget troubles . . . yet it reflects bounty.

The clever idea for this custardy one-dish meal was brought to us by Mrs. Frank J. Ebsen of Wisconsin Rapids, Wisconsin.

Pour into well greased 10" ring mold, set in pan of water (1" deep). Bake until set. Unmold on hot platter; fill center with creamed seafood, chicken, or vegetable.

TEMPERATURE: 350° (mod. oven).

TIME: Bake 30 to 35 min.

AMOUNT: 8 servings.