



... strawberry cream crunch

Tuna Fondue Is Economical

Meatless meals may also be economy meals, not the least of which make use of plentiful dairy foods. Typical are cheese fondues, a variation of which is made with layers of flaked tuna.

Here's a main dish the whole family will like... light enough for even the youngest child, yet sturdy enough for a hungry man or boy.

The following recipe calls for Vienna bread, though regular baker's bread, a day or two from the oven will work as well.

Tuna Fondue
 1 large onion, sliced
 1/4 cup butter
 12 1/2-inch slices Vienna bread, or enriched white bread
 3 eggs
 3 cups milk
 1 tablespoon prepared mustard
 1 teaspoon Worcestershire sauce
 1 teaspoon salt
 1 12-ounce can tuna, drained and flaked
 1/2 pound Swiss cheese, shredded (2 cups)
 1 cup grated Parmesan cheese
 Paprika

Slice onion, separate into rings and saute in butter until soft. Spread 1 side of bread slices with a small amount of butter. Beat eggs slightly, add milk, mustard, Worcestershire sauce and salt and blend. Place 4 slices of bread in single layer in buttered 1 1/2-quart casserole, trimming crusts if necessary. Top with layers of one-third of onion rings and melted butter, tuna and Swiss cheese. Repeat to make 2 more layers. Pour egg mixture over top. Top with Parmesan cheese and paprika. Cover. Chill at least 1 hour or overnight, if possible. Thorough chilling makes the fondue light and puffy. Bake uncovered at 350 degrees for 45 minutes or until puffed and golden. Serve at once. Makes 6 to 8 servings.

Orange Glazed Coffee Cake For Out-Of-Door Breakfast

The fresh, dewy feeling of a sunny summer morning makes the early hours a perfect time to dine outdoors. Perhaps you'd like to invite friends for Sunday brunch on the patio. Or, just pamper your family by serving a leisurely weekend breakfast outside.

Menu
 Pineapple Half-Fresh Strawberries
 Scrambled Eggs
 With Canadian Bacon Bits
 Orange-Glazed Coffee Cake
 Milk
 Coffee

Oven Curried Shrimp For Gourmet Tastes

The Chinese believe that a wise man always eats well. As a matter of fact, Oriental cooks discovered the secrets of fine food centuries before anyone else did. Why, compared with the ancient masters of the Far East, the famous French chefs were mere upstarts! But like the French, Oriental cooks place great emphasis on subtle seasonings and savory sauces. Perhaps the most famous product of this combination is the curry sauce of Shrimp Curry fame. Today, Shrimp Curry takes on assorted aspects. It might be a shrimp salad served with curry-seasoned mayonnaise, breaded shrimp with curry-flavored white sauce, or this Oven Curried Shrimp, a new twist developed by the Shrimp Association of the Americas.

Oven Curried Shrimp
 1 pound shrimp, fresh or frozen
 1 egg
 1 tablespoon water
 1 cup fine dry bread crumbs
 1 tablespoon curry powder
 1/2 teaspoon salt
 1/4 teaspoon pepper
 3 tablespoons melted butter or margarine
 Chutney

Remove shells from shrimp. Cut deeply down the back of each shrimp, being careful not to cut all the way through. Remove sand veins. Beat egg and water together in a small bowl. In a flat pan or on a piece of waxed paper, mix bread crumbs, curry powder, salt and pepper. Dip each shrimp in the beaten egg, then in the seasoned crumbs. Place on a baking sheet. Sprinkle with melted butter or margarine. Bake in a preheated extra-hot oven (500 degrees) 5 to 10 minutes or until shrimp are golden and firm. Serve with a generous amount of chutney. Makes 3 servings.



... patio breakfast

Creamy Crunch For Warm Days

A no-bake dessert has special appeal as the days grow warmer. Strawberry Creamy Crunch is one of the most delightful of these desserts designed to keep your kitchen cool.

Made in a refrigerator tray, the pudding has a crust you can make quickly using packaged corn flake crumbs, chopped almonds, sugar and butter. Press the crumbs mixture into the bottom of the tray, saving out a little for garnish. The filling is also a time-saver. It features sliced strawberries in an almond-accented cream. Reserve whole strawberries to

place atop each serving.

Strawberry Creamy Crunch
 3 cups corn flakes or 1/4 cup packaged corn flake crumbs
 2 tablespoons finely chopped, blanched almonds
 2 tablespoons sugar
 3 tablespoons soft butter or margarine

1 tablespoon unflavored gelatin
 1/3 cup water
 1 2/3 cups (14 1/2 oz. can) evaporated milk
 1/3 cup sugar
 1/4 teaspoon salt
 1/4 teaspoon almond flavoring
 1 cup sweetened, sliced strawberries

EMPTY CALORIES
 Do you know what is meant by 'empty calories'? Nutritionists apply this term to foods which give a maximum of calories and a minimum of nutrients; for example, rich pastries.

TRUST YOUR DOCTOR
 Because some are good for you doesn't mean a lot are better — vitamins, that is. Trust your doctor to tell you when to buy them in bottles.

TOPPING FOR FISH
 Chopped parsley or pimento, paprika or lemon juice added to melted butter make delicious toppings for broiled fish fillets.

Spring Relish
 1/2 teaspoon salt
 1/2 teaspoon Tabasco
 2 teaspoons sugar
 1/2 cup white vinegar
 2 tablespoons water
 2 teaspoons soy sauce
 2 cups sliced radishes
 1/2 cup sliced scallions

Make marinade by combining salt, Tabasco, sugar, vinegar, water and soy sauce in small bowl. Add sliced radishes and scallions; refrigerate at least 2 hours, turning occasionally in marinade.
 Yield: 2 1/2 cups.

Chinese Peas
 1 cup water
 1/2 teaspoon salt
 1/2 teaspoon Tabasco
 1 package (10 ounces) pea pods
 1/2 cup chopped celery
 2 tablespoons sliced almonds
 1 tablespoon butter

In small sauce pan, combine water, salt and Tabasco and heat to boil. Add pea pods and celery. Cook according to package directions for time. Remove from heat. Drain. Toss with almonds and butter.
 Yield: 4 servings.

DATE Dainties
 Place two or three of these "Date Dainties" on spring salad plates. Stuff pitted fresh California dates with cream or pimento cheese. Wrap in tiny squares of biscuit dough and bake. Serve warm.

Wilted Lettuce Salad
 1 head Boston lettuce, in bite-size pieces
 1 small cucumber sliced
 1/4 cup sliced scallions
 1/4 teaspoon basil leaves
 5 slices cooked crisp bacon
 1/2 cup bacon fat
 1/4 cup vinegar
 1 1/2 teaspoons sugar
 1 teaspoon dry mustard
 1/2 teaspoon Tabasco
 1/4 teaspoon salt
 2 hard cooked eggs, chopped

Combine lettuce, cucumber, scallions and basil in large salad bowl. Crumble bacon and toss into salad. In skillet combine bacon fat, vinegar, sugar, mustard, Tabasco and salt. Bring to boil. Stirring, pour over salad and then toss. Sprinkle with chopped egg.
 Yield: 4 servings.

CHOP-TOPPED CASSEROLE
 6 medium potatoes, peeled and sliced thin
 1/4 cup butter
 1/4 cup minced onion
 2 tablespoons flour
 2 cups milk
 1 teaspoon salt
 1/2 teaspoon pepper
 Dash of Tabasco
 1 teaspoon Worcestershire sauce
 1/4 cup catsup
 2 cups shredded sharp American cheese
 6 large pork chops

Place thinly sliced potatoes in 9 x 12-inch baking dish. Melt butter in saucepan over low heat; cook onion in butter until transparent; blend in flour. Add milk stirring constantly and cook until sauce is smooth and thickened. Add seasonings, catsup and cheese; stir until cheese is melted. Pour sauce over potatoes. Trim extra fat from pork chops and use to brown chops; place on top of potatoes. Cover and bake in a moderate oven, 350 degrees, for 1/2 hour. Remove cover and bake 1/2 hour longer. Makes 6 servings.



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