

Beverages Are Needed To Ensure A Successful Summertime Picnic

An English periodical of 1802 speaks of "a new species of entertainment, common to the fashionable world, called a picnic."

And today, when we picnic, we share the delight of those lords and ladies in country sights and sounds, though our picnic baskets yield quite different fare. In fact, a most efficient 20th century wicker picnic basket holding two thermos bottles, inspired the recipe ideas that use modern frozen foods.

We have in mind a hot soup for one thermos — a cold drink for the other. Cream of Spinach Soup made with frozen spinach and plenty of milk or cream. Chowder of frozen corn and frozen potato patties would be hearty and satisfying. For the cold drink we suggest Strawberry Lemonade Punch, a combination of frozen concentrate for lemonade and frozen strawberries. Unopened bottles of soda can be carried along (don't forget the opener!) and the soda added to each cup of punch according to taste.

The other half of this delightful picnic basket could hold such solid food as fried chicken or sandwiches, fruit and cookies.

Corn Chowder
2 tablespoons diced salt pork

1/2 cup diced onion
1 package (12 ounces) frozen potato patties
1 cup boiling water
1 1/2 teaspoons salt
1/2 teaspoon pepper
1 package (10 ounces) frozen whole kernel corn
2 cups milk
Fry salt pork in saucepan until crisp. Add onion and saute gently until transparent. Add potato patties, water, salt, pepper and corn. Bring to a boil. Cover; reduce heat and simmer 3 to 5 minutes, or until vegetables are tender. Add milk and heat thoroughly. Garnish with chopped parsley, if desired. Makes about 5 cups, enough for 5 to 6 servings.

Cream Of Spinach Soup
1 package (10 ounces) frozen chopped spinach
3/4 cups vegetable liquid and milk
3/4 tablespoons butter
2 to 3 teaspoon grated onion
2 tablespoons finely diced celery
3 tablespoons flour
1/2 teaspoon salt
Dash of pepper
1/2 cup light cream or top milk
1 chicken bouillon cube
Cook spinach as directed on package. Drain, reserving liquid. Add milk to liquid to make 3 1/2 cups.

If desired, force spinach through a coarse sieve, or blend in electric blender until pureed.
Melt butter in heavy saucepan. Add onion and celery and saute 1 minute. Then add flour, salt, and pepper and stir until blended. Add milk mixture and the cream gradually, stirring constantly. Add bouillon cube. Cook and stir over low heat until thickened. Add spinach and heat thoroughly. Serve in bowls or cups. Garnish each serving with a dash of paprika. Makes 5 cups, enough for 4 to 6 servings.

Chilled Spinach Soup: Prepare Cream of Spinach Soup, cool about 30 minutes, then chill thoroughly — 2 to 3 hours or overnight. If a thinner soup is desired, add a little cream or milk before serving. Serve in chilled cups.

Strawberry Lemonade Punch
1 package (10 ounces) frozen strawberry lemonade, partially thawed
1 can (6 ounces) frozen concentrate for lemonade
1 1/2 cups water
2 bottles (7 ounces each) soda water
Ice cubes
Press strawberries through a sieve or ricer, or blend until smooth in an electric blender. Discard or strain seeds. Place fruit puree in a small punch bowl. Add lemonade and water; mix well. Just before serving, add soda water and ice cubes. Makes 10 servings, about 4 ounces each.

For Picnic Thermos: Add the ice cubes along with the lemonade and water, mixing well. Chill thoroughly before putting into the thermos bottle and carry the unopened bottles of soda along, to be added to each cup according to taste.



... veal scallopini

Veal Scallopini Simmering While You Relax On Patio

On these hot summer days when you don't feel like cooking a big meal, try this easy dinner dish. It's a hearty combination of veal cutlets, mushrooms and onions with a special blend of Italian-style seasonings.

If you prefer sitting in a lawn chair to standing by the kitchen range, then use an extension cord for the electric skillet and prepare dinner on the patio. After you've browned the veal cutlets and added the remaining ingredients, just relax while the meat simmers. Keep an eye out for inquisitive youngsters who want to lift the lid on the skillet "to see what smells so good."

The enticing aroma of this Veal Scallopini comes from the herbs and flavorings. Oregano, the popular Italian-style seasoning, is included, of course. The dash of garlic salt and parsley flakes add their touches of flavor, too. The ingredients that blends and enhances these

Nothing Simpler Than Party Dips

When it's party-time, it's dip-time — and time for "Company Avocado Dip." Nothing could be simpler to make in a mixing bowl or electric blender than this combination of California avocados, blue cheese dressing mix, sour cream and lemon juice. Suggested "dippers": Carrot or celery sticks, cauliflowerettes and green onions cut into short lengths. Most summer avocados from California have pitted, almost black skins while other varieties are green-skinned. The fruit inside is always the same, however — light green-yellow and velvety-smooth.

Company Avocado Dip
2 avocados
1 cup dairy sour cream
1 package (20 gm.) blue cheese dressing mix
1 tablespoon lemon juice
Assorted raw vegetables
halves; remove seeds and skin. Force fruit through sieve or whiz in blender. Stir or blend in sour cream, dressing mix and lemon juice. Serve with vegetables as "dippers."
Makes 2 1/2 cups.

CAPTIVATING SALAD

Fill golden rings of California midsummer cantaloupe with well seasoned cottage cheese or chicken salad. Garnish with crisp cucumber slices or radishes for a captivating salad.

This makes 5 to 6 servings.

Grandma to be crowned

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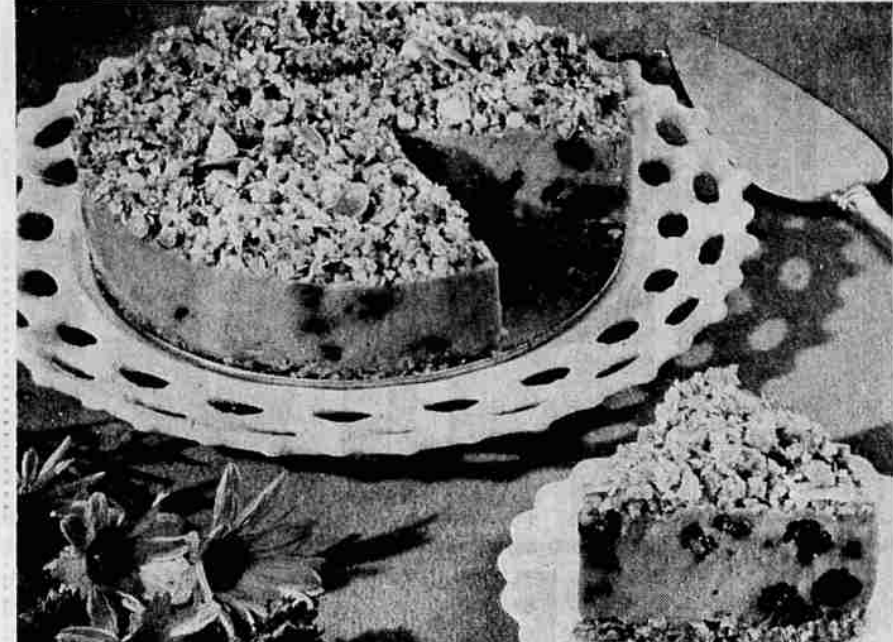
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... festive dessert for summer

Party Fluff Refreshes In Summer

Think of all the summer occasions that call for a scrumptious, refreshing dessert that's simple to make but extra pretty! There are bridal showers, desserts after the summer theater and meals that need to be finished in grand style. Just the dessert to make any summer occasion festive is this Raspberry Fluff. It's rosy-red, light and fluffy in filling yet rich in crust, and unbelievably easy to make.

You use the oven for just a short time to toast rolled oats to crunchiness.

Avocados Good In Sandwiches

Rewarding eating experiences don't necessarily involve spending a long time in the kitchen. A good case in point is "Saucy Turquoise Sandwich." For this delicious open-faced sandwich, simply arrange layers of sliced avocado and turkey on toast; cover with a sauce made with canned cheddar cheese soup, milk and ripe olives; sprinkle with paprika and heat under the broiler briefly. It's an ideal summer supper dish. California avocados are particularly welcome on warm-weather menus. They contain oil that is emulsified, easily digested and readily converted into much-needed food energy.

Saucy Turquoise Sandwich
1 can (11 oz.) condensed cheddar cheese soup
1/2 cup milk
1/4 cup ripe olives
1 avocado
4 slices toast
Sliced turkey
Paprika

Mix together soup and milk until smooth. Heat, but do not boil. Cut olives into wedges; add to soup. Cut avocado lengthwise into halves; remove seed and skin. Slice fruit. Place toast in shallow pan. Cover with layer of avocado slices and layer of turkey slices. Pour cheddar sauce over top. Sprinkle with paprika. Heat under broiler 2 or 3 minutes until top is very lightly browned. Serve at once.

Makes 4 servings.

SALAMI-COLESRAW

There's lively flavor in this Salami-Coleslaw Sandwich. Allow three slices of rye bread per serving. Spread 1-3 of the bread slices with mustard. Top them with cold salami slices, then with pickle slices. Spread next 1-3 of bread slices with mayonnaise or salad dressing and top with coleslaw, tomato slices and crisp-cooked bacon strips. Place coleslaw slices atop salami slices. Spread remaining bread with mustard, then close sandwiches.

goodness. Then — no more baking! The nut-like flavor of the oats combined with butter 'n brown sugar richness makes the base delicious. For the filling, you merely add boiling water to a large package of raspberry-flavored gelatin. Then, instead of cold water or ice cubes, you stir in vanilla ice cream. Tender raspberries add nuggets of fresh fruit flavor to the light and cooling filling. A final sprinkle of crunch crust with a few toasted slivered almonds completes the dessert. Then it remains cool and fresh in the refrigerator until served to your guests.

This dessert's a delight for guests and hostess alike. You'll find it's suitable for any summer occasion — and you'll serve it again and again.

Raspberry Fluff
Makes 8 servings
Crunch Crust:
2 cups rolled oats (quick or old fashioned, uncooked)

Peanut Butter Assists Informal Entertaining

Informal entertaining, an increasingly popular American pastime year-round, is apt to be even more casual in the summertime. When friends drop in for a cool drink and a little evening conversation on the terrace, you may find yourself wanting to invite them to stay and make it a party.

With plenty of canned soups and the makings for hearty sandwiches on hand, you're never at a loss for ways to whip up a delicious last-minute meal for guests, unexpected or otherwise.

Since most households always have a jar of peanut butter on the pantry shelf, why not make this perennial favorite the basis of your planning for impromptu entertaining?

The flavor of peanut butter goes so well with most other foods that it's a cinch to prepare out-of-the-ordinary combination sandwiches in minutes. Depending on what else you have available and the extent of your own imagination, you can come up with a sandwich that's different, yet delicious, with very little effort.

For example, try peanut butter and crisp bacon, peanut butter and sliced banana, peanut butter and chopped onion, peanut butter and ham, or even peanut butter with sliced cucumbers and tomatoes — just to name a few possibilities. You'll be surprised how many adults will love reviving the peanut butter nostalgia of their childhood.

Even better, try this idea for a new and sophisticated party-time

3/4 cup firmly-packed brown sugar
1/2 cup butter or margarine, melted
Filling:
One 6-oz. pkg. raspberry flavor gelatin
2 cups boiling water
1 pint vanilla ice cream, softened
1 cup fresh raspberries or frozen raspberries, thawed and drained

For crust, toast oats in shallow pan in moderate oven (350 degrees F.) 10 minutes. Combine with sugar and butter. Firmly press 3/4 of mixture onto bottom of 7-inch spring form pan or 8-inch square pan, reserving rest for top. Chill thoroughly.

For filling, dissolve gelatin in boiling water. Immediately add ice cream, stirring until melted. Chill until partially set. Fold in raspberries. Pour over crust; sprinkle with reserved crunch mixture and 3 tablespoons toasted slivered almonds. Chill until set.

Savannah Sandwich
Loaf — which can be prepared ahead of time and stored in the refrigerator for use later. If you prefer, you can reheat the sandwich before slicing and serving, or simply dish it up cold. Either way, for an appetizing soup companion, what could be better than flavorful Bouillon-on-the-Rocks?

Savannah Sandwich Loaf
1 loaf French or Italian style bread
1 1/2 cups bread crumbs
1/2 cup water
1/4 teaspoon salt
1 tablespoon chopped parsley
1/2 teaspoon Worcestershire sauce
1/2 cup finely chopped onion
1/4 teaspoon pepper
1/4 cup crunchy peanut butter
2 egg yolks, or 1 whole egg
Aluminum foil

Cut a V-shaped piece lengthwise from the top of loaf of French or Italian bread. Remove piece and with a fork pull out soft bread crumbs so that an inch shell of bread and crust remains. Measure 1 1/2 cups crumbs and mix with water, seasonings, peanut butter, egg yolks and meat. Pile lightly into bread shell, cover with top crust and tie tightly with string in about three places. Wrap in aluminum foil and bake in a moderate oven (350 degrees F.) one hour. Cut into inch slices and serve hot. Or may be cooled in foil and chilled in refrigerator and served cold. Makes 8-10 sandwiches.

Almond Shrimp Filling
Good Sandwich Spread
Sandwiches are especial summer favorites — and "Almond Shrimp Filling" is an especially good sandwich spread with its crunchy roasted diced almonds and chopped shrimp.

Almond Shrimp Filling
2-3 cup cooked or canned shrimp
1/4 cup roasted diced almonds
1/4 cup finely chopped celery
1/2 teaspoon salt
1/2 teaspoon Worcestershire
1/4 cup mayonnaise
Clean and chop shrimp. Blend well with all remaining ingredients. Spread on bread for sandwiches.

Menu featuring a sandwich plus a few crisp vegetable relishes, potato chips and lemonade or milk is a child's idea of an elegant meal. Add a mug of soup or "soup nog" — a can of condensed creamed soup beaten until smooth and frothy with milk and a raw egg — if you wish.

Here are three sandwiches your children are sure to like. Each recipe makes six sandwiches, so, if the children are doing the preparation, you may wish to cut the portions to four servings to make mixing and assembling easier and faster.

An older child will have little

Kids And Sandwiches Natural Combination

Sometimes you mothers feel that youngsters would just as soon have sandwiches for breakfast, lunch and dinner. You also know that every child at some time or another runs into the kitchen with a "let me help — I want to cook, too."

Direct that young energy into simple sandwich preparation for lunch. "Allow" your very young ones to help and let old-enough youngsters prepare a simple sandwich meal menu — an easy one that won't discourage his young eagerness.

Nearly Every Child Can Help

Gather together the bread and filling ingredients you'll need and set them out within easy reach of your young helpers. Even the youngest child can help you fetch and carry. Let the youngsters spread the slices of bread with softened butter or margarine. Allow older youngsters to blend together the filling ingredients, mash hard-cooked egg yolks and bananas. For safety's sake, do any necessary chopping beforehand.

You might prepare a assorted dinner rolls instead of regular sliced bread which may be a bit large for small hands to handle. Also, rolls need not be cut into serving pieces, eliminating the need for knives.

Instead of cutting regular sandwiches with knives, give children cookie cutters for cutting sandwiches into easy-to-handle pieces. A youngster's favorite sandwich seems to taste even better to him when they're cute little animal shapes. Have a bowl of raisins for "eyes" and other facial features.

Sandwich Meals Are A "Picnic"
Youngsters love picnics so have them carry their sandwich lunches to the backyard or porch. Provide brightly colored paper plates and drinking cups. Children are especially intrigued with paper "china," making clean-up extra-easy for you.

Have lots of paper napkins available or give the kids hand towels or paper towels which serve both as place mats and efficient hand wipers. After mealtime, gather up the hand towels and toss 'em into the washing machine.

Keep the menus for sandwich meals simple. Children cannot usually eat heavy meals anytime, and when temperatures soar, it's difficult to interest them in food. Light yet nourishing sandwiches are so good for youngsters and help them stay healthy and full of energy. Enriched bread and rolls with their valuable nutritional contribution of three essential B-vitamins and the mineral iron enclose healthful fillings.

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trouble assembling Bologna on a Bun. Have an assortment of relishes handy for decorating the plate, and a pitcherful of milk ready to pour into glasses. Let the youngsters serve the "meal." P.S. Have a camera ready to catch the proud grin on his face.

Bologna On A Bun
3 tablespoons chili sauce
3 tablespoons mayonnaise or salad dressing
6 enriched frankfurter buns
Butter or margarine, softened
6 slices bologna
Lettuce leaves

Blend chili sauce and mayonnaise or salad dressing. Spread bottom halves of buns with butter or margarine. Divide chili sauce mixture between top halves of buns and spread evenly. Fold bologna slices in thirds and place on bottom halves of buns. Cover with lettuce and close sandwiches with bun tops. Makes 6 sandwiches.

No. of ingredients: 6. No. of utensils: 10. Total preparation time: 20 minutes.
Banana - Peanut Butter Sandwich
This is also a good recipe for young cooks to try their wings. It will be easier for them to mash the banana rather than chopping it — safer, too. You grate and measure the orange rind ahead of time and refrigerate, wrapped in waxed paper.

Banana-Peanut Butter Sandwich
1/2 cup honey
2 teaspoon shredded orange rind
1/2 cup chopped banana (1 medium banana)
12 slices enriched white bread
Butter or margarine, softened
Lettuce leaves

Blend peanut butter, honey and orange rind until smooth. Add banana and mix lightly until blended. Spread bread with butter or margarine. Divide peanut butter mixture between 6 bread slices and spread evenly. Cover with lettuce and close sandwiches with remaining bread.

No. of ingredients: 7. No. of utensils: 9. Total preparation time: 20 minutes.
Bacon and Egg Salad Sandwich
This is designed for older children who have already had some cooking experience. Younger children can help prepare the filling by stirring together the ingredients (you've prepared them for mixing ahead of time) and spreading the filling on the bread.

Bacon and Egg Salad Sandwich
8 slices bacon, diced
6 hard-cooked eggs, diced
1/4 cup mayonnaise or salad dressing
1 tablespoon prepared mustard
1 tablespoon finely chopped onion

12 slices enriched white bread
Butter or margarine, softened
Lettuce leaves
Cook bacon until crisp; drain. Combine bacon and eggs. Blend mayonnaise or salad dressing, mustard and onion and stir into egg mixture. Spread bread with butter or margarine. Divide egg mixture between 6 bread slices and spread evenly. Cover with lettuce and close sandwiches with remaining bread. Makes 6 sandwiches.

No. of ingredients: 8. No. of utensils: 9. Total preparation time: 30 minutes.

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