

Tuna Bake From Pantry Shelf Item

pantry shelf in an emergency? Ever plan to go out to eat and then have a sudden change in then have a sudden change in plans? Or maybe have company drop by for supper unexpectedly? Lots of folks find they have almost everything they need but milk and now they can have this always handy with the convenient foil-lined package of nonfat dry milk.

ed or

2 cups fresh peas, cooked 1 (7-oz.) can solid packed tuna, drained and flaked

11/2 cups water 4 cup nonfat dry milk

4 tablespoons flour 1 teaspoon salt

2 tablespoons grated onion

foil-lined package of nonfat dry milk.

Nonfat dry milk, which is milk with only the fat and water removed, is extremely economical for a one-pound package. Drain; add peas and flaked tuns. Pour water into top of double boller. Combined the growth of the power into the starling for a superior of the starling feature of your pantry shelf menu try Tuna Bake made with nonfat dry milk. It's so delicious no one would eyer suspect that it was a last-minute emergency dish.

Tuna Bake

(Makes 6 servings)

1 cup elbow macaroni, uncooked

2 tablespoons grated onion

2 tablespoons pickle relish
Cook macaroni as directed on package. Drain; add peas and flaked tuns. Pour water into top of double boller. Combine Starlac nonfat dry milk is sa good buy in nutrition for it is rich in protein, calcium, riboflavin and lactose.

For the starring feature of your pantry shelf menu try Tuna Bake made with nonfat dry milk. It's so delicious no one would eyer suspect that it was a last-minute emergency dish.

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Tossed Salad Always a Favorite

Mix 1 teaspoon salt, ¼ tea-spoon pepper, 1 teaspoon su-gar, 1 teaspoon dry mustard, 1 teaspoon paprika thorough-ly; add 1 cun selad oil and ½

25 cup mayonnaise and salt to taste. Garnish with sliced stuff-ed olives or with capers if you have some handy. Lemon or lime wedges, of course.

ery, 2 tablespoons minced on-

ion, 3 hard cooked eggs (diced),

1/2 cup mayonnaise and salt to

peach slices or orange seg-ments or strips of cantaloupe or other melon and canned Peanut Spread Good of peeled banana or strips of peeled avocado . . small bunches of seedless grapes, pear alices that have been dip-ped in lemon or orange junce. You'll probably think of bet-ter ones.

By ZOLA VINCENT

(Poods writer)

The tossed salad is so much a part of western living, that many are now assorting and tossing, ever so lightly, a combination of fruit, of fruit and berries or of fruit and melon balls. They look so handsome when arranged (for showing off) in a huge bowl, preferably of glass. A punch bowl is ideal if you're serving eight or more persons.

If you do serve the salad from a bowl at the table, pour this fruit cream dreasing from a pitcher or sauce boat at the table also. Then toss lightly and serve on crisp lettuce leaves which might be arranged around outer edg. of big bowl, either inside bowl.

Basic French Dressing

Mix 1 teaspoon salt, is teaspoon pepper, 1 teaspoon suspecially good on these late.

Mix 1 teaspoon salt, & teaspoon pepper, I teaspoon sugar, I teaspoon dry mustard, I teaspoon paprika thoroughly: add I cup salad oll and beat or shake until well blended and slightly thick.

Variations

To 1/2 up basic dressing add 1/4 teaspoon sugar and 2 tablespoons chopped mint; or 2 tablespoons orange juice and 1/4 teaspoon sugar; or 3 tablespoons tart jelly and 1/4 teaspoon sugar.

Some Salad Combinations

Fresh apricot halves or specially good on these late pecially g

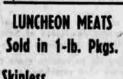
cother melon and canned respect to the sapple chunks ... chunks peeled banana or strips of led avocado ... small ches of seedless grapes, relices that have been diplin lemon or orange juice. a'll probably think of betones ... we combined nutritious chopped ripe of the seed of the s



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fruits and juices.

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