



### Tuna Bake From Pantry Shelf Item

How're the pickings on your pantry shelf in an emergency? Ever plan to go out to eat and then have a sudden change in plans? Or maybe have company drop by for supper unexpectedly? Lots of folks find they have a lot of everything they need but milk and now they can have this always handy with the convenient 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, available at the grocer's, will yield five quarts of nonfat milk for as little as nine cents a quart. It is a 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 ever suspect that it was a last-minute emergency dish.

- 1 package frozen peas, cooked or
  - 2 cups fresh peas, cooked
  - 1 (7-oz.) can solid packed tuna, drained and flaked
  - 1 1/2 cups water
  - 1/2 cup nonfat dry milk
  - 4 tablespoons flour
  - 1 teaspoon salt
  - Dash of pepper
  - 2 tablespoons grated onion
  - 2 tablespoons pickle relish
- Cook macaroni as directed on package. Drain; add peas and flaked tuna. Pour water into top of double boiler. Combine Starlac nonfat dry milk powder, flour, salt and pepper. Sprinkle over surface of water; beat with rotary beater until blended. Add onion and pickle relish. Cook over boiling water, stirring constantly, until mixture thickens. Pour over macaroni mixture. Toss lightly until thoroughly mixed. Place mixture in a 1 1/2-quart casserole. Sprinkle with grated Parmesan Cheese. Bake in a moderate oven (350 degree F.) 15 to 20 minutes or until top browns slightly. Serve immediately.

### Cold Salmon Plate Rates As Special

We know of nothing to surpass it. Chinook salmon from Oregon waters, gently poached with a few pickling spices right from the pickling spice jar, then well-chilled and dressed with lemon or lime or fixed up like this. Veary reasonable in price, too.

**Cold Salmon Plate**  
Plan one pound for each two persons because they will eat every bite. That's what our family and friends did.

Gently simmer salmon pieces or fillets in small amount of salted water with a few pickling spices added, until fish flakes easily; drain. Chill.

For dressing to mask salmon or to pass in sauce boat, combine 2 tablespoons chopped sweet pickle, 1/2 cup diced cel-

ery, 2 tablespoons minced onion, 3 hard cooked eggs (diced), 1/2 cup mayonnaise and salt to taste. Garnish with sliced stuffed olives or with capers if you have some handy. Lemon or lime wedges, of course.

### Tossed Salad Always a Favorite

By ZOLA VINCENT  
*(Food 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 dressing 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 edge of big bowl, either inside bowl or on bigger plate placed under salad bowl.

**Basic French Dressing**  
Mix 1 teaspoon salt, 1/4 teaspoon pepper, 1 teaspoon sugar, 1 teaspoon dry mustard, 1 teaspoon paprika thoroughly; add 1 cup salad oil and 1/2 cup lemon juice and beat or shake until well blended and slightly thick.

**Variations**  
To 1/2-cup basic dressing add 1/4 teaspoon sugar and 2 tablespoons chopped mint; or 2 tablespoons pineapple juice, 2 tablespoons orange juice and 1/2 teaspoon sugar; or 3 tablespoons tart jelly and 1/2 teaspoon sugar.

**Some Salad Combinations**  
Fresh apricot halves or

peach slices or orange segments or strips of cantaloupe or other melon and canned pineapple chunks . . . chunks of peeled banana or strips of peeled avocado . . . small bunches of seedless grapes, pear slices that have been dipped in lemon or orange juice. You'll probably think of better ones.

**Sweet Salad Garnishes**  
Cheese balls rolled in chopped nuts . . . red cherries stuffed with salted almonds . . . pink-edged lettuce made by dipping lettuce edges in paprika sprinkled on plate . . . dates stuffed with peanut butter, cheese or nuts . . . green pepper rings . . . fruit flavored gelatin cubes in special color . . . berries dipped in powdered sugar . . . mint or marshmallow cherries . . . pineapple fingers, fresh, canned or crystallized . . . orange segments . . . banana dollars made by scoring bananas with fork lengthwise and then slicing to make scalloped edge slices.

### Chopped Olive and Peanut Spread Good

It's no surprise if peanut butter is the youngsters' favorite sandwich spread. However, a little variation from straight peanut butter would certainly be greeted enthusiastically, mothers. We combined nutritious chopped ripe olives — which you can buy in 4 1/2-ounce cans — and a little lemon

juice with the peanut butter for a delicious new sandwich filling. "Chopped Olive Peanut Spread."

**Chopped Olive Peanut Spread**  
1/2 cup peanut butter  
1/2 cup chopped ripe olives  
Lemon juice

Blend peanut butter, olives and lemon juice to taste. Spread on thin slices of buttered whole wheat bread. Makes about 1 cup filling.

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