

These Suggestions for Those Who Watch Calories; Variations Many

Do you have to watch your calories? Then, these are the sort of calories you can actually enjoy watching: Six new low-calorie recipes which make up into tasty ammunition for your "battle of the bulges."

There is a spicy dressing to add rich zest to any fish, vegetable or meat salad, and a delicious chili sauce for your meat dishes. In the dessert line, help yourself (without a twinge of conscience) to the Swiss chocolate cake, chocolate dessert, or dainty pineapple puff. There is even a munchy coconut candy for good measure.

Pineapple Puff
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
6 tablespoons unsweetened pineapple juice
4 saccharin tablets (1/4 grain each)
4 teaspoons unsweetened crushed pineapple
1 1/2 teaspoon grated lemon rind
2 eggs

Turn on oven; set at moderate (350). Melt butter or margarine in 4-cup saucepan. Blend flour into butter or margarine. Add pineapple juice slowly, stirring all the time. Cook and stir over low heat until mixture is thick and smooth. Remove from heat and add saccharin tablets, stirring until dissolved. Add crushed pineapple and lemon rind. Separate yolks from whites of 2 eggs. Put whites in a 6-cup bowl. Add yolks to pineapple mixture. Beat whites until stiff but not dry. Then fold into pineapple mixture until well blended. Pour into lightly greased 2-cup casserole. Set casserole in shallow pan containing 1 inch of water. Bake 30 minutes. Serve warm. Makes 4 servings.

Coconut Candy
1 cup shredded coconut
3 tablespoons non-fat dry milk
2 saccharin tablets (1/4 grain each)
1/4 teaspoon salt
1 tablespoon water
1/4 teaspoon vanilla

Chop coconut very fine. Put into a 4-cup bowl and blend in non-fat dry milk. Dissolve saccharin and salt in mixture of water and vanilla. Add to coconut mixture and stir until dry ingredients are moistened. Shape coconut mixture into mounds by pressing into a teaspoon. Chill until firm. Makes 16.

Swiss Chocolate Cake
Calories in one slice: 64
3 eggs
11 saccharin tablets (1/4 grain each)
1/4 teaspoon vanilla
1/4 teaspoon baking powder
1/4 cup nonfat dry milk
1/4 cup sifted all-purpose flour
1/4 square grated unsweetened chocolate

Turn on oven; set at slow (325). Separate whites and yolks of eggs. Put whites into a 6-cup bowl and yolks into an 8-cup bowl. Dissolve saccharin in water. Beat yolks until thick and lemon colored. Stir in saccharin mixture and vanilla. Sift together the baking powder, dry milk and flour. Add to yolks about one tablespoon at a time. Beat egg whites until stiff but not dry and fold into batter until well blended. When egg whites are almost all blended in, fold in chocolate. Pour batter into 6 1/2-inch ungreased tube pan. Bake 30 to 35 minutes. Turn pan upside down until cool, about 45 minutes. Makes 8 servings.

Chili Sauce
Calories in one tablespoon: 6
3 cups dietetic pack tomatoes
1/2 cup chopped onion
1 cup chopped celery
4 saccharin tablets (1/4 grain each)
1 teaspoon salt
2 tablespoons vinegar

Combine tomatoes, onion and celery in 6-cup saucepan. Cook over low heat for 1 hour, stirring occasionally. Remove from heat and cool. Dissolve saccharin tablets and salt in vinegar. Add vinegar mixture to cooled chili sauce. Cover and store in refrigerator. Makes 1 pint. One serving: 1 tablespoon.

Spicy Dressing
6 saccharin tablets (1/4 grain each)
1/4 cup vinegar
2 tablespoons flour
1 cup water
1/4 cup catsup
1 teaspoon bottled horseradish
1 teaspoon dry mustard
1/4 teaspoon Worcestershire sauce
1/4 teaspoon paprika

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1 clove garlic, peeled

Dissolve saccharin in vinegar. Put flour into 4-cup saucepan. Add water slowly, stirring all the time. Cook and stir over low heat until thickened. Boil for 1 minute then remove from flame and let cool. Add to cooled mixture the vinegar, catsup, horseradish, mustard, Worcestershire sauce and paprika, and blend well. Put into covered jar with clove garlic and store in refrigerator. Shake well before using. Use on all kinds of fish, vegetable or meat salads. Makes about 1 pint.

Chocolate Dessert
2 cups skim milk

1 envelope unflavored gelatin
3 tablespoons cocoa
1/4 teaspoon salt
1/4 teaspoon vanilla
8 saccharin tablets (1/4 grain each)
1 tablespoon skim milk

Place 2 cups milk in top of double boiler and add gelatin, stirring until softened. Stir in cocoa and salt. Place over hot water and stir until gelatin is dissolved. Remove from heat and add vanilla. Chill until it begins to set and is syrupy, about 45 minutes. Dissolve saccharin in 1 tablespoon milk. Add to chocolate mixture and beat with rotary beater, or electric beater at high speed until fluffy. Spoon into 4 dessert dishes. Chill until firm.

Try This Variation For Slaw

Cabbage slaw always is popular, and this recipe provides an interesting variation.

Spicy Cabbage Slaw
1 medium head cabbage (red if available)
1/2 cup salad dressing
1 tablespoon vinegar
1 tablespoon chopped onion
1 teaspoon sugar
1 teaspoon salt
1/4 teaspoon caraway seeds
1/4 teaspoon pepper

DeLuxe Sandwich

Here's a delicious sandwich to serve with a salad for a summer lunch. Mix mayonnaise with a little prepared mustard and spread it over the bread before making American cheese sandwiches. Toast the sandwiches in butter or margarine in a heavy iron skillet until a beautiful golden brown on each side. Cut into triangles and serve at once.

shell intact. Combine salad dressing, vinegar, onion, sugar, salt, caraway seeds, and pepper; blend well. Pour over shredded cabbage and mix lightly. Fill shell. Serves 4 to 6.

Coconut Cream Pie Is Liked

After a season of plentiful fruits for pies, once in awhile the family likes a good cream pie. Here is a tasty coconut cream one.

Coconut Cream Pie
1 9" piecrust to be baked
1 5-oz. pkg. shredded coconut
1/4 cup sugar
7 tbs. flour
1/4 tsp. salt
2 cups milk
2 eggs, to be beaten
3 tbs. butter
1/4 tsp. almond extract
1 cup heavy cream, to be whipped
1/2 tsp. vanilla

cup coconut in oven until brown. Meanwhile, combine 1/2 cup sugar, flour and salt in top of double boiler; gradually stir in milk. Cook over boiling water, stirring constantly, for 10 minutes until the mixture thickens. Beat eggs with a rotary beater in a small bowl. Add the hot milk mixture to eggs a little at a time, stirring after each addition. Return to the top of double boiler and cook, stirring occasionally, for 5 minutes. Remove from heat; add butter, almond extract and the remaining shredded coconut; cool. Pour into the cooled piecrust. Before serving, whip cream with a rotary beater; blend in the remaining sugar

Different Soup

For a deliciously different soup, add 1 1/2 cups of cooked rice to 4 cups of water in which 4 chicken bouillon cubes have been dissolved. Heat until very hot. Float very thin slices of lemon over the top of the soup and add a sprinkling of chopped parsley. Add the lemons about 10 minutes before serving time in order that the soup may take on some of the lemon flavor.

and vanilla. Spoon around edge of pie and sprinkle with toasted coconut. Chill to serve.

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