

Presenting

CHOWDER

for hearty appetites

Sea-food Chowder served with snowy white rice is hearty, heart-warming fare. It is ideal as a one-dish meal for the family dinner, or as the main dish for an informal supper party. The accompanying recipes are our choice for this three-course meal.

Family Weekly Cookbook

MELANIE DE PROFT, Food Editor



Sea-food Chowder—satisfying, flavorful, and tempting



Never grainy... always smooth!

The secret is today's
Carnation—the milk you
can use like cream
with 1/2 the fat calories!

See the smooth-as-cream texture! Ordinary milk can't do it—it takes today's Carnation, the milk that *looks, cooks, and even whips* like cream. Yet it has half the fat calories of cream! An exclusive method of evaporation removes the water slowly and gives Carnation the consistency of cream—with far less fat calories! Try it—for a failure-proof pumpkin pie as smooth as if you'd made it with cream itself.

RECIPE CARNATION'S FAMOUS PUMPKIN PIE

(Makes 9-inch pie)

1 cup granulated sugar	1 1/2 cups canned pumpkin
1/2 teaspoon salt	1 1/2 cups (large can)
1 1/2 teaspoons cinnamon	undiluted CARNATION
1/2 teaspoon nutmeg	EVAPORATED MILK
1/2 teaspoon ginger	2 eggs
1/2 teaspoon allspice	9-inch single crust
1/2 teaspoon cloves	unbaked pie shell

Mix filling ingredients until smooth. Place in unbaked pie shell. Bake in hot oven (425° F.) 15 minutes. Lower temperature to moderate (350° F.) and continue baking about 35 minutes or until custard is firm.