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CROQUETTES IN OVEN—Plentiful, economical canned tuna goes into these elegant-looking tuna croquettes which go into the oven instead of the usual skillet or deep-fryer. They bake crisply without fat and are served with a piquant wine sauce. Or the tuna may be shaped into bite-size balls for distinctive appetizers. The recipe is included in today's food column.

Feeding the Family
By ZOLA VINCENT
Food Editor

Editor's note: Foods editor Zola Vincent is on vacation. During her absence her column is being prepared by her daughter, Zolita Vincent.

Leading Seafood Virtuoso Stars in Tuna Croquettes

Tuna is the leading virtuoso of the many canned fish and shellfish available. Long noted for its high-protein and other nutritional values, as are all seafoods, it is a staple pantry - shelf item in most homes.

Tuna's low cost makes it a real-budget booster.

Packed in three handy sizes, 6 1/2-ounce, 7-ounce and the family-size 9 1/2-ounce, it is always ready to display its virtuosity in such taste treats as salads, soups, main dishes, myriad sandwich combos and "as is" straight from the can or with a dash of lemon or Worcestershire for a quick nutritious snack for hungry nibblers.

Today we give you a new way with Tuna Croquettes.

No chilling is necessary since they are baked in the oven instead of by the usual skillet or deep fry method. They cook crispy and tender without additional fat. A piquant wine sauce makes them even more delectable. Recipe makes four servings; doubles easily.

2 (6 1/2 or 7-ounce) cans tuna-in-vegetable-oil

- 6 tablespoons flour
- 1/2 teaspoon salt
- Dash of cayenne
- 1 tal lean (1-2/3 cups) evaporated milk
- 1 tablespoon grated onion
- 2 tablespoons lemon juice
- 1 cup corn flake crumbs
- Wine Sauce

Drain tuna; measure four tablespoons of the oil into saucepan. Blend in flour, salt and cayenne. Gradually stir in evaporated milk. Place over medium heat and cook, stirring constantly, until mixture thickens and comes to a boil.

Turn tuna into a mixing bowl; break into small pieces with a fork. Add one cup of the sauce, onion and lemon juice to tuna. Reserve remaining sauce. Form tuna mixture into six or eight patties or cone-shaped croquettes. Roll in corn flake crumbs. Bake in moderate, 350 degree, oven 20 minutes. Arrange croquettes on heated platter; pour sauce over; serve immediately.

*Wine Sauce. To the remaining sauce gradually blend in separately one-fourth cup mayonnaise, one-fourth cup milk, one-fourth cup white wine, one-fourth cup chopped parsley and one-fourth teaspoon salt. Heat to serving temperature.

Tuna Appetizers: For approximately four dozen bite-size bits of goodness, prepare basic croquette mixture. Form into three-fourth-inch balls; roll in cornflake crumbs. Bake in moderate, 350 degree, oven 10 minutes. Serve hot with wine sauce in sauce boat; toothpicks handy for easy pick-up and dunking.

Chili-Tuna Mix

Here's a delightfully different tuna mix for six to eight sandwiches.

To one 6 1/2 or 7-ounce can tuna, thoroughly broken up with a fork, add two tablespoons chili sauce, two tablespoons chopped green pepper, two chopped hard-cooked eggs and enough mayonnaise to attain proper spreading consistency. Salt and pepper to taste.

Salmon-Cheese Canapes

Spread a slice of smoked salmon thickly with cream cheese and roll. Chill for several hours. Cut into one-fourth-inch slices. Place on toast rounds or crackers.

Avocado-Green Olive Mold Epicurian Salad Delight

Pimiento-stuffed green olives from Spain have been going into epicurian dishes such as this Avocado-Olive Mold ever since they were evolved by the Spanish a long time ago. In this molded salad their peppery taste, gay color and firm texture com-

combine ideally with avocado and dairy sour cream for a memorable mealtime addition.

Recipe makes 8 to 10 servings.

- 4 envelopes unflavored gelatine
- 2 cups water
- 4 medium-sized avocados
- 1/2 cup chopped or sliced pimiento-stuffed olives
- 2 tablespoons dehydrated minced onion
- 1/2 cup chopped parsley
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 2 cups dairy sour cream
- Tomato wedges

Soften gelatine in water for five minutes; cook over hot water until dissolved. Peel, pit and mash avocados. Combine avocados, olives, onion, parsley, salt and pepper with gelatine; mix well. Fold in dairy sour cream. Turn into two quart mold. Chill until firm. Unmold on crisp salad greens; garnish with tomato wedges.

Iced Coffee

In a Hurry

The quickest and one of the best ways to make a refreshing glass of iced coffee is the instant way. In a tall glass, spoon in twice as much instant coffee as you would for a regular cup. Dissolve it in a little cold water; fill the glass with ice cubes; add more water and stir, stir, stir. A touch of cream and or sugar is a pleasant addition even for those who ordinarily take it black.

Mandarin Baked Bananas

Doubles As a Vegetable

Bananas baked in a mandarin orange-guava jelly sauce served as a vegetable with roast duck or other poultry, ham or pork is a real palate teaser. Topped with a dollop of slightly sweetened whipped cream or dairy sour cream it does an about-face and becomes an exotic dessert offering. Recipe makes six servings.

- 1 11-ounce jar mandarin orange sections
- 2 to 4 tablespoons guava jelly
- 1 tablespoon butter
- 1/8 teaspoon salt
- 6 medium green-tipped bananas

Drain orange syrup into small saucepan; add jelly, butter and salt. Cook over medium heat, stirring until jelly melts. Simmer one minute.

Peel bananas; arrange in lightly buttered shallow baking dish. Pour sauce over bananas. Bake in moderate, 350 degree, oven 15 minutes or until bananas are tender, basting occasionally. Add segments; heat an additional one to two minutes.

Summer Chocolate Tip

Don't throw out baking chocolate or candy just because it has turned white, which is quite likely to happen during the heat of the summer. It is simply a sign that some of the cocoa butter has separated out and when it hardens the chocolate turns white. Only the appearance is affected. Usually there is no flavor loss. When the chocolate is melted for cooking purposes, it turns brown again.

To prevent chocolate from turning white, store it in a reasonably cool place - under 75 degrees.

Smokey Says:



CONFIRMS CHARGES—Bayard Rustin, Strom Thurmond (D-S.C.) charged that Rustin, deputy director and chief organizer of the Aug. 28 integration march on Washington, is shown speaking to march marshals at New York. In Washington, Sen. Thurmond charged that Rustin was a former Communist who was jailed during World War II for refusing to register for the draft. Rustin confirmed both charges. (UPI)

The Family Council

Editor's note: The Family Council consists of a judge, psychiatrist, three clergymen, three editors and a women's editor. Each article is a summary of a family disagreement presented to the Council. The Council deals with problems, major and minor, encountered by guidance counselors and social workers. Edited by Mrs. Alma Denny. (Copyright by General Features Corp.)

Mr. N. B.—I'd be embarrassed to have my son go for dancing lessons!

Mrs. N. B.—He's fascinated by ballet and wants to study it seriously.

Mr. N. F.—We'll be the laughing stock of the neighborhood if my wife signs Eddie up for toe-dancing. He's 11 years old and a nice normal kid, a Scout and a good sport. But a Russian ballet came to town and Eddie went backstage to talk to the dancers, one of whom has an uncle who runs a school here. My wife is all for letting Eddie attend.

Mrs. N. B.—Our son leaps high in the air, imitating the male dancer we saw. He might as well learn to do it right. My husband is afraid of the "sissy" angle, I know. But it's quite possible to be masculine and graceful at the same time. I can't see why it's O.K. to jump with a basketball but not with a dance partner. To Eddie it's gymnastics.

The Council:

Unfortunately for boys like Eddie who would like to combine a love of music and a love of flowing movement into ballet dancing, a prejudice does exist viewing it as "unmanly." Nothing can be further from the truth. One of the leading male dancers, star of the N.Y.C. Ballet Jacques d'Amboise, is happily married and the father of two sons who see him drive a bulldozer, wrestle, sail a boat, swim and be very much of the head-of-the-house. D'Amboise feels that boys like Eddie should turn to ballet as naturally as to baseball. It requires grace,

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