



FISH STICKS in Mustard Toast is a new wrinkle for serving this easy-to-prepare product suggested by the National Fisheries Institute. From all accounts, fish sticks are among children's favorite foods and this recipe was designed to appeal to small fry and adults as well.

Fish Sticks

Frozen fish is gaining in popularity, particularly in localities away from the seacoast where the supply of fresh fish is seasonal and somewhat limited.

Frozen shrimp, for example, can be used just as fresh shrimp in recipes that call for rice such as Shrimp Pepperoni (which combines 1 pound shrimp, slices of fresh pepper, garlic and white wine for a topping for fluffy white rice). The flavor is an improvement over canned shrimp, fine as the top varieties of canned shrimp are.

For each box of fish sticks, cut most versatile of frozen fish and perhaps the most popular. Here they are shown served in "blankets" of toast.

For each box of fish sticks, cut the crusts from 10 thin slices of bread. Roll the bread with a rolling pin. Brush both sides of the bread with melted butter and spread the top side with prepared mustard. Place a fish stick on the mustard side, diagonally, and wrap the bread around the stick, securing the corners with a toothpick. Place on a baking sheet and bake in a 375 degree oven until bread is toasted.

Lunch Is Important

Lunch is a big event in the busy day of a school child. It can be a real highlight if it is carried to school in an attractively packed box and contains a variety of tasty, nourishing foods.

Lunchtime is re-fueling time for all of us, but children particularly need a nourishing noon meal for they are growing and burning up lots of energy. Luncheon foods should not only satisfy their appetites but should be rich in minerals, vitamins, and energy-producing foods.

If your youngster carries a lunch every day, take the time to see that his lunchbox contains the following foods: one or two substantial foods such as eggs, cheese, meat or fish; bread; milk; and a fruit or vegetable. Most schools make it possible for the children to buy milk to drink with their lunch, but if not, milk can and should be carried in a thermos bottle.

Variety is important in a packed lunch, as is attractive packaging. Mother cannot be there to see that her child eats his packed lunch that he needs, but she can make it attractive and appetizing so he'll want to eat it. Little things can make the difference between a plain lunch and an exciting one—colored paper napkins, for example, are more fun than plain ones. Plan to include a cup custard, cottage cheese, fruit salad or a simple pudding often in a packed lunch. It relieves the monotony of sandwiches and can be done easily by using either inexpensive plastic or paper containers and plastic spoons and forks.

Remember, youngsters love a surprise: a cube of cheese, a devilled egg, their favorite fruit, a few raisins or salted nuts, or a nickel for an ice cream cone! These foods will add both flavor and food value to their lunch, as will these good-tasting cheese sandwich fillings.

CHEESE FOR SANDWICHES

For a whole wheat sandwich spread, combine 1 cup cottage cheese, 1 tablespoon minced onion, 2 tablespoons chopped sweet pickle or pickle relish and 1 tablespoon mayonnaise. Spread on bread and add a leaf of crisp lettuce.

Serve with a cup or bowl of steaming soup and lunch is ready for your schoolage youngster. Give him an apple or a pear for dessert to munch on his way back to school.

PORK AND APPLES

Two fall foods that are a natural combination are pork and apples. Serve fresh apple sauce with pork sausage patties for breakfast or lunch; stuff rib pork chops (cutting along the bone to make the pocket) with finely sliced or grated apple seasoned with cinnamon or nutmeg; or stuff pork chops with onion-seasoned bread filling and serve apple sliced fried (unpeeled, please) in the pan drippings and sweetened to taste. Glazed apple rings or wedges are a favorite with pork chops or a pork roast. A big, raw apple and celery salad is tops with a pork roast dinner.

OLIVEBURGERS

These Oliveburgers will rate a cheer from the youngest to the oldest in your family. For 4 to 6 servings, combine 1 pound of ground beef with 12 stuffed olives, sliced; 1 small onion, finely chopped; 1/2 teaspoon salt and 1/2 teaspoon pepper. Shape into patties and broil 3 to 4 inches from heat until browned on both sides.

BETWEEN-MEAL PIECING ADDS MANY POUNDS

Your family is off to work and to school. When noon time arrives, do you open the refrigerator and eat a bite of this and that, then take some cookies from the cookie jar? By the middle of the afternoon you're hungry so you piece some more. Far too many homemakers get into this bad habit, points out food authority Reba Stagg.

For the woman who's the least big susceptible to adding pounds, piecing during the day is one of the easiest ways to count up those calories. If you want to fit into the slender line decreed for this fall, your daily diet should be made up of foods that are important to body, health, yet low in calories.

Of special interest to homemakers wanting to reduce is the fact that a diet rich in meat actually aids this effort. A lunch planned around meat provides a sense of satisfaction so there's no temptation to piece between meals. Also, there's no tendency toward poor disposition often associated with weight reducing.

Here are some simple menu suggestions when preparing lunch just for you—tossed salad topped with strips of luncheon loaf, "boiled" ham or 3 or 4 strips crisp bacon crumbled; slices of luncheon loaf

broiled and served with a tomato-cucumber salad; smoked tongue slices with a shredded cabbage-green pepper salad; grilled frankfurters with tomato aspic salad, relishes; panbroiled bologna and a peach-cottage cheese salad. Accompany lunch with a beverage and with fresh or canned fruit if desired.

Onion Pilaf

A favorite dinner which first gained national popularity as an outdoor "barbecue special" is kebabs and rice pilaf. Here we see it equally "at home" served on your prettiest china, attractively garnished and ready to eat. It's a quickie meal too. The kebabs can be broiling while you prepare the pilaf quickly and easily with packaged pre-cooked rice. Though simple to do, this superb meal would make everyone think you spent hours in the kitchen. Your family too will have the fun of remembering summertime barbecues when they discover that this delicious meal can be served indoors.

ONION PILAF

(using onion soup)
1 package dehydrated onion soup
3 cups boiling water
1 1/2 cups (3-ounce package) packaged pre-cooked rice
1/4 teaspoon salt
Dash of pepper
1 tablespoon chopped parsley
Stir dehydrated onion soup into the boiling water. Cover and boil 10 minutes. Add packaged pre-cooked rice, salt, and pepper and stir just to moisten all rice. Bring again to a full boil, cover, and

remove from heat. Let stand 13 minutes. Add parsley, mixing lightly with a fork. Makes 4 servings.

THE GOVERNMENT has set the period of September 28 through October 8 for a National Rice Promotion because of the unusually large rice surplus this year. Here is an Onion Pilaf to serve with your favorite kebabs or hamburger for your fall outdoor meals. With the shortening evenings, eating out is soon going to be confined to weekends and luncheons, so let's make the most of the time we have. Photo and recipe courtesy Minute Rice.

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My Brother Adlai

by Elizabeth S. Ives

From his first political appearance at the age of nine through the crowded, colorful years that brought him to leadership of his party and world renown—here, at last, are the chapters in Stevenson's life that only his sister could tell! Don't miss this Journal exclusive!



TIPS ON BUYING

Several pointers about furniture construction can help the average furniture shopper get the best values for her money.

One idea which should be cleared up is that "veneer" furniture is not necessarily inferior to "solid." Today many of the finest pieces of furniture are made from veneers. There will be cheap veneers, of course, just as there are cheap solid pieces, and fine veneers just as there are fine solids.

In buying upholstered furniture, the home decorator must depend on the manufacturer's reputation and the reliability of the store. She cannot examine the inner construction herself. But by asking a few questions, she can learn whether she is getting the most for her furniture dollar. If the furniture is cotton-cush-

ioned, she can be sure it will provide buoyant support and that the upholstering fabrics will not "creep" or wrinkle.

Before investing in a new piece of furniture, the homemaker should make sure it will go with the older pieces she wants to keep. A new pastel colored chair, placed in the room with older furniture covered in dark fabric, for example, may make the other pieces look dingy. Tweedy plaids in muted tones are much seen this season and the patterned fabrics do not show soil as readily as solid colors and are apt to blend with other pieces in the room.



By Bessy, the Basin Bossy

Have you noticed it's become "the thing to do" among growing-ups to not quit drinking milk and look for a more sophisticated drink.

It's merely a sign of the times—the kids, like their folks, are getting practical. Milk already is a sophisticated drink—if you're smart, you drink it. At the same time, you're doing yourself a favor.

Notice, too, when at the restaurant or lunch counter next time out—more grown-ups than ever are asking for milk at mealtime... and twist meals, too.

For the little guys, though, here's a real recipe that'll tickle their sweet teeth. It's a peek-a-boo maple punch:

You'll need 1/4 cup maple flavored syrup, 1 1/2 teaspoons cinnamon, 1/4 teaspoon salt, 4 cups cold milk, 1 pint vanilla ice cream, chocolate bits, Maraschino cherries and whole cloves.

Blend the syrup, cinnamon, salt and cold milk, using rotary beater. Pour into chilled glasses or mugs. Dip six round ice cream balls. Make a face on each using chocolate bits for eyes, Maraschino cherries for mouths and whole cloves for noses. Spoon remaining ice cream into glass and top each glass with one of the ice cream faces.

This will serve six, and goes best with butter cookies.

Take it from me, this will go at a grown-up gathering as well as for the youngsters, won't it? Bessy.

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