



NORWAY KIPPERS and Cream of Mushroom Soup merge to make an ideal main meal Lenten dish. It boasts ease of preparation and it's economical, too.

SUNDAY SUPPER DISH

Each year homemakers are faced with the perennial problem of how to serve appetizing and nourishing seafood dishes during the Lenten season and yet keep the family food budget on an even keel. Norway kippers (moist, lightly smoked fillets of herrings) are a partial solution. They have a distinct, delicious flavor all of their own, are rich in proteins and one of the most inexpensive forms of canned seafood on the market.

Packed in extra easy to open aluminum cans, there are endless ways of serving them. Here are just a few carefully kitchen tested variations:

SUNDAY SUPPER DISH

4 (3 1/2 oz.) cans Norway kippers
1 (10 1/2 oz.) can cream of mushroom soup
3 oz. milk
1 oz. butter
4 slices bread, toasted, cut in half

Seasoning to taste
parsley for garnishing
In a double boiler heat the cream of mushroom soup, combining the milk and butter. Cut kippers into pieces about 1 inch in length and add to ingredients in boiler. Stir well. Season to taste and heat for a few minutes. Arrange toast which has been trimmed and cut into triangular strips on individual serving plate. Pour over hot cream mushrooms & kippers and garnish with sprigs of fresh parsley. Serve hot. (Yield 4 generous servings at less than 20 cents per serving.)

KIPPERED OPEN SANDWICH

1 (3 1/2 oz.) can Norway kippers
4 slices of bread
1/2 cup grated cheddar cheese
2 tsp. finely grated onion
1 canned pimiento
1 tbsp. lemon juice
Toast bread on one side only. Mix cheese with grated onion and spread on untoasted side of bread. Arrange flaked Norway kippers over cheese. Arrange thin strips of pimiento over kippers and sprinkle with little lemon juice. Broil until topping is hot. Serve at once. (Yield 2 to 4 servings.)

CREAMED KIPPERS AND VEGETABLES

1 (3 1/2 oz.) can Norway kippers

Make it from me...

Bessy's Dairy Dishes

By Bessy, the Basin Bessy

A chicken in every oven is a good version of the old slogan — a chicken in every pot. If you do two at once, you'll have leftovers for any number of dishes that'll cut a fancy caper (or capon) with every one of your family. With each and every one of these dishes, serve up tall, refreshing glasses of cold milk — to help give all your family those three glasses of milk per day each of them should have.

RICED AND APRICOT STUFFING

1/2-pound duck (or chicken)
3 cups flaky, boiled rice
3 Tbsp. butter or other fat
1 small onion, chopped
1 spring parsley, chopped
1 cup chopped celery and tops
1 tsp. savory seasoning
1/2 pound dried apricots
Salt to taste

Cook the onion, parsley and celery for a few minutes. Add the rice and other seasonings. For the apricots, wash and dry them first, then cut into strips with the scissors and mix with the rice and seasonings.

BRAZIL NUT RICE STUFFING

8 cups cubed, day-old bread
1/2 cup chopped Brazil nuts
1/2 cup raw rice
4 Tbsp. butter
1 cup finely chopped onion
1/2 cup finely diced celery
1 Tbsp. chopped parsley
1/4 tsp. salt
1/2 tsp. pepper
2 eggs beaten

Remove crusts from 12 to 16 slices of bread; cut bread in 1/2 inch cubes. (Do not discard crusts; toast in slow oven to serve as accompaniment with soup or salad.) Put cubed bread in a large shallow baking pan with chopped Brazil nuts and toast in a slow oven, (275 degrees F.) 45 minutes, stirring once. Turn into a large bowl; pour over 1 1/2 cups boiling water. Cook rice in 1 1/2 quarts rapidly boiling salted water 15 minutes; drain. While rice is cooking melt butter in skillet; add onion and celery; cook slowly until tender, but not brown. Add to bread crumb mixture with drained rice and parsley. Add salt, pepper and beaten eggs; mix lightly. Return to frying pan; cook slowly, stirring frequently, about 15 minutes. Use 2-3 mixture for stuffing chicken, form the remaining into 3-inch round flat patties. Put on baking sheet and bake in oven with chicken the last 45 minutes of roasting time, or place in shallow to brown. Yield: Stuffing for 12 to 15 pound chicken and 10 to 12 patties.

Lenten Casserole

Tuna casseroles are usually mighty popular Friday night supper entrees. Although most folks use their favorite "fried and true" recipes it's handy to have a new flavor trick to feature now and then. We enjoy Olive Tuna Casserole because it blends the flavors of ripe olives and corn with a creamed tuna mixture. When baking under a topping of crisp, ready-to-eat cereal flakes you'll find this fish casserole a most satisfying supper dish.

OLIVE TUNA CASSEROLE

1 cup ripe olives
4 tablespoons butter or margarine
5 tablespoons flour
1/2 teaspoon salt
2 cups milk
1 (6 1/2 or 7-ounce) can tuna
2 cups canned or cooked whole kernel corn
1 cup corn flakes

Cut olives into large pieces. Melt butter and blend in flour and salt. Add milk and cook and stir until mixture boils and is thickened. Drain and flake tuna, and drain corn. Stir tuna, corn and olives into sauce. Turn into shallow baking dish and top with lightly crushed corn flakes. Bake in moderate oven (350 degrees) about 20 minutes, until thoroughly heated.

Makes 4 or 5 servings.



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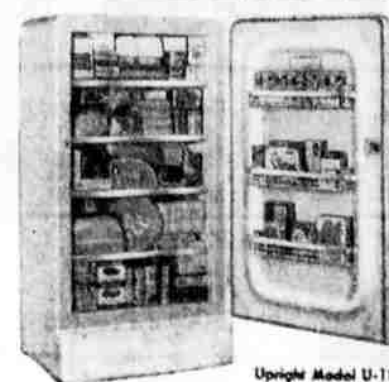
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