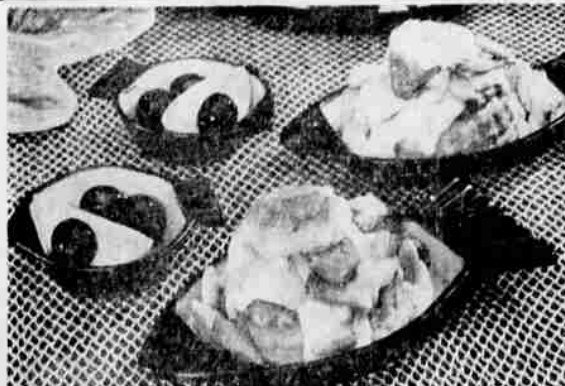




QUICK-FROZEN PEAS are popular, plentiful and can be varied by adding such things as almonds, mushrooms, onion rings, pimiento, celery or parsley. Photo and recipe suggestions are from Birds Eye.



GOLDEN ALMONDS add crispness and flavor to Creamed Smoked Salmon. Here's a good luncheon or supper entree for the Lenten season. The creamed mixture may be served in toasted patty shells or over rice, noodles, or baking powder biscuits. Photo and recipe are courtesy of California Foods Research Institute and the dishes are from Gump's.

Peas Are Plentiful

Quick-frozen peas are in plentiful supply right now. This fact, announced by the Department of Agriculture, should alert canny shoppers to be on the lookout for special sales on this popular vegetable. Now is a good time to include peas in your menus—they are the perfect "go-with" food to

SNOW PUDDING

This "Snow Pudding" isn't just fluff as so many of them are. It has real essence and features California Port wine, both in the pudding and in the tasty custard sauce with which the pudding is served. It's a perfect dessert to serve following a heavy dinner.

Many of your guests would be charmed to be served with a glass of California Port or Sherry wine with the pudding.

- SNOW PUDDING**
 1 envelope plain gelatin
 1/4 cup cold water
 1/2 cup orange juice
 1-3 cup sugar
 1/4 teaspoon salt
 1 teaspoon grated orange rind
 1 tablespoon lime or lemon juice
 1/4 cup California white Port wine
 2 egg whites
CUSTARD SAUCE
 2 egg yolks
 1/4 cup milk
 1/4 teaspoon salt
 2 tablespoons sugar
 1 tablespoon California white Port wine

Soften gelatin in cold water. Heat orange juice with about half the sugar, the salt and orange rind, and dissolve gelatin in it. Blend in lime juice and Port wine. Cool until slightly thickened. Beat egg whites until stiff, and gradually beat in remaining sugar. Fold into thickened gelatin. Spoon into individual molds, and chill until firm. Unmold, and serve with Custard Sauce.

Custard Sauce: Beat egg yolks lightly. Scald milk with salt and sugar, and slowly stir in egg yolks. Cook and stir over hot water until thickened. Remove from heat and cool. Blend in Port wine. Chill. Makes about 5 servings.

meat, fish or egg entrees; they add color, flavor and nutrition to stews and casseroles. Now, too, if you have freezer space, is the time to stock up on peas for future use. For frozen peas know no season and can be used year-round in myriad ways.

Nutritionally, speaking, green peas can do a lot for our daily diets. They are a good source of those valuable vitamins A and C, niacin, thiamin, iron and protein. The frozen food industry is justly proud of the fact that the freezing process preserves these bountiful gifts of nature. In fact, the leaders in the industry bend every effort to see that all the frozen products you buy are the best that nature and modern scientific methods can make them. The story of what the Birds Eye

Research Laboratories in Albany, New York is doing in this line is told in an interesting booklet that came across our desk recently. To maintain the top quality and nutritional goodness that has been so carefully nurtured in these frozen peas, do your part by keeping them solidly frozen until used and by cooking them, as the package directs, in a small amount of water for a very short period of time. Then, to vary the vegetable and add interest to your menus, try cooking them with different additions as pictured today . . . sliced almonds, sliced mushrooms, onion rings, diced pimiento or parsley.

- PEAS AND ONIONS IN CREAM**
 1/2 cup thinly sliced onion rings
 1 cup boiling salted water
 1 package (10 ounces) quick-

- frozen green peas
 2 tablespoons butter
 1 tablespoon flour
 1/2 teaspoon salt
 Dash of pepper
 Dash of nutmeg
 1/2 cup water
 1/2 cup light cream
 1 tablespoon diced pimiento
 Cook onion rings in boiling salted water 5 minutes. Add peas and continue cooking 5 minutes longer, or until peas are tender. Drain. Add butter to vegetables. Sprinkle in flour and seasonings. Add water and cream gradually, stirring constantly. Then cook and stir over medium heat until thickened. Add pimiento. Makes about 2 cups, or 4 servings.

- SAVORY PEAS**
 1/4 cup butter or margarine
 1-3 cup chopped onion

- 1 1/2 cups thinly sliced celery
 1 package (10 ounces) quick-frozen green peas
 2 tablespoons hot water
 1/4 teaspoon salt
 Dash of pepper
 Pinch of thyme
 1/2 teaspoon Worcestershire sauce
 2 tablespoons diced pimiento (optional)
 1 tablespoon chopped parsley
 Melt butter in saucepan, add onion and celery, and saute slowly about five minutes, or until onion is golden brown. Add peas, water, salt, pepper, and thyme. Cover and simmer six to eight minutes, or until peas are just tender. (Do not overcook). Add Worcestershire sauce, pimiento, and parsley, mixing lightly. Makes 2-2 1/2 cups, or four to five servings.

- PEAS SUPREME**
 1 package (10 ounces) quick-frozen green peas
 1/4 cup sliced blanched almonds
 3 tablespoons butter or margarine
 1 1/2 cups sliced fresh mushrooms or 4 ounce can
 1/4 cup chopped onion
 1/4 teaspoon salt
 Cook peas as directed on the package. Drain. Saute almonds in butter until golden brown. Remove almonds and saute mushrooms and onions in butter remaining in skillet until mushrooms are tender. Combine peas, almonds, mushrooms and onion mixture, and salt. Makes about 2-1 1/2 cups, or three or four servings.
 Note: If desired, omit the chopped onion.

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