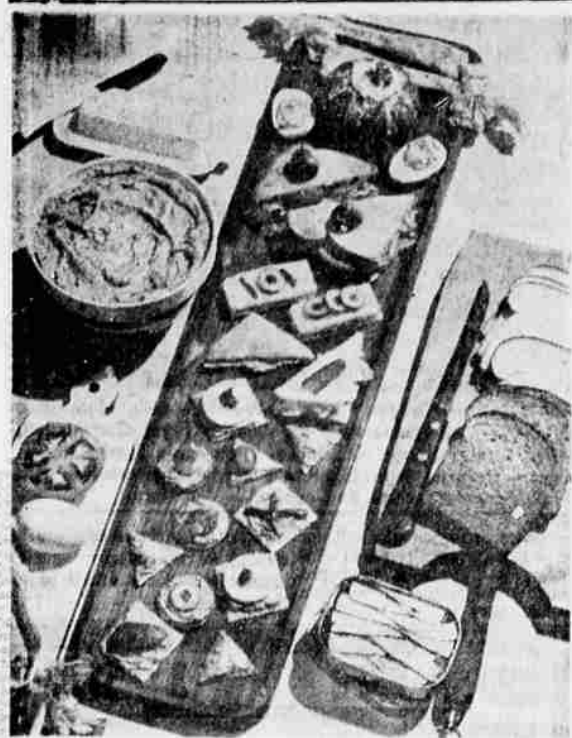




A SARDINE SPREAD, with a subtle flavor, is practical to have on hand in the refrigerator. Made with Norwegian sardines and softened cream cheese with a liberal amount of lemon juice it can be brought out on a moment's notice to prepare hearty sandwiches or dainty tid-bits such as those pictured here.

VERSATILE SARDINES

Here's a novel sardine recipe. Ideal as a sandwich spread, party dip or main meal appetizer. Mix four ounces of cream cheese with a liberal amount of lemon juice until you have the consistency of cream sauce. Add one teaspoon of grated onion. Drain a can of Norway sardines and mash the sardines. Add the mashed sardines, a few capers, black pepper and a dash of paprika and salt to the sauce. Blend thoroughly.

If you prefer to have Sardine Butter on hand, drain a can of sardines and mash the contents. Combine with $\frac{1}{2}$ pound of softened butter or margarine, one teaspoon grated onion, one teaspoon Worcestershire sauce, $\frac{1}{4}$ teaspoon paprika, salt and pepper. Yield is $\frac{1}{2}$ pound of spread.

Sardine spread's uses are not by any means limited to the hors d'oeuvre tray. Dainty tea sandwiches are made by using the spread alone. Heartier lunchbox fare may be whipped up in moments by adding sliced tomatoes and leaves of lettuce to bread on which the fish butter has been spread.

Celery stalks may be stuffed with a combination of the spread and cottage cheese for a different hors d'oeuvre.

The same combination may be used to fill the center of a tomato for an interesting salad.

Stuffed eggs, too, are delectable when filled with a mixture of the

spread and sieved yolks. Add mayonnaise for moisture.

SALAD DRESSING

Turn a tossed green salad into a special treat by adding this simple but unusual dressing. Combine a cup of commercial sour cream with $\frac{1}{2}$ cup of mayonnaise and three tablespoons of lemon juice. Add a can of sardines which have been drained and mashed, and a sprinkling of garlic powder. Salt and pepper to taste, of course. Mellow in the refrigerator for an hour or so, then toss with any mixture of salad greens. The dressing will serve six.

LUNCHEON QUICKIE

For luncheon in a hurry, drain a couple of cans of sardines and place them in a shallow pan which has been rubbed with a clove of garlic. Whisk under the broiler for a minute or so, until the fish are

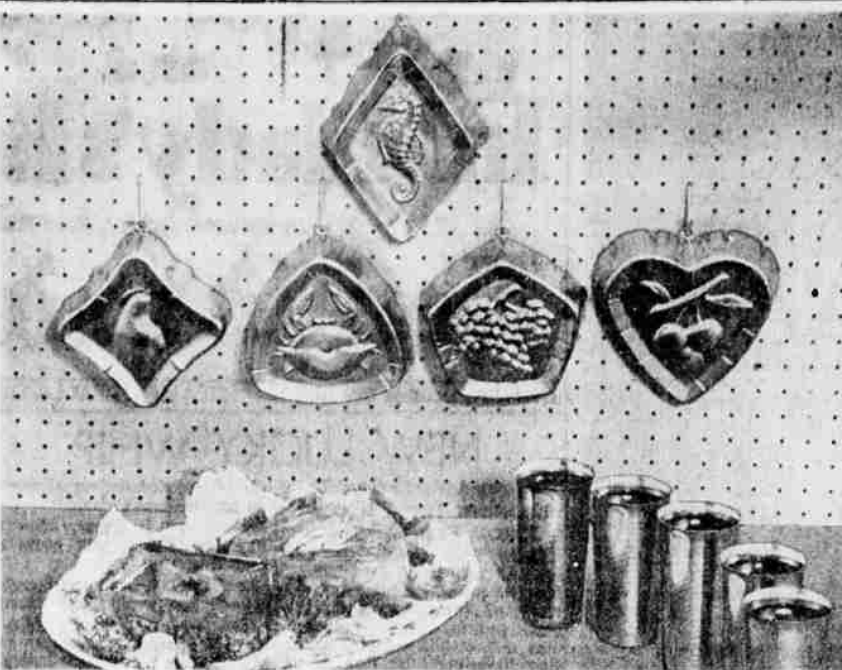
PLUM PUDDING

Thanksgiving's not far away — time to begin thinking about plum pudding! "Holiday Plum Pudding" is a rich, spicy suet pudding, sweet with chewy raisins, currants and candied fruits. Serve this pudding steaming hot with hard sauce dusted with nutmeg. Keep the servings small, for this pudding is very rich. Although this recipe makes a big batch, the puddings will keep through the holidays when they're tightly wrapped and stored in a cold place.

HOLIDAY PLUM PUDDING

$\frac{1}{2}$ cups light or dark raisins
1 cup seeded raisins
1 cup currants
 $\frac{1}{2}$ cup cut preserved orange peel
 $\frac{1}{4}$ cup cut candied cherries
1 cup cut citron
2 tablespoons grated orange rind
 $\frac{1}{2}$ cup Sherry wine or brandy
1 cup roasted unblanched almonds
4 eggs
 $\frac{1}{4}$ cups brown sugar (packed)
1 cup fine dry bread crumbs
2 cups finely chopped suet
 $\frac{1}{2}$ cups chopped apple
1 cup sifted all-purpose flour
 $\frac{1}{2}$ teaspoon salt
1 teaspoon cinnamon
1 teaspoon allspice
 $\frac{1}{2}$ teaspoon cloves
 $\frac{1}{2}$ teaspoon nutmeg

Rinse raisins and currants, and drain thoroughly. Add peel, cherries, citron and orange rind. Pour Sherry or brandy over fruits and let stand while preparing batter. (Fruits may stand overnight if desired). Chop almonds and sprinkle over fruits. Beat eggs well and gradually beat in sugar. Blend in crumbs, suet and apple. Sift together flour, salt and spice, and stir into egg mixture. Pour batter over fruits and nuts, and mix lightly but thoroughly. Fill greased cans (3 No. 2 $\frac{1}{2}$ cans and 2 No. 1 tall cans, or two 1 pound coffee cans and one No. 1 can). Cover tops with double thickness of waxed paper secured with string. Place in kettles with 1-inch of boiling water. Cover kettles closely and boil 6 hours, replenishing water occasionally. Remove from heat and allow puddings to cool in cans. When cold turn out, brush surfaces with brandy or dessert wine and wrap well in waxed paper. Reheat by steaming before serving.



WEST BEND ALUMINUM Company has a new set of copper-color molds in a set of five different designs. The new molds combine the soft, warm beauty of copper with the non-tarnish properties of aluminum. Soap and water cleans the molds after each use and they never need polishing. The molds are not just colored. They are aluminum with the copper color actually a part of the basic metal so they can't chip or peel. Make fruit salad in the molds with embossed grape clusters, cherries or pear. Make a macaroni salad mold in the embossed seahorse mold and use Sego Evaporated milk for extra richness.

Lemon Surprise

Old-fashioned goodness in a brand new way. It's Lemon Cake Pudding. Yes, the tangy dessert grandmother used to make comes to your table just as before, but now, with a minimum of work — in fact just five minutes of work.

It's a brand new mix called Lemon Pudding Cake. And what a perfect time to delight the family; crisp fall air brings appetites to the fore, and to satisfy them it takes a bit of sweetness and yet a bit of tang. This cake pudding dessert, in a new package by Betty Crocker, takes all the work out of the making. You have only to

mix the cake, sprinkle the pudding mixture on top and then pour boiling water over all. It bakes to a golden brown, with rich, moist cake on top and luscious lemon pudding on the bottom. And for an added surprise, stir cut-up uncooked prunes into the cake batter!

Umm, a lemon cake pudding with prunes for wholesome goodness. Better try this one soon.

LEMON SURPRISE

1 package Betty Crocker Lemon Pudding Cake Mix
1 egg
2 tablespoons water
 $\frac{1}{2}$ cup finely cut uncooked prunes
 $\frac{1}{4}$ cups boiling water

Empty cake envelope into small bowl. Blend in egg and 2 tablespoons water. Beat 1 minute at medium speed (or 150 strokes by hand). Stir in prunes. Spread batter evenly into ungreased 8x8x2 inch or 9x9x1 $\frac{1}{2}$ inch square pan. Sprinkle "pudding" envelope evenly over batter. Do not stir. Slowly pour $\frac{1}{4}$ cups boiling water over entire surface. Do not stir. Bake 25 to 30 minutes at 400 degrees. Serve with cream, whipped cream, or ice cream for a crowning touch.

CRACKERS

Crisp soda crackers or saltines by leaving them in a 350 degree oven for about five minutes.

MOLDED SALAD

Macaroni Salad Mold Supreme takes that old favorite combination of macaroni and cheese and puts it into an enticing new salad form that can easily serve as a main dish. Mold it in one of West Bend's new copper-colored molds and it will make a handsome addition to the buffet or table.

Cheddar cheese is diced finely for this salad and just to crisp things up a bit, there's chopped green pepper added. Extra nourishment comes in the form of Sego Evaporated Milk and chopped hard cooked eggs.

MACARONI SALAD

2 cups cooked elbow macaroni, drained and chilled
(Note: $\frac{1}{4}$ cup dry macaroni yields 2 cups cooked)
 $\frac{1}{4}$ cup lemon juice
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon celery salt
 $\frac{1}{2}$ teaspoon dry mustard
1 envelope unflavored gelatin

$\frac{3}{4}$ cup boiling water
1 cup Sego Evaporated Milk
2 tablespoons chopped onion
 $\frac{1}{4}$ cup chopped green pepper
2 hard-cooked eggs, chopped
1-3 cup sweet pickle relish
 $\frac{3}{4}$ cup finely diced sharp cheddar cheese

Add seasonings to lemon juice in medium size mixing bowl. Sprinkle gelatin over and let stand five minutes to soften. Add boiling water and stir until gelatin is dissolved. Cool, then add the cooked macaroni. Stir in evaporated milk, then fold in remaining ingredients. Ladle into a West Bend copper-color mold which holds 24 ounces. Chill until set, about 2 to 3 hours.

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