



MUSHROOMS BENEDICT, creamed mushrooms served over fried ham on waffles, makes fine party or family food. Leftover waffles, frozen to be used for future servings, can be crisped and used for this dish. The recipe calls for canned mushrooms which makes it even simpler to prepare.

PINEAPPLE AMBROSIA

Mix frozen or canned pineapple chunks with orange sections and a little Muscatel or white port wine. Chill, then heap into dessert dishes and top with coconut.

MILK

More milk is used with cereals than any other food. Cereals account for about 13 per cent of the fluid milk per capita consumption.

NOODLES

When you want a change from potatoes with a meat or fish dinner toast small bread squares in butter and mix with cooked drained noodles and dress with melted butter.

SAUCE

Grate a fresh, tart apple into whole or strained cranberry sauce to serve with your favorite chicken dish.

SALAD

New leaf lettuce or romaine, now coming into the market, make delicious salads with the addition of ripe pear wedges. Top with Nalley's cheese dressing.

ACCOMPANIMENT

Marinate canned cling peach halves overnight in soy sauce, wine vinegar and a little brown sugar. Broil and serve hot with fish for a Lenten luncheon.

DELICIOUS ENTREE

Here's a festive food that takes no fussing. "Mushrooms Benedict" is a delicious entree suitable for spring parties, showers and other special affairs; or for a family Sunday breakfast.

Perfectly seasoned creamed mushrooms are spooned over butter-fried ham arranged on crisp waffles. Frozen waffles, reheated and served hot and crisp, are most acceptable. Fresh lemon juice and instant minced onion give an appetizing flavor note to the cream sauce. The onion flavor is so delicate and sweet it won't disguise the distinctive mushrooms. Instant minced onion, of course, is responsible for this cookery trick. This moisture-free onion is always mild and you need never worry about

strong, harsh flavor. Serve sliced tomatoes with "Mushrooms Benedict" and a spiced peach. Having a party? Champagne would be an elegant beverage.

MUSHROOMS BENEDICT

6 thin slices baked or boiled ham
Butter or margarine
3 tablespoons butter or margarine
1/4 cup sifted flour
1 1/2 cups light cream and drained mushroom liquor
1 tablespoon instant minced onion or 1/4 cup finely chopped green onion
1 egg
1 tablespoon fresh lemon juice
1/2 teaspoon salt

1 (8-ounce) can mushrooms
1 (3-ounce) package frozen waffles
Finely chopped fresh parsley
Fry ham lightly in a little butter; keep warm in slow oven. Melt 3 tablespoons butter, blend in flour. Slowly stir in cream and mushroom liquor. Add onion; cook and stir until mixture thickens and is smooth. Blend in beaten egg, lemon juice, salt and mushrooms; add any drippings remaining from frying ham. Heat well but do not boil. Heat frozen waffles in oven or electric toaster. Spread with butter, if desired. For each serving, top waffles with ham slice and generous spoonful of mushroom mixture. Sprinkle with parsley, if desired.
Makes six servings.

Ripe Olive Spread

Peanuts, chopped ripe Wyandotte olives and a jar of smoke-flavored cheese spread is a teasing combination for sandwiches. Although quick and easy to fix at a moment's notice, a jar on hand in the refrigerator is a great help in preparing luncheon or snack-time sandwiches on short order. "Smoky Olive Spread" is good, too, as a filling for stuffed celery or to spread on crackers.

SMOKY OLIVE SPREAD

1 (5-ounce) jar smoke-flavored cheese spread
1/2 cup peanuts
3 tablespoons milk or cream
1 (4 1/2-ounce) can chopped ripe olives
Chop peanuts fine. Soften cheese with a fork and blend in milk. Mix in olives and nuts.
Makes about 1 1/2 cups spread.

BISCUITS

Stir chopped light or dark raisins into biscuit mix; add grated American cheese and enough milk to make a soft dough. Roll out on a lightly floured board and cut into small rounds to serve for a special luncheon or dinner.

CHOCOLATE MILK

Add a little peppermint extract to the youngster's after-school serving of chocolate milk. Or make ice cream floats by adding scoops of vanilla or peppermint ice cream.

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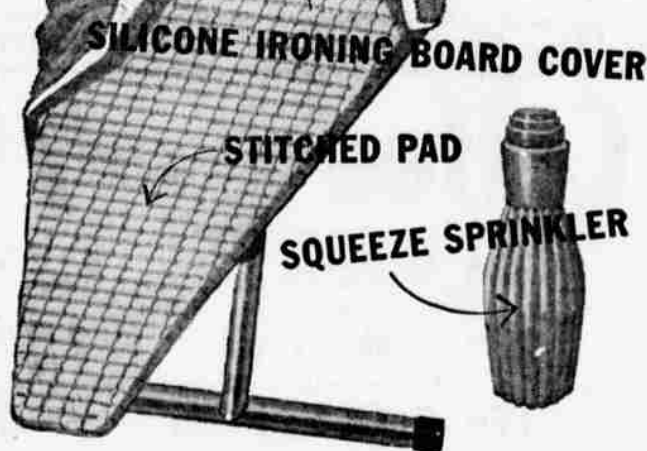
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