

SOUFFLE SANDWICH

A two-time winner from the tiny town of Bartlett, Nebraska, Mrs. Lysle Couch, was honored in Chicago for her award-winning recipe in the National Sandwich Idea Contest.

For the second year in a row, Mrs. Couch placed a recipe among the 20 Best Sandwiches of the Year, selected from hundreds of entries in the annual contest sponsored by the National Restaurant Association and the Wheat Flour Institute. All 20 sandwiches were on display at the NRA Convention on Navy Pier.

Her entry, "Cafe Souffle Sandwich," is truly a gourmet creation. Starting as an open-face ham and asparagus sandwich, it is topped with a "souffle" mixture of beaten egg whites, cheese and mayonnaise. The sandwich is broiled until the souffle topping forms an appetizing brown puff. It tastes even better than it looks.

Mrs. Couch seems to have a gourmet touch with food. The new restaurant show award marks the sixth time one of her recipes has won major recognition in a national contest.

Mrs. Couch is now eligible for cash prizes and an all-expense trip to New York City, which go to the creators of the top three sandwiches. If her recipe is chosen as the Grand Champion Sandwich of the Year, Mrs. Couch will win an all-expense gourmet trip for two to Europe's finest eating places.

Mrs. Couch's cafe, "The Nut-Nik," is on Highway 281 in the sand hills of Nebraska.

This is one of the 20 Best Sandwiches of 1959, selected by the School of Hotel Administration, Cornell University, in a contest sponsored in the food service industry by Wheat Flour Institute and the National Restaurant Association.

CAFE SOUFFLE SANDWICH
8 slices enriched bread, toasted
Butter or margarine, soft-

ened
4 slices baked or boiled ham
16 cooked asparagus spears
2-3 cup mayonnaise or salad dressing
2 tablespoons grated cheddar cheese
3 tablespoons chopped green olives
2 tablespoons chopped green pepper
2 egg whites

Spread butter or margarine on four toast slices. Place ham on toast. Top with four asparagus spears. Place sandwiches under broiler for one minute. Combine mayonnaise, cheese, olives and green pepper. Beat egg whites until stiff. Fold mayonnaise mixture into egg whites. Spread evenly over asparagus. Place sandwiches on broiler rack about six inches from heat and broil two minutes or until top is golden brown. Cut remaining four toast slices diagonally into halves. Place broiled sandwich in center of serving plate with toast triangles on opposite sides. Garnish toast with tomato wedges and parsley.

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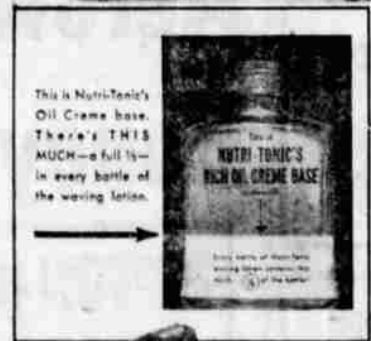
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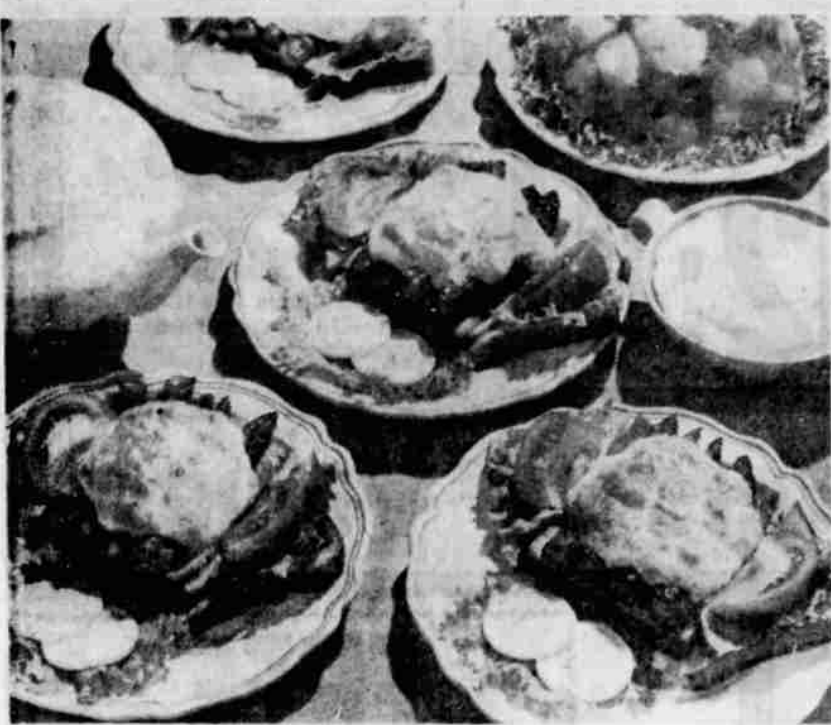


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A SANDWICH which serves as a fancy luncheon entree was picked as one of the 20 Best Sandwiches of the Year in the National Sandwich Idea contest conducted in May of this year. Mrs. Lysle Couch, creator of this dish, calls her entry "Cafe Souffle Sandwich" and it is presented through the courtesy of the Wheat Flour Institute.

Fathers Day Candy

In spite of those who "view with alarm" man's place in the home as one of declining importance, the truth is that in most American families father is still head of the house, the one to whom mother and the children look for strength and courage as well as material well-being. So it is good that we have set aside a day each year in honor of father. So to please and flatter him prepare some sweet surprise as an evidence of your love and consideration.

As a suggestion, here are two recipes for candy, and, since most men love chocolate, it is used in both recipes, choosing candy-making chocolate, a formula devised for just that purpose.

One is a truly marvelous fudge, layered with marshmallows and nuts, and with a delicious topping of melted chocolate poured richly over it. Truly a toothsome confection.

The raisin-nut clusters are simple enough for a quite young child to make. The chocolate is partly melted over hot water, then

stirred rapidly until entirely melted. Raisins and nuts are mixed in and the mixture is dropped from a teaspoon onto waxed paper. A small girl or boy could easily make this delicious candy as their surprise for Dad on Father's Day.

RAISIN-NUT CLUSTERS

1 package candy-making chocolate
1/2 cup raisins
1/2 cup chopped nuts
Heat chocolate over hot water until partly melted. Then remove from hot water and stir rapidly until entirely melted. Add raisins and nuts and mix well. Drop from teaspoon onto waxed paper. Cool until firm. Makes about 2 1/2 dozen.

MILK CHOCOLATE FUDGE

2 packages (16 squares) candy-making chocolate
1 1/2 cups milk
3 cups sugar
Dash of salt
2 tablespoons light corn syrup
1/2 cup butter
2 teaspoons vanilla
2 cups miniature marshmallows



MILK CHOCOLATE Fudge and Raisin-Nut Clusters are suggested as a special treat for father on "his day." Candy-making chocolate is used both for the layered fudge filled with marshmallows and nuts and the simple clusters that are simple enough for even the youngsters to make.

Serve a
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