

CHUTNEY SALAD

Chutney is a condiment you usually serve with curried entrees—such as Indian chicken curry with chutney. However, chutney is like a pickle relish and is a pungent accent to many dishes. It is also a tangy recipe ingredient and is delicious in a gelatin salad.

A spicy molded salad to accompany meats is peach and chutney gelatin. Chopped fresh peaches are mixed with the preserved relish and stirred into gelatin for refrigeration ahead of dinner. Another out of the ordinary ingredient, lemon-lime carbonated beverage (7-Up), is used in this salad. The natural citrus flavor of the beverage, derived from true fruit oils, sparks the combination.

PEACH AND CHUTNEY SALAD

- 1 Package lemon gelatin
- 1 cup boiling water
- 1 7-ounce bottle lemon-lime carbonated beverage (7-Up)
- 1 cup finely chopped fresh peaches
- 3/4 cup finely chopped chutney

Stir boiling water into gelatin until dissolved. Cool slightly. Slowly pour in lemon-lime carbonated beverage; add peaches and chutney. Set in refrigerator until firm. Unmold on salad greens. Makes six servings.



A NEW INGREDIENT, Kellogg's new Concentrate, enhances a Savory Fish Pie. The new ready-to-eat nutrition concentrate is being introduced in the Klamath Falls area this month. The concentrate is simple to use directly from the box as a cereal, or as a sprinkle-on topping for fruit, desserts, cereals, salads or casseroles. The gourmet-styled main dish shown here has a crusty bread stuffing topped by a creamy fish sauce containing the protein-rich concentrate. Buttered oven-toasted Rice Krispies top the casserole.

SAVORY FISH PIE

"Food in action" is the phrase with which an internationally known nutritionist describes the utilization of essential substances by the body. This phrase is particularly apt, for so often foods are classed as being high in protein, Vitamin C, iron or another nutrient. Such information is helpful to those familiar with the interrelated ways in which these substances are utilized.

To a mother trying to plan and prepare wholesome meals for her family, however, it is perplexing. She likes to think of the evidences of good nutrition shown by members of her family—buoyant spirits, hearty appetites, freedom from disease, normal growth. She knows that extra calories are likely to show up as extra pounds, although she may be less alert to the signs of deficiencies of essential nutrients.

Of special interest to homemakers and others concerned with "food in action" is Kellogg's Concentrate, a new kind of food now being introduced. In the form of tiny, golden ready-to-eat flakes, this product is a concentrated source of those nutrients likely to be low in everyday meals—protein, vitamins and minerals.

Suitable for use by people of all ages, Concentrate may be eaten as a cereal, combined with other cereals, or added to practically any food in the kitchen or at the table. Your grocer has a supply, so look for the gold, white and red package with the convenient pour spout.

SAVORY FISH PIE

- 4 cups soft bread crumbs
- 2 tablespoons minced onions
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon sage
- 1/2 teaspoon celery salt
- 1/4 cup butter or margarine, melted

- 1-3 cup butter or margarine
- 1-3 cup flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon celery salt

- 2 cups milk
- 2 cups flaked, cooked fish
- 1/2 cup Kellogg's Concentrate (ready-to-eat nutrition concentrate)
- 2 tablespoons chopped pimiento
- 1 cup Rice Krispies (oven-toasted rice cereal)
- 1 tablespoon butter or margarine, melted

Combine bread crumbs, onions, seasonings and melted butter; mix lightly. Spread evenly over bottom and sides of greased 10 x 6 x 2-inch baking pan, or individual casseroles. Bake in moderate oven (375 degrees) about 15 minutes or until browned.

Melt butter; stir in flour and seasonings. Add milk gradually, stirring constantly. Cook until thickened, stirring frequently. Fold in fish, Concentrate and pimiento; pour into stuffing-lined pan. Crush Rice Krispies slightly; mix with melted butter. Sprinkle over fish mixture. Bake in hot oven (425 degrees) about 15 minutes or until thoroughly heated. Serve at once.

Yield: 6 servings, about 1 cup each.

there's only one
SKIPPY

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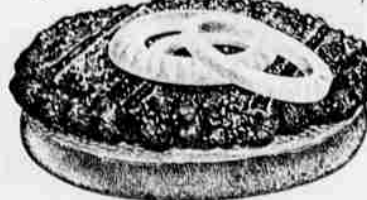
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Wish-Burgers

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