

upstairs and downstairs In Milady's Kitchen

By Florence Jenkins, Editor

Herald and News



A TON OF CHOCOLATE will include Nestle's Quik and EverReady Nestle's Sweet Milk Chocolate during the local promotion. Both instant chocolate beverage mixes are newly fortified and enriched with vitamins and iron. Shown are the two-pound economy sizes.

SALMON SALAD

Potato chips are always in season, especially if they are Newley's Potato Chips.

Here is a recipe from the California Foods Research Institute, combining potato chips and ripe olives (Wyandotte, Ripe Olives, of course) with celery and salmon to make a Lenten salad.

Crushed potato chips in a salmon salad make it both unusual and unusually good. Ripe olives and celery add their excellent flavors, too. Blend lemon juice, onion and pepper into mayonnaise for a dressing. "Crispy Salmon Salad" is perfect for Lent—or for any day in the year when you want to serve a hearty, flavorful salad.

CRISPY SALMON SALAD

1 (No. 1 tall) can salmon

2-3 cup ripe olives
1 cup sliced celery
1 cup shredded lettuce
2-3 cup mayonnaise
2 tablespoons fresh lemon juice
1 teaspoon grated onion
1/2 teaspoon black pepper
2 cups coarsely crushed potato chips

Drain and remove skin and bones from salmon; flake fish coarsely. Cut olives into large pieces. Combine with salmon, celery and lettuce. Blend together mayonnaise, lemon juice, onion and pepper. Pour over fish mixture and toss lightly to blend. Just before serving, add potato chips and mix lightly.

Makes five to six servings.

NESTLE'S CHOCOLATE

Chocolate is a universal favorite flavor.

Nestle's makes it easy to serve nourishing and palatable hot and cold drinks with chocolate flavor.

Nestle's Quik contains vitamin C, D-3 and iron. Two servings of Nestle's Quik (1 1/2 ounces) provides 50 per cent of the minimum daily requirements of these vitamins and iron. It mixes quickly with hot or cold milk.

For group serving, place in a large pitcher 3 cups of Nestle's Quik and stir in gradually 2 cups cold milk until smooth. Then stir in 3 1/2 quarts (14 cups) of cold milk to yield 16 servings.

For a Quik Soda, combine in a tall glass 3 heaping teaspoons of Nestle's Quik with a small amount of milk. Add one scoop partially

melted vanilla ice cream. Fill slowly with chilled sparkling water.

Buy Nestle's Quik in the handy family size containing two pounds six ounces.

EverReady Nestle's Sweet Milk has been enriched with vitamins C, B-1, D-3 and iron.

For a family serving for six persons, place 1 cup Nestle's EverReady in a sauce pan and slowly stir in 1 quart of hot milk.

For a cold chocolate drink, place 2 heaping teaspoons Nestle's EverReady in a tall glass. Mix with a small amount of hot milk, then fill with cold milk and stir.

The summer ice cream soda season will be with us very soon and Nestle's Quik and EverReady Nestle's are a must for the teen-age home ice cream bar.



FIRST STOP for Consolidated Freightway's truckload of Butter Nut Coffee was Market Basket No. 1 where Bill Riley, right, Mailliard and Schmeidell representative, is shown assisting Norm Duffy, co-owner of the supermarket, in setting up a 1000-case display of Butter Nut Coffee which is just being introduced into this area. As an introductory offer, Butter Nut encloses a two-bit piece in every pound can and 50 cents in each two-pound can as an added incentive to try this coffee which offers 30 bonus blends.

SALMON PATTIES

Drain a 1-pound can of salmon and break contents into small pieces, removing bones. Add 1 1/2 cups soft bread crumbs, 1/2 cup milk, 2 tablespoons finely chopped onion, 1 egg, 1 teaspoon salt and a dash of pepper. Mix well and form

into 8 patties. Brush one side of each patty with melted butter. Pre-heat griddle to 350 degrees and turn buttered side of patty down on the griddle and cook for 5 minutes or until nicely browned. Brush top side with butter and turn and brown the second side. Serve with lemon and parsley.

COLORFUL LENTEN LUNCH

For a Lenten lunch, make individual omelets, and top each with blue lake green beans in tomato sauce with a dash of chili powder. Add a generous sprinkling of grated American cheese, and lunch is ready. It's delicious and so colorful it fairly asks to be eaten!

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