

SCALLOPS

Here's good news for the millions of people who like scallops, those tender-meated morsels of seafood which are delicacies no matter how you like to prepare them—deep-fat fried, sauteed, baked or served cold in salads. The National Fisheries Institute tells us that there are 1,500,000 more pounds of scallops frozen than there were at this time last year. Like all shellfish, scallops are a good source of calcium, phosphorus, iron, copper and iodine; like all fish they are excellent foods for people who must keep the cholesterol in their bodies at a low level. This new way of preparing scallops calls for first marinating them in wine, coating them with seasoned corn meal and sauteeing them to a delicate succulence.

MARINATED SAUTEED SCALLOPS

- 1 pound sea scallops, fresh or frozen
- 1/4 cup white wine
- 1 cup corn meal
- 1 teaspoon paprika
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 1 tablespoon minced onion flakes
- 1/4 teaspoon dry mustard
- 1/4 cup butter or margarine
- Chopped parsley and chives, if desired

If scallops are frozen, let them thaw at room temperature or on refrigerator shelf. Pour wine over scallops. Let stand two or three hours, refrigerated—spooning wine once or twice over scallops. Mix corn meal with paprika, pepper, salt, minced onion, mustard. Coat scallops with seasoned corn meal. Melt butter in a skillet. Sauté scallops about two minutes, turning once to brown both sides. Sprinkle with chopped parsley and chives. Serve immediately.



CRAB MEAT, RIPE OLIVES, celery and a Louis dressing make "Crab Cocktail Sandwiches" a favorite. Serve Wyandotte ripe olives often during Lent (and any time) for their high protein value and fine flavor. Fresh crab meat is usually available in Klamath Falls on Wednesdays and it is much superior in flavor than canned.

Crabmeat Sandwiches

A ripe olive and crab cocktail mixture, sparingly dressed with a Louis dressing, makes a perfectly elegant sandwich filling. Heap it into split and toasted buns, top each with a thin cheese slice and pop them into the oven just long enough to melt the cheese.

"Crab Cocktail Sandwiches" make a wonderful lunch or perfect evening refreshments. For an extra dress-up, cut cheese slices with a fancy cutter (we used a shamrock for St. Patrick's day), and skewer on a shiny ripe olive and a tiny pickle. While the recipe

- Butter
- Cheese slices
- Ripe olives for garnish
- Small pickles

Cut olives in small wedges. Combine with celery, crab meat, green onion, mayonnaise and chili sauce. Split buns and toast lightly. Butter buns, and fill with crab mixture. Top each with a cheese slice, and bake in moderate oven (350 degrees) about five minutes, just until cheese is melted. Top each bun with a whole olive and a pickle fastened with a pick. Serve at once.

Makes six servings.

CRAB COCKTAIL SANDWICHES
1/2 cup ripe olives
1/4 cup chopped celery
1/2 pound cooked crab meat (or use half shrimp)
1 chopped green onion
1-3 cup mayonnaise
2 tablespoons chili sauce
6 hamburger buns

HOLSUM

A poster, depicting a little girl's love for her Holsum Bread, won a first prize in the 28th annual advertising art contest. The art entry was prepared by W. E. Long Advertising Agency, Chicago.

The nationwide contest brought entries from approximately 1,000 national advertisers.

Ralph Hunter, manager of Fluhrer's Holsum Bakery here, said it is the first time a bread poster has taken top spot in this contest.

"We're glad, too," said Hunter, "that good advertising, telling a simple story about a fine product hasn't lost its place in the world. Our good friends and customers can look forward to our continuing consistent advertising in the future, as we continue to tell the story of the best loaf of bread that quality ingredients and expert skill can provide."



"LITTLE GIRL" poster, entered by Holsum Bread, won a first prize in the 28th annual competition of advertising art. Ralph Hunter, manager of Fluhrer's Holsum Bakery in Klamath Falls, says this is the first bread poster to win in 28 years of strong competition in this contest.

CREAMED ENTREE

Serve creamed tuna and peas on a crusty corobread instead of the usual toast. Flavor the sauce with

California sherry wine and a faint touch of nutmeg. If you like a piquant note, stir in some grated lemon rind.

ALMONDS HIGH IN PROTEIN
Almonds are lower priced than they have been in years. Buy them in the shell in one-pound cellophane bags so you will be sure to have plenty on hand during Lent. High in protein, these crisp morsels from California can make an important contribution nutrition-wise to Lenten menus. Add whole blanched almonds, lightly toasted, to creamed fish dishes. Give meatless casserole dishes a generous topping of sliced or slivered almonds.

Chas. J. Cizek TAILOR

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Fireside Sandwiches

Among favorite recipes for left-over cooked ham, the Martha Logan Kitchens lists this one which yields eight sandwiches.

FIRESIDE SANDWICHES

- 2 cups finely chopped cooked ham
- 1 cup shredded sharp cheese
- 2 teaspoons grated onion
- 2 teaspoons prepared mustard
- 1/2 teaspoon horseradish
- 2 tablespoons mayonnaise
- 8 sandwich buns

Combine ham, cheese, onion, mustard, horseradish, and mayonnaise. Fill split buns with mixture. Wrap sandwiches individually in foil. Heat in moderate oven (350 degrees) 20 minutes or over hot coals, 10 minutes. Serve hot with potato chips, pickles, and sliced tomatoes.

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