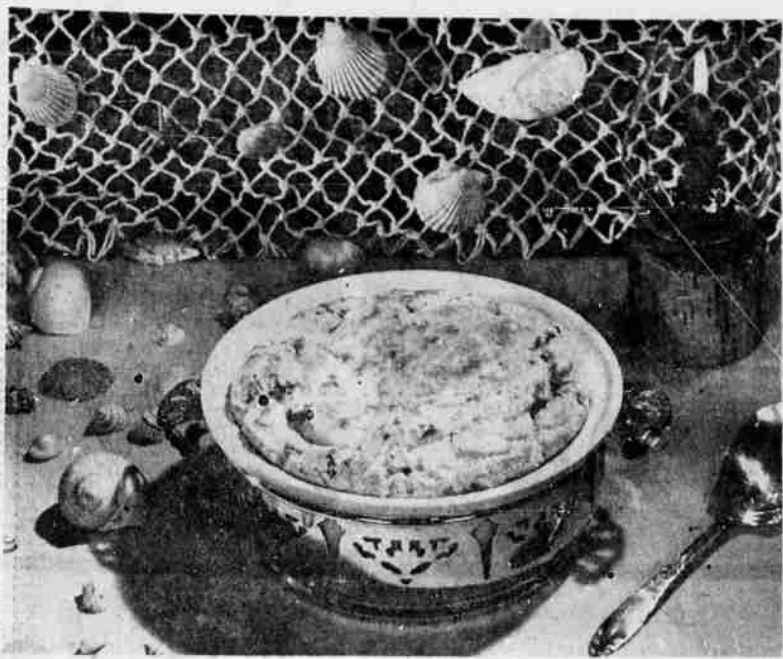




OYSTER SPOON BREAD comes from an old tidewater family that has used the recipe for several generations. It's equally good if made from fresh oysters from your own meat department or from oysters you've taken from the rocks at low tide from a beach we know about this side of Princess Louisa Inlet in British Columbia.

This Lenten Dish Will Please Family

Every Southern cook has her own version of spoon bread, yet basically they agree. Corn meal, of course, is the main ingredient. Rich Milk and well-beaten eggs are added with a generous dash of salt. The result is a steaming, fluffy bread, topped with brown — a bread that is never cut with a knife, but served with a spoon from the casserole or deep dish in which it is baked.

Some spoon breads resemble souffles in their airiness, others are a bit more moist. Either version calls for immediate serving once it is lifted from the oven, for like the high-hatted souffle, it does tend to drop as it cools. Our version of spoon bread has an added attraction. Oysters! The idea of adding the sweet-meated seafood is based on a recipe that's been handed down in an old Tidewater family for several generations. Oyster Spoon Bread, as the recipe is called, becomes a satis-

fying main dish when served with a green vegetable and a peach or pear salad. We've made a few variations on the original recipe—like changing handfuls to cups and using a can of condensed cream of celery soup for some of the liquid. The soup, with its creamy consistency, guarantees a light texture plus a fresh mushroom flavor to complement the oysters.

OYSTER SPOON BREAD
1 cup yellow corn meal
1 cup milk
1 cup light cream
1 cup Parmesan cheese
2 tablespoons melted butter
1 can (10½ ounces) Condensed Cream of Celery Soup, undiluted
1 tablespoon flour
1 teaspoon baking powder
½ teaspoon salt
3 eggs, separated
1 can (12 ounces) oysters, drained, cut in half



WHEAT GERM nesselrode ice cream is further proof that the homemaker does not have to be a master chef to whip up an epicurean delight. Try this one. You can't fail.

DELECTABLY DIFFERENT

If you're getting fed up with pies and cakes and other routine desserts, try your hand at this wheat germ nesselrode ice cream loaf, long an international favorite because of its epicurean appeal.

And you don't have to try too hard, because all of the ingredients are conveniently available on your grocer's shelves. You just mix them up as directed, with no time-consuming cooking, and place the loaf in the freezer or the freezing compartment of the refrigerator.

The candied fruits, candied cherries, chopped toasted almonds, sugared-honey wheat germ and other flavorings work their magic to make the nesselrode loaf a delectably different dessert delight, with the wheat germ adding a nutritional boost.

The ice cream loaf, of course, can be the highlight of special occasion feasts, but the ease of preparation is sure to make it a just-for-the-family dessert many times throughout the year. Especially since the loaf can be wrapped and stored in the freezer to await complete or piecemeal consumption.

WHEAT GERM NESSELRODE ICE CREAM LOAF

¾ cup sugar 'n' honey wheat germ
2 pints vanilla ice cream, slightly softened
1 teaspoon rum or vanilla flavoring
1 teaspoon almond extract
Red food coloring
½ cup mixed candied fruits
½ cup halved candied cherries

1 cup finely chopped toasted almonds
Spread ¼ cup of the wheat germ evenly over bottom of one-quart ice cube refrigerator tray. Set in freezer unit to chill. Slice ice cream into thin slices and place in well-chilled mixing bowl. Add rum or vanilla flavoring, almond extract and red color as desired to tint ice cream a delicate pink. Stir until smooth. Return to freezer to firm. Stir in ½ cup wheat germ, fruits and nuts. Turn into refrigerator tray. Top with remaining wheat germ. Freeze. Yield: six to eight servings.

EASY PUDDING SAUCE
It's as simple as 1-2-3. Boil the syrup from a can of fruit cocktail with a little candied ginger until reduced to about ½ cup. Stir in a dash of lemon juice, add the fruit and heat through. Serve over yesterday's cake or pudding.

SPICY-RICH pie, made with squash, yams, pumpkin or sweet potatoes, is laced with cola, and served as a living room dessert with sparkling soft drinks.

FLAVORY, SAVORY SALADS
Use instant minced onion to add the just-right touch to your tossed green salads. Either combine onion with an equal amount of water and let stand a few minutes, or, if you like it crunchy, toss right from the container, when you add dressing.

SUPER-SPECIAL SUNDAYS
Make whopping balls of coffee ice cream with ice cream scoop. Freeze on cookie sheet, then roll in chopped or ready-diced almonds. Freeze again and keep on hand. Serve with fudge or mocha sauce for splendid and easy dessert.

CUCUMBER CREAM SAUCE
1 medium cucumber
1 cup thick sour cream
¼ cup mayonnaise
¼ teaspoon celery salt
Salt
Pepper
Without removing skin, grate cucumber coarsely. Place in strainer and press out juice. Combine residue with remaining in-



DUMPLINGS TURN up in the strangest places. These delicious little dumplings, no larger than an egg float in tomato soup. Try it when the next cold days come.

Put Dumplings In Your Soup

A simmering, savory bowl of soup is a welcome feature of winter menus. It warms and satisfies. Here's a tomato soup with an added attraction—light, delicious little dumplings floating right on top. So good and so full of nourishment. The dumplings are made easily and quickly with instant whipped potato flakes. You don't have to peel, boil and mash potatoes for this recipe. Just add the potato flakes, milk and butter to boiling salted water and beat. In seconds you have plenty of whipped potatoes to use as a base for the dumplings. Next time you're planning soup as a first course, add some dumplings as a delightful surprise. Here's how:

POTATO DUMPLINGS IN TOMATO SOUP
(Makes 8 servings)
(2 dumplings per serving)
1½ cups water
½ teaspoon salt
½ cup cold milk
1 tablespoon butter
1 envelope (2½-cups) instant

whipped potato flakes
1½ cups seasoned bread crumbs
2 teaspoons grated onion
2 eggs, well beaten
1 tablespoon flour
½ teaspoon salt
½ teaspoon pepper
2 (10½-oz.) cans condensed tomato soup
22.5 cups water
½ teaspoon oregano
¼ teaspoon onion salt
Combine water and salt in medium-size saucepan; cover; bring to boil. Remove from heat; add milk and butter immediately, then instant whipped potato flakes. Stir gently with fork or wire whip, until liquid is absorbed; whip briskly. Combine potatoes with bread crumbs, grated onion, eggs, flour, salt and pepper; mix well. Place tomato soup in saucepan; add water and seasonings; heat to boiling point, stirring constantly until smooth. Form dumplings into small balls. Simmer covered in tomato soup for 10-15 minutes or until dumplings rise to the top.



SPICY-RICH pie, made with squash, yams, pumpkin or sweet potatoes, is laced with cola, and served as a living room dessert with sparkling soft drinks.

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FISH LOVERS claim there is nothing more delicious any time, anywhere than a good, old-fashioned fish fry. Old directions for preparing a fish fry often began, "First catch your fish..." now thanks to man's ingenuity, fish from Maine comes in cans and with sardines taken on the rocky coast of that far eastern state, a fish fry can be a spur of the moment affair.

A FISH FRY

When the gang gathers after the game, hungry from the brisk air, a Maine Sardine fish fry takes only minutes to prepare—and the cost is a matter of just a few pennies per serving. All that needs to be done is to mix a batter from pantry-shelf ingredients and fry the fish, the golden crisp onion rings and the old-fashioned hush puppies and supper is ready to serve.

A sour cream sauce, delicately flavored with cucumber, adds glamor to the meal, but ketchup or mayonnaise may be substituted with equally good effect.

DOWN EAST FISH FRY
3 cans (4 ounce each) sardines
2 large Bermuda onions, sliced
1 egg, beaten
¾ cup buttermilk
1 cup cornmeal
Salt
Pepper
Salad oil

Drain sardines. Separate onion slices into rings. Mix eggs and buttermilk. Season cornmeal to taste. Dip sardines and onion rings first in liquid mixture, then in cornmeal, and let stand on paper towels for 15-20 minutes. Pour 1½-inch layer salad oil into heavy skillet. Heat to frying temperature. Fry sardines and onion rings a few at a time until nicely browned. Drain on paper towels and keep hot in a slow oven. Arrange with hush puppies on warmed platter. Serve with cucumber sauce and lemon wedges. Yield: four servings.

HUSH PUPPIES
1 cup cornmeal
2 teaspoons baking powder
1½ teaspoons salt
¼ teaspoon thyme
1 egg, well beaten
1-3 cup buttermilk
½ cup onion, finely chopped
2 tablespoons water
Salad oil
Sift together first four ingredients. Stir in egg, buttermilk and onion. Add water if mixture separates. Form mixture into small patties. Pour ¼ inch layer salad oil in heavy skillet. Heat. Fry patties golden brown on both sides. Drain and keep warm until ready to serve. Yield: 2 dozen hush puppies.

CUCUMBER CREAM SAUCE
1 medium cucumber
1 cup thick sour cream
¼ cup mayonnaise
¼ teaspoon celery salt
Salt
Pepper
Without removing skin, grate cucumber coarsely. Place in strainer and press out juice. Combine residue with remaining in-

redients, using salt and pepper to taste. Serve cold. Yield: 1½ cups sauce.

SPECIAL MAINE DIP

A dip is a dip is a dip but not when you use rich, meaty Maine Sardines. Mash two cans of Maine Sardines. Stir in one cup of sour cream, three tablespoons prepared mustard, one small onion grated, ½ teaspoon horseradish and one tablespoon chopped parsley. And make sure you have plenty of chips around for hungry dippers.

BROILED SARDINE-BACON COMBINATION

For a quick and nourishing lunch broil a can of Maine Sardines until the tasty little fish are bubbling hot. Spread toast with prepared mustard and top with the sardines alternated with slices of crisp bacon. Sprinkle with chopped pickles and lemon

MAINE SARDINE CHEF'S SALAD

Want to make your salad really special? The secret ingredient is juicy, protein-rich Maine Sardines. Place two quarts of your favorite greens in a bowl and arrange small clusters of Swiss cheese cut into slivers, Maine Sardines and Bermuda onion rings. Sprinkle crisp almonds on top—your favorite dressing and voila!... a salad as delicious as it is filling!

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