



JUICY, CLEAN-FLAVORED desert grapefruit grown where heat-waves shimmer across the land comes to the dinner table now in new guise, glamorous "Grapefruit, Melba Style," fitting finale to a company dinner. Serve in crystal sherbet glasses, chilled in the refrigerator.

IT'S ENTIRELY NEW A SURPRISE FOR YOU

In the spring, the glossy-leaved grapefruit trees in western desert groves were laden with "dainty blossoms, harbingers of good eating to come. During the intense heat of the summer, these lush groves were repeatedly irrigated, and the fruit grew larger on the trees. Then, as the hot weather waned, the carefully-nurtured fruit became a rich, sunny yellow. Desert grapefruit is the favorite of connoisseurs because it has a juiciness and fresh, "clean" taste that are pure delight. You'll find ruby as well as white desert

grapefruit reasonably priced at your market.

Plan to serve this versatile, nutritious fruit often during its long season. With its "whistle-clean" taste and abundance of ascorbic acid (Vitamin C), it's a splendid way to begin each day—and helps to ward off colds as well. Let its distinctive, tangy flavor speak other meals, too, by serving it in appetizers, entrees, salads and desserts. For a glamorous dinner finale, try it served up as "Grapefruit, Melba Style."

GRAPEFRUIT, MELBA STYLE
1 (16-ounce) package frozen

raspberries, thawed
2 white or ruby desert grapefruit
1 pint vanilla ice cream or orange sherbet
Toasted coconut for garnish

Puree raspberries by pressing through a sieve; discard seeds. Or puree in a blender, then strain to discard seeds. Halve grapefruit, cutting them zig-zag fashion, if desired. Cut out grapefruit sections, transfer to a bowl, and remove and discard membranes. Scoop ice cream into 4 balls and place a ball in each grapefruit shell. Spoon grapefruit sections around ice cream. Cover with raspberry sauce and sprinkle with toasted coconut. Makes 4 servings.



TUNA CROQUETTES: Hot and crusty on the outside with melted cheese centers. These easy-to-prepare croquettes will become a family favorite if they are made with delicious round buttery crackers.

ONE MORE DESSERT TO TEMPT THE FAMILY

Little "Deep-Dish Cherry Shortcakes" for dessert are a mouth-watering treat. Serve the luscious cherry filling topped with tender almond shortcake crusts. For those who like the touch of cream—either plain, whipped or ice cream can be passed separately. For the adventurous, sour cream is an excellent choice.

A touch of almond flavoring in the filling gives delightful accent to the cherries. You'll find it also picks up the delicate almond flavor in the shortcake topping. A garnish of whole or halved toasted almonds and a whole pitted cherry gives each dessert that "special-for-you" touch.

DEEP-DISH CHERRY SHORTCAKES

1 cup sliced or chopped almonds
1 teaspoon sugar
1 cup biscuit mix
2 tablespoons butter or margarine
1-3 cup rich milk
Cherry Filling
CHERRY FILLING

Tuna Croquettes

1 stacked pack of crackers (about 30, crushed)
7 ounce can of tuna, drained and flaked
10 1/2 ounce can condensed cream of mushroom soup
1/2 teaspoon basil
Sprinkle of black pepper
1 egg, beaten
6 to 8 1-inch cubes processed American cheese
Mix first six ingredients. Chill thoroughly. Shape each croquette around a cube of cheese. Roll in butter; cracker crumbs. Sauté in about 1/2 inch of hot fat until well-browned on all sides. Makes 6 to 8 croquettes.



CHERRY SHORTCAKES

saving syrup. Syrup should measure one cup; if less make up to this level with water. Stir sugar and cornstarch together; stir into syrup from cherries. Bring to a boil, lower heat and cook, stirring until mixture thickens and is smooth. Add remaining ingredients and turn into individual serving dishes. Top with baked shortcakes and let stand until cool before serving.
Makes four servings.
Note: Pitted sour red cherries may be used, if desired. Increase sugar to 1/2 cup and add a drop or two of red food coloring to sauce.
Cherry Filling: Drain cherries,



Norwegian Fish For Lenten Meals

The bays and the fjords of Norway provide tasty products with the tang of the sea, kipper snacks and sardines, both to be found right now on grocer's shelves in Klamath Falls. Let you forget look for a little boat, its sails unfurled, packed full of cans of these two delicious fish that can be used in many ways in Lenten menus. Both products come from Bergen. Sardines are packed in pure olive oil.

Kippers are really fillets of herring, have a delicious smoky flavor and can be used in place of tuna in casseroles. They come in 3 1/4 ounce and 8 ounce cans. Try the recipes:

KIPPERS AND MACARONI PIE
1 can of kipper snacks
2 1/2 ounces of macaroni
1/2 tablespoon butter
1/2 tablespoon flour
1 1/2 cups milk

Sweetheart Pie Sweet Valentine

How's this for a Valentine message—plump strawberries nestled atop a cream pie? Can be prepared in advance and refrigerated. Use either fresh or frozen strawberries. This recipe calls for pecan pastry made with a new frozen sweet (unsalted) corn oil margarine and a packaged instant vanilla pudding. The going's easy. The eating's even more so.

Sweetheart Strawberry Pie
(Makes one 8- or 9-inch pie)

Pecan Pastry

1/2 cup (1 stick) frozen sweet (unsalted) corn oil margarine
1 cup sifted flour
1/4 cup finely chopped pecans
3 tablespoons ice water (about)

Filling:

1 cup milk
1 cup sour cream
1 package (3-ounce) instant vanilla pudding

Topping:

1 package frozen whole strawberries, partially thawed, halved, or 1 pint fresh strawberries, halved
1/2 cup currant jelly
1 tablespoon water

Pastry: Allow sweet (unsalted) margarine to come to room temperature.

Measure flour into mixing bowl. Cut the sweet margarine into the flour with a pastry blender. Add pecans. Quickly and lightly toss in enough ice water to hold mixture together. Turn out on lightly floured board and roll into a circle 1-inch larger than the pie plate. Fold in half, then in quarters. Place point of dough in

center of the pie plate and unfold. Turn edges under and then crimp. Pierce all over with a fork. Bake in a hot oven (450 degrees F.) 10 to 15 minutes until nicely browned.

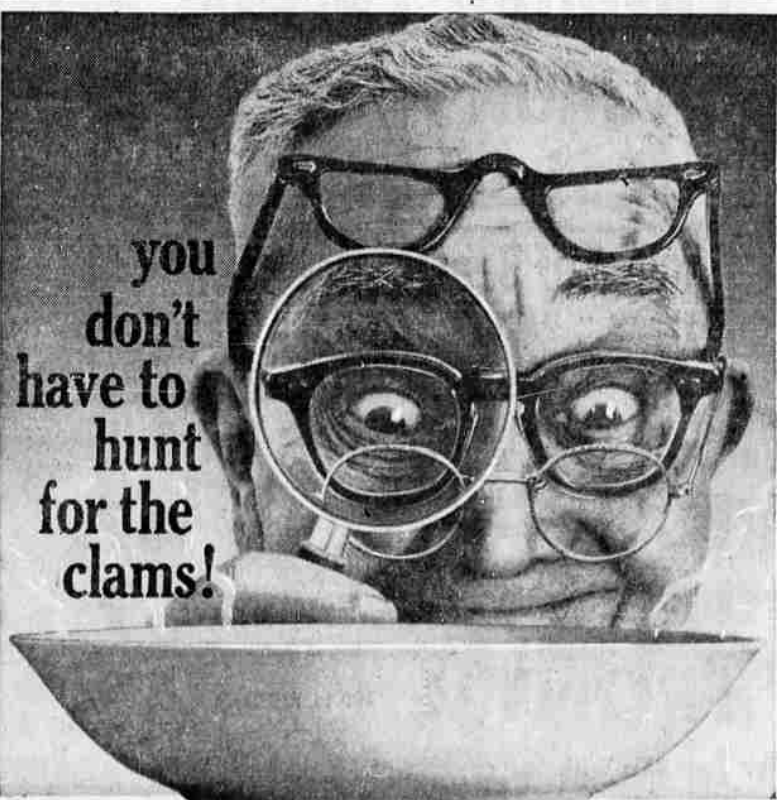
Filling: Measure milk and sour cream into a deep mixing bowl. Add instant vanilla pudding and beat with a rotary beater until mixed, about 1 minute. Pour into pecan pastry shell and chill.

KIPPER GRATIN

1 can kipper snacks
2 boiled potatoes
1 boiled carrot
1/2 tablespoon butter
1/2 tablespoon flour
1 1/2 cups milk
1 egg, salt and parsley

Cut kippers into small pieces. Place in layers in buttered pie plate with diced boiled potatoes and carrot. Make a sauce of butter, flour, milk and egg yolk. Pour sauce over fish and vegetables. Sprinkle top with chopped parsley. Bake for half an hour.

KIPPERS WITH FRIED EGGS
1 can kippered snacks browned in butter, serve with fried eggs.



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CLAM CHOWDER**



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A GOOD CUP OF COFFEE

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