

## OLD LONDON LENTEN DISH

One standard for a good Lenten dish is whether it is tempting for every day family meals, yet tasty and dressy enough should friends join you at meal time. Certainly a dish that meets this test is a new "Crab Melba" created for the Lenten season by Home Economists in London, using Melba Toast and Melba Rounds.

- CRAB MELBA**
- 1 5-ounce jar sharp cheese spread
  - 1 3-ounce can sliced mushrooms
  - 1 4-teaspoon powdered onion
  - 1 4-teaspoon salt
  - 1 4-teaspoon Worcestershire sauce
  - 1 6-ounce package frozen crab meat
  - 1 4-ounce package frozen onion rings
  - 10 to 12 slices white or whole wheat melba toast
  - 2 teaspoons chopped parsley
  - Pimento strips
- In the top of a double boiler over boiling water (or in a medium sized saucepan over very low heat), combine cheese and mushrooms together with 2 tablespoons of the mushroom broth from the can. Add onion, salt and Worcestershire sauce. Heat, stirring occasionally until sauce is well blended. Stir in crab meat and continue to heat for 10 minutes, or until mixture is piping hot. Meanwhile, prepare onion rings as package directs. Arrange Melba Toast on a heated serving platter. Top with crisp onion rings, then crab mixture. Sprinkle with parsley and garnish with pimento strips. Makes 3 to 4 servings. Double recipe for 6 to 8 servings.
- A mixed green or lettuce and tomato salad is a fine accompaniment for this dish. Should you want to further vary the tastes offered at your table, Melba Toast is also available in rye and pumpernickel in addition to the white and whole wheat mentioned in the recipe and Melba Rounds are produced in white, garlic and onion flavors.



**OLD AND NEW** — Crab Melba is the name for a new Lenten dish created by home economists in London, using Melba Toast and Melba Rounds. It is fine for family fare and when guests join the family table.

# Specialties in Gourmet

By RUTH KING

### PEACHES 'N' SAUSAGES

Pork sausages, so popular at breakfast, will make new friends in this supper dish. Cook the links with a little soy sauce and remove them to a warm platter. Pour out most of the fat in the skillet. Drain one can (1 lb.) cling peach slices. Heat in skillet with 1/2 cup very thinly sliced celery and one teaspoon instant minced onion. Arrange around sausages. Serve with heated canned chow mein noodles.

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**PLAY PICNIC** — Treat the family to a picnic supper indoors. For hearty appetites make the food extra special. Toppings on the menu are deluxe hot dogs — frankfurters in buns topped with lots of sauerkraut. The combination of flavors can't be beat. Hot canned vegetable soup and applesauce are good to round out the menu.

## Hearty Soup 'N' Sandwiches

A meal of soup and sandwiches is guaranteed to please the heartiest of eaters. This is especially true if the sandwiches are Deluxe Hot Dogs—frankfurters in buns served with a generous helping of sauerkraut. The frankfurters are butter browned and served on grilled rolls. What a combination!

The extra dabs are your choice—mustard, catsup, chopped onion. One sandwich for a serving is ideal fare, but for those with big appetites plan on two for a serving. Canned vegetable soup is a good choice for the soup go-with.

- DELUXE HOT DOGS**
- 1 can (15 oz.) sauerkraut
  - 1 can or jar (8 oz.) frankfurters
  - 2 tablespoons butter, or margarine
  - 8 frankfurter rolls
  - Butter, or margarine
  - Mustard

Put sauerkraut in a saucepan, cover and heat. Brown drained frankfurters in butter. Split rolls in half, butter and brown on grill or in broiler. Put drained sauerkraut and frankfurters in rolls. Pass mustard. Four servings (2 hot dogs each).

**TASTY BEEF NOODLE SOUP**  
 A quickie soup idea that's attractive and just plain good eating is Tasty Beef Noodle Soup.

## Eggs Benedict

Tired of serving eggs the same old way for breakfast? Try Eggs Benedict some weekend when you can take a little extra time in the morning for cooking. And don't let the Hollandaise sauce discourage you. If yours sometimes gives you trouble, pick up one of the canned varieties at the store or mix a "mock" sauce that requires no cooking.

### EGGS BENEDICT

- 1 English muffin
  - 2 thin slices of ham or Canadian bacon
  - 2 poached eggs
  - Beau Monde seasoning
  - Pepper
  - 2 tablespoons of Hollandaise sauce
  - 1 1/2 teaspoon of chervil
  - Paprika
- Split the English muffin and toast. Fry ham or Canadian bacon until lightly browned and arrange on muffin halves. Top with poached eggs and sprinkle with Beau Monde and pepper. Heat Hollandaise, mix with chervil and spoon over both eggs. Garnish with paprika. Serve at once or keep hot in a 300 degree F oven until ready to serve.

Lemon juice beaten into white frosting that has hardened will help soften it.

# CARTER'S

- Miracle Whip Salad Dressing 32-oz. **39c**
- FLOUR Pillsbury 10 lb. Bag **79c**
- S&W Coffee 1 and 2-lb. Tins **45c**
- Wesson Oil 24-oz. 1 1/2 Qt. ... **49c**
- Golden Ripe Hands Bananas **2.29**
- Snobby Delicious or Winesap Apples Plio Bag **49c**
- Snobby Celery Hearts pkg. **29c**
- Snobby Dates Plastic Cup Each **33c**

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- Kopper Kettle Straw. Jam 43-oz. **59c**
- Kopper Kettle Boysen. Jam 43-oz. **59c**
- Chef Boy-Ar-Dee Spaghetti 15 1/2-oz. with tomato sauce **789c**
- Free Samples of Tip Top Ice Cream 1/2 gal. **69c**
- Kitchen Charm Wax Paper 75' Rolls **2.25**
- 57' Oven Baked Beans 16-oz. **5.100**
- Purina Dog Chow Reg. 83c 5-lb. **59c**
- Dennison's 15 1/2-oz. Chili Hot or Mild **4.100**
- STW - 46-oz. tins Tomato Juice **3.89c**
- STW Peas 303 tins **5.100**
- French Au Gratin Potatoes 5 1/2-oz. **3.100**
- French Instant Potatoes 7-oz. **3.89c**
- Nu Soft Fabric Softener 32-oz. **69c**
- Pepperidge Farm Frozen Turnovers Blueberry Apple, Raspberry **49c**
- Larry's Poor Boy Frozen Sandwiches Pkg. of 2 **69c**
- Morton's 20-oz. Frozen Macaroni and Cheese **4.100**
- Johnson's Hard Gloss Glo Coat 26-oz. **79c**
- Nestle's QUIK 2 3/8-lb. **79c**

**Swift's Premium Skinless Franks**  
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