



## Make Cottage Cheese Star of Lenten Meal

Versatile cottage cheese is a favored meat substitute that adds sparkle as well as good nutrition to Lenten meals.

A new Pineapple Creamed Cottage Cheese that is now making its appearance in some supermarkets in a new plastic container inspires many interesting Lenten plate-ters.

This new addition to the dairy foods line of Golden Creme Farms is delightful just as it comes from the carton for it combines crushed pineapple and pineapple cubes with the creamed cottage cheese.

Fruit Salad Supreme is a combination of cottage cheese and your favorite fresh fruits.

Serve it with Honey-Mint Dressing made by adding a small amount of honey and finely chopped fresh mint to your basic oil and vinegar dressing.

Team tuna fish with this new cottage cheese, which makes a full meal. On each individual salad plate, arrange chunks of chilled, drained tuna and a mound of cottage cheese on crisp lettuce.

Garnish with oil and vinegar dressing made extra tart with fresh lemon juice to taste.

Combine cottage cheese, mayonnaise, chives, salt, dill, and pepper; fold in cucumber (reserving some for garnish).



### DILLED SALAD BOWL

- 1 pint pineapple creamed cottage cheese
- 1/4 cup mayonnaise
- 3 tbs. snipped chives
- 1 tsp. salt
- 1/4 tsp. each dried dill weed and ground black pepper
- 1 large cucumber, thinly sliced

Chill at least 1 hour. At serving time, line salad bowls with greens; fill with cottage cheese mixture. Garnish with cherry tomatoes, cucumber slices and an additional sprinkling of dill weed. Makes 2 to 3 full-meal salads.



A request from a reader brings this recipe in for a repeat today. There are many versions of this tea cookie but we give you this one.

- ### ALMOND TEA COOKIES
- 1 cup butter
  - 1/2 cup confectioners' sugar
  - 2 cups flour
  - 1/2 tsp. salt
  - 1 tsp. vanilla
  - 1/4 tsp. almond extract
  - 1 cup buttered, diced roasted almonds.

Cream butter and sugar together thoroughly. Add flavoring and salt. Stir in flour. Blend and stir in nuts.

Form into tiny balls and place on ungreased cookie sheet. Bake at 350 degrees for 15 minutes. Roll in additional confectioners' sugar while warm.

### Tuna Almond Sticks

Cream butter with dash cayenne and a little grated lemon rind. Spread on sliced bread cut into fingers and sprinkle with toasted slivered almonds. Bake on cookie sheet at 400 degrees for 6 to 8 minutes, until golden. Serve with tuna salad.

TWO CONVENIENCE PRODUCTS from the American fishing industry spark this easy-to-do specialty for today. Breaded fish portions and frozen cream of shrimp soup combine to have this entree ready in the flick of an eye.

## Easy Fish Specialties

At some time or other throughout our lives we've all been guilty of fishing for compliments; everybody likes to bask in the warm glow of a flattering word, an appreciative comment.

There's an art to compliment fishing. Some of us are amateurs, others masters but the subtle approach is to fish for your compliments by action rather than words.

Such inaudible angling is easy for the hostess who cares to prepare a different dish for her table which is pretty as well as good.

The dish need not take long to make and can be surprisingly economical as well but it must be colorful, attractive, and delicious.

Such adjectives suit today's suggestions.

### SAUCY PORTIONS

- 6 frozen raw breaded fish portions, 2 1/2 to 3-oz. each
- 2 tbs. melted fat
- Paprika
- 1 can (14 1/2-oz.) green asparagus spears
- 1 can (10-oz.) frozen cream of shrimp soup
- 1/2 cup milk
- 1/4 cup grated sharp cheese
- 1 tbs. horseradish
- Paprika

Place frozen portions on well greased cookie sheet, 15x12-inches. Drizzle fat over fish. Sprinkle with paprika. Bake at 500 degrees for 15 to 20 minutes or until fish is brown and flakes easily when tested with fork.

Heat asparagus. Drain. Combine soup and milk and heat until soup is thawed, stirring occasionally.

Add cheese and horseradish and blend thoroughly. Arrange asparagus on fish portions. Pour sauce over asparagus and sprinkle with paprika.

### SALMON PIE PICCATA

- 1 can (1-lb.) salmon, including liquid
- 1/2 cup finely chopped onion
- 1/4 cup minced celery
- 1/4 cup minced green pepper
- 2 tbs. butter
- 1 1/2 cups soft bread crumbs
- 1/4 tsp. Tabasco
- 2 tbs. minced parsley
- 2 eggs, lightly beaten
- 1 pkg. (10-oz.) frozen peas, cooked

Flake salmon into bowl, adding liquid. Sauté onion, celery, and green pepper in butter for several minutes or until onion is transparent.

Add to salmon along with remaining ingredients except

### Brush fish fillets with melted butter; sprinkle with salt and pepper. Roll and fasten with toothpicks. Arrange rolls on broiler pan.

Place under broiler so fish is 2 inches below broiling unit. Broil about 8 to 10 minutes or until tender. Brush with melted butter while broiling.

Serve on crisp hot toast rounds with sauce made this way: Add lemon juice to well-seasoned medium cream sauce. Stir in horseradish and well drained cucumber. Serve hot or cold.

### SALMON CHOWDER

- 1 can (1-lb.) salmon
- 1 chicken bouillon cube
- 1 cup boiling water
- 3/4 cup chopped onion
- 1/2 cup chopped green pepper
- 1 clove garlic, finely chopped
- 1/4 cup oil
- 1 can (1-lb.) tomatoes
- 1 can (8-oz.) whole kernel corn
- 1/2 cup salmon liquid
- 1/2 teaspoon salt
- 1/4 tsp. thyme
- Dash pepper
- 1 whole bay leaf

Drain salmon, reserving liquid. Break salmon into large pieces. Dissolve bouillon cube in boiling water.

Cook onion, green pepper, and garlic in oil until tender. Add remaining ingredients and cook for 15 minutes or until vegetables are tender. Remove bay leaf.

### SAUCED FISH FILLETS

- 1 1/2 to 2 lbs. fish fillets
- 2 tbs. melted butter
- Salt and pepper
- 1 tbs. lemon juice
- 1 1/2 cups medium cream sauce
- 1/4 cup prepared horseradish
- 1 cup finely diced, drained cucumber

Many veal cuts are similar to beef cuts, except that they are smaller. Veal is lighter in color with very little fat or marbling. The cuts from the loin, rib and shoulder are called chops instead of steaks as they are in beef.

to please any cat...



- all tuna
- liver 'n meat
- chicken
- fish
- meaty mix
- kidney 'n meat

6 Dr. Ross CAT FOODS



peas. Arrange cooked peas in bottom of buttered 8-inch pie plate and top with salmon mixture. Bake at 350 degrees for 30 to 35 minutes and serve with Sauce Piccata made as follows: Melt 2 tablespoons butter in saucepan.

Stir in 2 tablespoons flour. Gradually stir in 8 oz. clam juice (bottled) and cook, stirring, until sauce is smooth and thickened.

Add 1/2 lemon, seeded and sliced thinly and cook over low heat for 10 minutes.

Place under broiler so fish is 2 inches below broiling unit. Broil about 8 to 10 minutes or until tender. Brush with melted butter while broiling.

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# MAKE THE TRIPLE TEST

between WONDER and any other bread



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the difference

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the difference

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the difference

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