

TWO EASY "different" recipes, calling for seafood, are sure to please the family. Crab Norfolk calls for only four ingredients. Herb-fried fish fillets are rolled in an unusual crumb mixture and fried in deep fat.

Creative Cookery Is Yours With Sea Food

Soar into the wonderful world of creative menu planning this month (October is "Seafood Month") by launching a high-flying pair of recipes—Crab Norfolk or Herb-Fried Yellow Perch. The former recipe is a breeze to prepare — only four ingredients. The perch recipe (you can use flounder, sole or sea bass also) is rolled in an egg and has an unusual breading made tasty with herbs and cheese.

CRAB NORFOLK
1½ lbs. king crab meat or other crab meat, fresh or frozen or
4 cans (6½ or 7 oz. each) crab meat
¼ cup butter or margarine, melted
¼ cup lemon juice
Paprika

Thaw frozen crab meat. Drain. Remove any remaining shell or cartilage from crab meat. Break into large pieces. Pour butter and lemon juice over meat and toss lightly. Place in 6 well-greased, individual shells or 6-oz. custard cups. Sprinkle with paprika. Bake at

GAZPACHO, SOUP-SALAD, SERVED COLD

Spanish foods are usually quite highly seasoned, but not so with Gazpacho, a Spanish soup salad. It is mild in flavor and very refreshing, especially when served icy cold.

GAZPACHO
1 clove garlic
2 packets spicy onion dip or seasoning mix
1 cup tomato juice
3 medium tomatoes, peeled and chopped
1 medium cucumber, peeled and chopped
¼ cup minced green pepper
¼ cup minced onion
1 tbs. olive oil
1 tbs. wine vinegar
Seasoned pepper

Rub a large bowl with a clove of garlic, cut in half. Place the onion dip or seasoning mix in the bowl. Add tomato juice and stir thoroughly. Then add tomatoes, cucumber, green pepper, onion, olive oil and vinegar. Mix thoroughly. Chill until icy cold. Before serving sprinkle with seasoned pepper. Makes 6 servings.

JOLLY TIME POP CORN
• COSTS MORE!
• POPS MORE!
• YOU'LL WANT MORE!

450 degrees for 10 to 15 minutes or until lightly browned. Serves 6.

HERB FRIED YELLOW PERCH
2 lbs. yellow perch fillets (or other fish fillets) fresh or frozen
1½ cups crushed herb-seasoned stuffing mix
1 pkg. (½ oz.) Parmesan salad dressing mix

91 Years Young, Mrs. Williams Is Recipe Winner

Mrs. Katie Williams, who writes that she will be 91 on her next birthday, but "I still have a sweet tooth," is winner of the Mary Wise Recipe of the Month contest.

AUNT MARY'S COOKIES
¼ cup shortening
¼ cup sugar
1 egg
¼ cup milk
¼ cup molasses
¼ cup chopped raisins
¼ cup chopped walnuts
1½ cups flour
1½ tsp. baking powder
¼ tsp. ground cinnamon
¼ tsp. cloves

Beat the shortening and sugar together until you have a creamy mixture; add the egg after it is well beaten, then the milk, the molasses, the raisins and the nuts. Sift the flour together with the baking powder and spices until well mixed. Add the flour gradually to the mixture, stir constantly until the batter is smooth. Drop by teaspoon on greased cookie sheet. Bake about 8 or 10 minutes in a moderate oven (350 degrees). In case your oven seems to be too hot, turn off the heat a few minutes before the given time and leave the cookies in the oven a little over time. This will allow the cookies to bake without burning.

there's only one
SKIPPY
DOG AND CAT FOOD
Tops in Quality!
Low in Price!

2 eggs, beaten
1 tsp. salt
¼ tsp. pepper
Tartar sauce

Thaw frozen fillets and skin. Combine stuffing and salad dressing mix. Combine egg, salt, pepper. Dip fish in egg mixture and roll in crumb mixture. Place in a single layer in a fry basket. Fry in deep fat, 350 degrees, for 2 to 3 minutes or until brown and fish flakes easily when tested with a fork. Drain on absorbent paper. Serve with tartar sauce. Serves 6.



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Win \$20 Food Order—Enter Recipe Contest

"My Favorite Pie" is the subject for Mary Wise's October "Recipe of the Month" contest. Served hot from the oven, or brought chilled from the refrigerator—whatever your favorite pie is, be sure to enter the recipe contest.

Winner will receive a \$20 grocery order from any store advertising in this newspaper. If your grocery budget can stand a boost—here's your chance!

Send your entry (only one to an envelope please) to Mary Wise Recipe Contest, care of this paper. Deadline for entries is Oct. 17. Winner will be announced the first week of November.

Preserves, Jams—All Are Delicious

Preserves are downright delicious. And if you don't quite know the difference between preserves, jams and conserves, here it is: **Conserves** are mixtures of fruit, nuts and sometimes raisins. **Preserves** are whole pieces of fruit in a rich, thick and jelly-like syrup. **Jam** is crushed fruit, sometimes sieved, and cooked with equal parts of sugar until thick and rich. It is not quite so stiff as jelly.

More Sandwich Fillings Listed For Lunch Boxes

Want to perk up interest in the contents of the school lunch box? Try out different sandwich fillings and surprise your scholars.

Here are some ideas:
Chopped raisins, dates, figs and nuts, moistened with mayonnaise.

Cottage cheese, chopped dill pickle, chopped stuffed olives, chopped nuts and mayonnaise.

Grated American cheese, dried beef and chili sauce.

Chopped cabbage and nuts, grated carrot and mayonnaise.

Grated carrot, raisins, chopped peanuts and mayonnaise.

Tuna, chopped apple, lemon juice and mayonnaise.

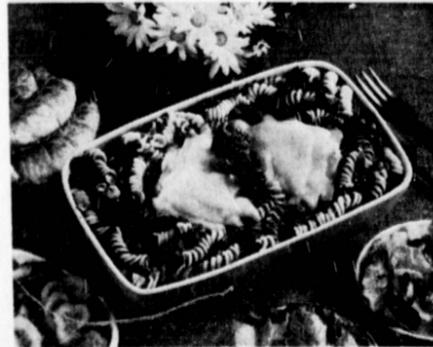
Tuna, crushed pineapple, chopped celery and salad dressing.

Sliced meat loaf with mayonnaise and a dash of mustard.

Sliced turkey with canned cranberry jelly.

SIMPLE PARTY FOOD

Food at parties for small children should be kept simple. Too much excitement can upset delicate tummies, so nourishing ice cream and plain cake or cookies in small amounts are usually sufficient.



CANNED CHILI AND BEANS combined with noodles in this thrifty, and easily made casserole. Serve it with a tossed salad and green vegetable, plus a light dessert.

Chili-and-Noodle Casserole Is Easy

Family fond of chili? Budget calls for noodles?

Here's a happy casserole hit which combines the two, is quick to make, and hits the spot every time.

CHILI BAKED CASSEROLE

1 can (15 oz.) Nalley's IXL Chili with Beans
2 cups (5 oz.) twisted or jiffy noodles
1 can (8 oz.) tomato sauce
10 ripe olives sliced into thirds

¼ green pepper sliced (about 1/3 cup)

3 slices American cheese

Cook noodles in boiling water until tender. Drain well and combine with all ingredients except cheese.

Place in 1½ quart-casserole.

Slice cheese diagonally into halves. Arrange slices in circle in center of casserole. Bake for 25 to 30 minutes at 375 degrees.

Serves 4 or 5.

PUT THE

BITE ON NALLEY'S FOR A FREE CAN OF IXL CHILI

NALLEY'S, INC., P.O. BOX 51021, LOS ANGELES, CALIFORNIA. I'd like to put the bite on you for a free can of Nalley's-IXL Chili. Please, therefore, send me my 40¢. I enclose the label from a 15 ounce can of Nalley's-IXL Chili, as required. And I understand that the offer expires Jan. 31, 1966.

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If you'd like to get acquainted with the richest, meatiest, most savory chili that ever left you asking for seconds—be our guest! Just cut out and mail the attached coupon, together with the label from a 15 ounce can of Nalley's-IXL Chili. We'll send you back 40¢ with our compliments. So put the bite on us for a free can of Nalley's-IXL Chili. Once you've tried it, you'll never put the bite on any other kind.

