

SOUPS AND SANDWICHES BEGIN WITH SEAFOODS

Here's a meal that was made for flavorful family enjoyment. Serve Saucy Sandwiches and Savory Chowder, and watch everyone from Junior to Grandpa dig in. You won't need to be a French chef to set this combination aglow with goodness; it sells itself with built-in helpings of heartiness.

Seafood is a favorite of the younger set, and they will quickly tackle this Saucy Sandwich, made with inspected fish portions. Its crisp fresh freshness is topped tantalizingly with an easy-to-do combination of cheese, chili sauce, mustard, and horseradish that will set taste buds a-tingling. Its familiar wholesomeness will appeal to the youngsters, who want plenty of good food without frills and who usually want it in a hurry. Be at your alert best with this high-protein sandwich.

Complete the meal with Savory Chowder. Your family's appetite will rise to the occasion when you place a steaming pot of chowder on the table. It is highly nutritious, based on tender minced clams, with bits of bacon, onion, celery, potatoes, carrots, and butter included to help balance the daily diet.

You won't need a dinner bell to call a hungry crew to this meal. Junior will even leave the television before the end of the program to get his share of this tasty duo. Who could blame him if he forgets to comb his hair? His thoughts are already seated at the table. Dad's newspaper will stop rustling the minute chowder flavors drift past his nose.



So break out the ingredients for these tasty sea treats, and you will soon be queen of a crowded kitchen.

SAVORY CHOWDER

3 cans (7 $\frac{1}{2}$ or 8 ounces each) minced clams	1 cup clam liquor
3 cups milk	1 cup diced potatoes
$\frac{1}{2}$ cup crushed saltines	$\frac{1}{2}$ cup sliced carrots
$\frac{1}{4}$ cup chopped bacon	1 small bay leaf
$\frac{1}{2}$ cup chopped onion	2 tablespoon butter or margarine
$\frac{1}{4}$ cup chopped celery	Chopped parsley

Drain clams and reserve liquor. Combine milk and saltines. Fry bacon until crisp. Add onion and celery and cook until tender. Add clam liquor, potatoes, carrots, and bay leaf. Cover and simmer for 15 to 20 minutes or until vegetables are tender. Add butter, milk mixture, and clams. Heat. Sprinkle with parsley. Makes 6 servings.

SAUCY SANDWICH

1 $\frac{1}{2}$ pounds frozen, raw, breaded fish portions	1 tablespoon prepared mustard
1 cup grated cheese	2 teaspoons horseradish
2 tablespoons chili sauce	6 hamburger rolls

Place frozen portions in a single layer in a frying basket. Fry in deep fat, 350° F., for 4 to 6 minutes or until brown. Drain on absorbent paper. Combine cheese, chili sauce, mustard, and horseradish. Split rolls and toast. Place the bottom half of the rolls on a cookie sheet, 15 x 12 inches. Place a fish portion on each half. Spread one tablespoon cheese mixture over each portion. Broil about 3 inches from source of heat, 2 to 3 minutes or until cheese melts. Top with second half of roll. Serves 6.

The latest methods for purchasing, handling, storing, and preparing fish are included in the new, 60-page, complete guide to fish cookery, "Let's Cook Fish." This valuable, full-color reference and recipe book is available by sending 60¢ to the Superintendent of Documents, Washington, D.C. 20240.