

Kipper Savories Add Zest To Summer Refreshments



Something new for snacktime, kipper savories.

By CECILY BROWNSTONE
Associated Press Food Editor

Serve a savory when you bring guests cool porch or garden refreshment this summer.

In England a savory means "a small dish or a course, usually served at the end of a dinner in contrast to the sweet, consisting of a highly seasoned concoction." Americans serve their savories as afternoon or evening pickups, or before a meal — any time, that is, except as a last course at dinner! In England, too, a savory may mean something as elaborate and filling as a cheese fondue; in the United States, we are more likely to use the word for well-seasoned spreads or other foods served on a base of toast, crackers or pastry.

Market shelves are full of possibilities for savories and kipper snacks, from Norway, are one of the most interesting and inexpensive of these. Recently we made three different savories from these thrifty kipper snacks with pleasing results. Here are the recipes.

Cream Cheese And Kipper Savories

Ingredients: One 3/4-oz. can Norway kipper snacks, one 3-oz. package cream cheese, 1 1/2 teaspoons finely grated onion (pulp and juice), salt and freshly-ground pepper, small round crackers, pimiento-stuffed olives.

Method: Lift kipper from oil in can carefully; scrape off skin with small sharp knife; mash kippers. Add cream cheese and onion; mix thoroughly. Add salt and pepper to taste. Makes about 3/4 cup; use 1 tablespoon of the spread to mound on a cracker; garnish with a thin mound of olive. Makes 12 savories.

Kipper Toast Savories
Ingredients: One 3/4 - ounce can Norway kipper snacks, 2 tablespoons mayonnaise or mayonnaise-type relish sandwich spread, 8 slices bread, butter or margarine, 2 tablespoons tomato catchup.

Method: Lift kipper from oil in can carefully; scrape off skin with small sharp knife; mash kippers. Add mayonnaise; mix thoroughly. Makes 1/2 cup. Toast bread lightly and spread with butter at once. Quickly spread each slice of buttered toast with 1 tablespoon of the kipper mixture; cut each toast slice into 3 finger lengths. Dribble 1/4 teaspoon of catchup down center of each toast finger. Serve at once; or keep warm for short length of time. Makes 24 savories.

Note: If desired, remove crusts from toast before spreading with kipper mixture.

Broiled Kipper Savories
Ingredients: One 3/4 - ounce can Norway kipper snacks, 16 square salted crackers (2 by 2 inches), butter or margarine, 3 small tomatoes, 3/4 pound ready - sliced cheddar cheese, paprika.

Method: Lift kipper from oil in can carefully; scrape off skin with small sharp knife; flake with a fork. Butter crackers; sprinkle each with about 1 teaspoon flaked kipper; top with a slice of tomato and a small square of cheese; dust with paprika. Broil until cheese melts. Serve at once. Makes 16 savories.

Tune Up For Health

By JACK POBUK
Digestive Disorders

Machines can do many things for you, but when you use them so much you don't get enough exercise, there may be trouble. Also, in a big city, machines help create hustle and bustle noise and glare which tend to upset your nerves. Nervousness is at the root of much digestive trouble. City people often can have better digestion if they get out into the country once in a while. It is good to row a boat, chop wood or even just hike through the woods.

Today's exercise tends to stimulate digestive action.

Do last week's exercise 16 times and then try this one. (Both these



exercises are good to do when you get up in the morning. Directions are for sitting, but they also may be done standing.)

Belly Massage

Sit on chair, feet on floor. Put right hand on right side of lower abdomen. Put left hand over right to help maintain pressure. Follow the course of the colon with the hands—up to the lower rib, across to the left side and down to the lower left abdomen. Start from beginning. Repeat 32 times.

Talkative Woman Locked in Store

Miami, Fla. (AP) — Mrs. Mildred Miller went into a drugstore in her neighborhood at 11 p.m. to make a call on the pay phone there. At 11:45, Druggist Henry Mitton noted she was still talking. "I forgot about her after that," Mitton said "and we closed the store at 12:30."

Some time after that, passersby were attracted by a woman banging on the drugstore window from the inside. She shouted that she had been locked in the store.

Police called the owner, Lynn Abelson, and his wife drove to the store to let Mrs. Miller out.

"I'm so embarrassed," Mrs. Miller said. "I don't know what you're thinking, but you can search me."

"That won't be necessary," Mrs. Abelson said. "One woman can understand another woman's problems."

Girls with Same Name Picked as FFA Beauties

Loris, S. C. (AP)—Carolyn James 11th grade Loris High School student, was elected Loris "Future Farmers of America sweetheart."

Soon afterward, she received a letter from Carolyn James in the 11th grade at Lake City, S. C., about 65 miles distant. The other Carolyn had been elected Lake City "Future Farmers of America sweetheart."

Come Early! Come Often! Help Yourself to A&P's...

MIGHTY Mid-Summer SAVINGS

- CRACKERS Strietmann - 1-Lb Pkg 31c
- Honey Grahams - 7 1/2-Oz Glass 33c
- PEANUTS Peter Pan - 12-Oz Glass 37c
- Salted - 24-Oz Can 41c
- PETER PAN Peanut Butter - No. 906 Can 39c
- BEEF STEW Dinty Moore's - 12-Oz Can 47c
- ASPARAGUS Del Monte All Green - 1-Lb Pkg 33c
- SPAM MEAT Luncheon Style - 1-Lb Pkg 33c
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- Onley Brand Green Peas - 3 No. 303 Cans 29c
- Pacific Gold Elberta Peaches - 3 No. 303 Cans 50c



Fruits & Vegetables

- Thompson White Seedless Grapes - Lb. 25c
- Sweet Bartlett Pears - 2 Lbs. 29c
- Julcy Thin Skinned Lemons - Lb. 15c



- Crisp Heads Lettuce - 2 Hds. 27c
- Honeydew Mellons - Size 9's - 2 Lbs. 25c
- BEANS - 2 Lbs. 25c
- Golden Crisp Carrots - 2 Cello Pkgs. 25c
- Cuban Avocados - 2 For 19c
- Yellow Onions Fine Flavor - 2 Lbs. 13c

- Strained Foods Clapp's 3 Jars 25c
- Chopped Foods Clapp's 2 Jars 25c
- Crisco 1-Lb Tin 34c 3-Lb Tin 93c

Get Mighty Mid-Summer Savings In A&P's Grocery Department

FROZEN FOODS

- Minute Maid Lemonade - 6-Oz Can 17c
- Scotch Maid Broccoli - 2 10-Oz Pkgs. 25c
- Dulany Frozen Green Peas - 10-Oz Pkg. 17c
- Scotch Maid Peas & Carrots - 10-Oz Pkgs. 25c
- Seabrook Farms Cut Green Beans - 10-Oz Pkg. 21c
- Scotch Maid Fancy Green Peas - 2 10-Oz Pkgs. 25c

Hi-C Refreshing

ORANGE DRINK - 46-Oz Can 25c

Fresh American

MILD CHEESE - Lb. 41c

Armour's or Libby's

VIENNA SAUSAGE - 2 4-Oz Cans 33c

SULTANA PEANUT BUTTER - 24-Oz Jar 49c

SULTANA STUFFED OLIVES - 10 1/2-Oz Jars 49c

SULTANA SALAD DRESSING - Qt. Jar 35c

SULTANA BUTTER BEANS - 28-Oz Can 15c

SULTANA BARTLETT PEARS - 2 8-Oz Cans 29c

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- Ground Beef "Super-Right" Freshly Lb. 35c
- Rib Roast - Heavy Western Grain Fed Beef Boned and Rolled Lb. 75c
- "Super-Right" Fresh End Cut Pork Chops - Lb. 53c
- "Super-Right" Fresh Loin End Pork Roast - Lb. 49c
- Fillet of Ocean Perch - Lb. 29c
- Fillet of Haddock - Lb. 35c
- Stew Beef - Heavy Western Grain Fed—Lean Boneless "Super-Right" Fresh Market Style Lb. 59c
- Back Bones - Wilson's Corn King Lb. 45c
- Sliced Bacon - 1-Lb. Pkg. 59c
- Whiting Fish - ready and Dressed Lb. 15c

- A Grand Buy — Mustard Pack — Domestic SARDINES - 3 3 1/4-Oz. Cans 20c
- Golden or White Cream Style IONA CORN - 2 No. 303 Can 23c
- AGP Fancy Fruit — Grapefruit SECTIONS - 2 No. 303 16-Oz. Cans 29c



Jane Parker Bakery Values!

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- Enriched White Bread - Lb. Loaf 14c
- Golden Pound Cake - Ea. 25c
- Apple Pies 39c Big 8-Inch Pie

- Surf - Lge. Pkg. 30c Gt. Pkg. 61c
- Duz - Lge. Pkg. 30c Qt. Pkg. 72c
- Ajax Cleanser - 2 Cans 25c
- Lux Flakes - Lge. Pkg. 30c
- Rinso Blue Detergent Lge. Pkg. 30c Gt. Pkg. 61c
- Fab - Lge. Pkg. 30c Gt. Pkg. 72c
- Octagon Toilet Soap 4 Bars 23c
- Octagon Soap Powder Lge. Pkg. 24c
- Laundry Octagon Soap 3 Lge. Pkg. 25c

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