

# Food For All Your Senses

By JOYCE TOTTEN

Next time you barbecue chicken for the family, ask them to tell you why they like it.

You'll probably get a variety of answers. Dad might particularly enjoy the contrast between the crunchy crust and the delicate flesh. Mother would comment on the beautiful appearance of the chicken.

Teen-age brother will have the best answer of all: the smell makes him hungry, and the barbecued chicken just plain tastes great.

As a matter of fact, they are all talking about the same thing. The fact that taste is influenced by all other senses: smell or aroma, sight or the color and form of food, feel or its texture.

In the search for new convenience foods, the appetite-appeal factors are kept prominent.

Whatever foods you prepare, make the most of all their sense appeals. Half the fun of eating potato chips, crackers, raw carrots or celery is the crunch. And when you scoop up a smooth and creamy sour cream or cream cheese dip with these crisp dippers, refreshing, tangy taste enters in as well.

Try a tasty dip of: 1 envelope Good Seasons Italian Salad Dressing, mixed, blended into 1 pint sour cream.

Here's a quick and easy meal:

- CAN-CAN CHICKEN**  
1 can (10½-oz.) condensed cream of chicken soup  
1 can (10½-oz.) condensed cream of celery soup  
1 soup can water  
1½ c. rice  
1 can 12-oz. boned chicken or 1½ c. diced cooked chicken  
1 can (3-oz.) chow mein noodles

Combine all ingredients except noodles in a large skillet. Stir in mix. Bring quickly to a boil. Cover; reduce heat and simmer 7 mins. Remove from heat; stir. Serve with the noodles. Makes 4-6 servings.

- ASPARAGUS CASSEROLE**  
2 cups buttered soft bread crumbs (cut crusts off bread and cut in small cubes—add to melted butter and shake.)

Make a white sauce in a double boiler with the following:  
2 T. butter  
1 T. flour  
1½ c. milk  
Dash of pepper  
1 c. milk  
Add 1 cup grated American cheese and dissolve in cream sauce.

- 4 hard cooked eggs  
1 lb. cooked asparagus (cut in small pieces. When out of season use 1-lb. 2 can canned asparagus)

2 diced pimiento (canned)  
Grease casserole. First add ½ of the bread crumbs then alternate with half of the asparagus, 2 eggs, ½ of the pimiento and ½ of the cream sauce, then top with the rest of the buttered soft bread crumbs and cream cheese sauce. Bake 15 minutes in preheated oven at 350° F.

- SUNSHINE SALAD**  
1 pkg. (3-oz.) lemon gelatin  
½ t. salt  
1½ c. boiling water  
1 can (8½-oz.) crushed pineapple  
1 T. lemon juice  
1 c. shredded carrots  
1 c. chopped pecans  
Dissolve gelatin and salt in boiling water. Add undrained pineapple and lemon juice. Chill until slightly thickened. Then fold in carrots and pecans. Pour into individual molds or 1 qt. mold. Chill until firm. Unmold. Makes 6 servings.

## Rule of Thumb For Centerpiece

Have trouble deciding how high a floral centerpiece for a dining table should be? Place your elbow on the table before the arrangement and clench your fist.

The flowers should be no higher than your fist, to permit comfortable cross-table conversation.

For buffets, however, the centerpiece may be as high as desired.



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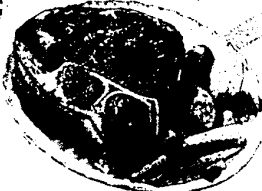
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U.S. CHOICE  
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