DAWN RECIPES:

Why Not Have A Tuna Party?

Ah, Spring — and Summer, too! What a great time of year! The weather is warmer, the sun is brighter — it's a time of relaxation and celebration. And people love any party, any occasion with good food — whether it's a bridal shower, a graduation, a block party, or just plain ol' summer fun.

But, you may ask, what do you serve a crowd that's economical, good-tasting, easy yet filling, colorful — and different. Canned tuna is the answer.

There is nothing easier to prepare — and eat — for a summer party than tasty finger sandwiches. Whip up a batch of Tuna Apple Cheese Spread and some piquant Tuna-Lemon Butter, as well. These are to be used to produce ingenious little treats, such as Pinwheel, Open-Face, Show-Off and Lily Sandwiches.

SANDWICH MAKING

PINWHEEL SANDWICHES

Remove crusts from unsliced loaf of bread. Slice loaf lengthwise into slices ¼-inch thick. Roll each slice with a rolling pin to flatten. Spread with Tuna Apples Cheese Spread or Tuna-Lemon Butter.

Place stuffed olives, gherkins, or other small piece of vegetable across one of the short ends. Starting at end with olives, tightly roll up bread. Wrap rolls in waxed paper, foil or plastic wrap, twisting ends securely. Refrigerate several hours, or overnight.

To serve, cut chilled rolls into thin slices; for more decorative slices spread outside of rolls with softened butter and roll in chopped parsley or chopped nuts before slicing.

OPEN-FACE SANDWICHES.

Cut slices of bread with cookie cutter or with a knife into geometric shapes. Spread with either sandwich mixture. Garnish with sliced stuffed olives, gherkins, parsley sprigs, cucumber slices, strips of pimiento, carrot circles, sliced radishes, or slices of hard-cooked eggs.

SHOW-OFF SANDWICHES

With cookie cutter, cut bread slices into rounds; with smaller cutter, cut hole in center of half of rounds. Spread whole rounds with either sandwich mixture; top with open circles. Place garnish in opening. Garnish with olive circles, carrot slices, gherkin fans, radish slices, cucumber pieces, pimiento strips or hard-cooked eggs.

LILY SANDWICH

Trim crusts from slices of bread; roll gently with rolling pin to flatten. Spread either sandwich mixture on bread. With corner of bread facing you, fold left and right corners to middle to form a cone. Press gently to hold in place, or use a food pick.

Place sliver of olive, tomato or pickle in open end of sandwich to resemble the center of a lily. Roll in waxed paper, aluminum foil or plastic wrap. Refrigerate several hours or overnight.

TUNA APPLE CHEESE SPREAD

1 can (6½ or 7 ounces) tuna in vegetable oil

1 package (3 ounces) cream cheese, softened to room temperature

1 small or ½ large apple, unpeeled, chopped

¼ cup chopped walnuts

2 tablespoons chopped parsley

2 tablespoons milk

½ teaspoon lemon juice

¼ teaspoon ground nutmeg

Drain excess liquid from tuna. In medium bowl, break tuna into fine flakes. Add remaining ingredients; mix well. Use as spread for party sandwiches.

Yield: About 2 cups.

TUNA LEMON BUTTER

1 can (6½ or 7 ounces) tuna in vegetable oil

6 tablespoons butter, softened to room temperature

¼ cup chopped celery

2 tablespoons chopped ripe olives

1 tablespoon dried or fresh chopped chives

2 teaspoons lemon juice

½ teaspoon grated lemon rind

Drain excess liquid from tuna. In medium bowl, break tuna into fine flakes. Add remaining ingredients; mix well. Use as spread for party sandwiches.

Margarine may be substituted.

Yield: About 1½ cups.

FROSTED TUNA PARTY LOAF

Savory Tuna Sandwich Filling

Egg Salad Sandwich Filling

1 cucumber, sliced paper thin (25 to 30 slices)

1 load white bread, unsliced

2 tablespoons butter or margarine, softened to room temperature

2 packages (8 ounces each) cream cheese, softened to room temperature

One-third cup chopped parsley

Prepare fillings. Place cucumber slices on paper towel to absorb excess moisture. Cut all crusts from bread with sharp knife. Lay loaf on its side; cut into 5 even slices; spread first slice with soft butter, overlap cucumber slices; spread second slice with half of the Savory Tuna Sandwich Filling; spread third slice with Egg Salad Sandwich Filling; spread fourth slice with remaining tuna filling.

Stack slices; top with fifth slice of bread. Beat cream cheese until smooth; spread on top and sides of loaf. Gently press chopped parsley on sides of loaf.

To make flower garnish on top, use strips of green pepper or cucumber skin for flower stems, and circles of carrots, radishes, black or green olives for flowers.

Yield: 8 to 10 servings.

SAVORY TUNA SANDWICH FILLING

1 can (6½ or 7 ounces) tuna, flaked

¼ cup chopped celery

¼ cup mayonnaise

2 tablespoons pickle relish

2 tablespoons capers, chopped

In medium bowl, combine all ingredients; mix well.

EGG SALAD SANDWICH FILLING

2 hard cooked eggs, chopped

¼ cup chopped celery

2 tablespoons mayonnaise

⅛ teaspoon salt

Dash of pepper

In small bowl, combine all ingredients; mix well.

Food Facts

The potato chip is one of America's favorite foods, but most people don't know how they were invented. Credit goes to one of America's oldest, most prestigious families, the Vanderbilts, although in fact the invention was strictly an accident.

One evening in August, 1853, Commodore Cornelius Vanderbilt, dining at the fashionable Moon's Lake House in Saratoga Springs, New York, returned his potatoes to the kitchen because they were sliced too thick. The chef, outraged by this insult, sliced some more potatoes wafer-thin, cooked them to a crisp in boiling oil, heavily salted them and sent them back to the Commodore.

Much to his amazement, the Commodore and other guests of the restaurant loved those first "Saratoga" chips.

One hundred and twenty five years later, we're still eating potato chips. In fact, they are the number one snack food in the United States, and we eat about 4.5 pounds per person per year.

Mrs. Cornelius Vanderbilt Whitney, great great granddaughter-in-law of the Commodore, published a potato chip cookbook. It contains the recipe for Potato Surprise. (below) a tasty ham and potato casserole featuring two kinds of cheese and a crunchy potato chip topping.

Potato Surprise

6 to 8 potatoes
4 eggs, beaten

All About Olive Oil

Virgin (also called pure virgin) olive oils are produced by mechanical processes and are free from any mixture of other types of oils extracted in a different manner.

Virgin extra olive oil has absolutely perfect flavor, having a maximum acidity of 1 percent. (Free fatty acid content expressed as oleic acid.)

Virgin fine olive oil has the same characteristics as extra, except that its maximum acidity is 1.5 percent.

Virgin ordinary (also called virgin semi-fine) is olive oil of good flavor having a maximum acidity of 3 percent.

Virgin lampante is off-flavor olive oil with an acidity over 3.3 percent.

Pure olive oils consist of a blend of virgin olive oil and refined olive oil.

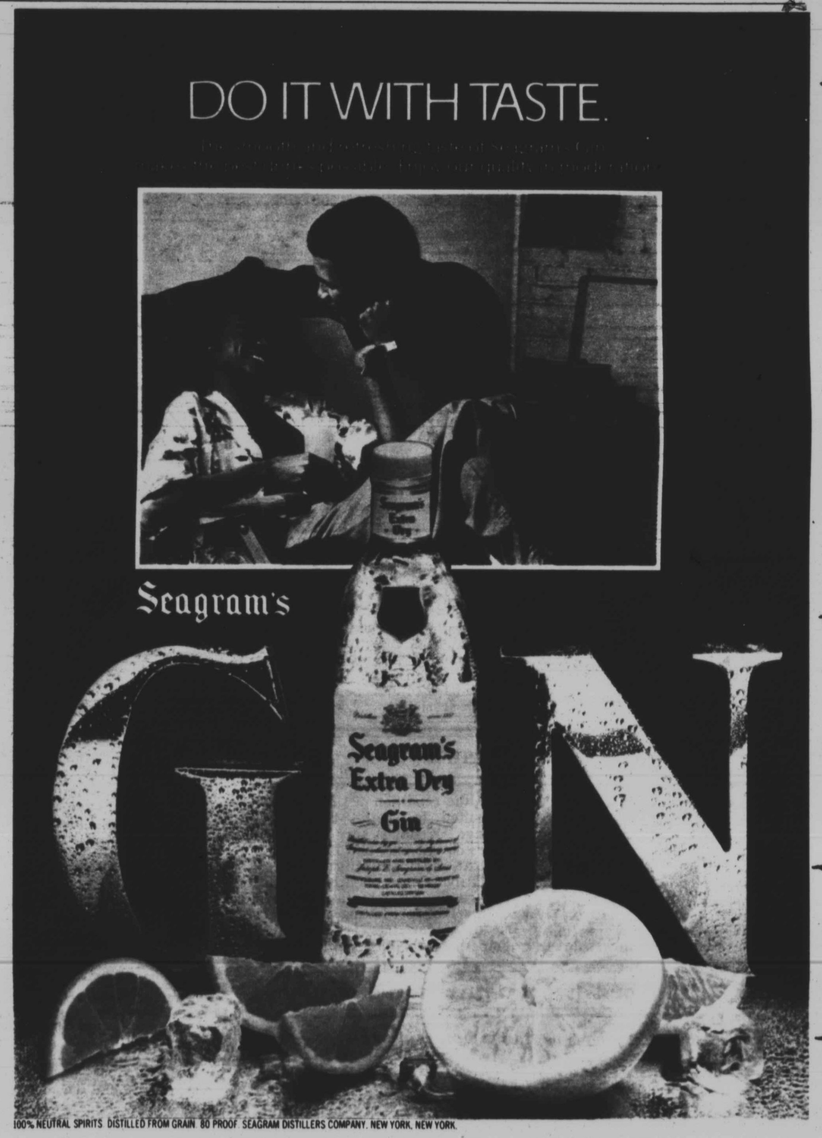
Virgin olive oils are clear, yellow to green in color, with a specific odor and taste. They are free from odors or tastes indicating alteration or pollution of the oil.

Virgin oils become cloudy on cooling and thicken in the refrigerator, but become quickly clear on warming.

Serious Cereal Buys

Cereals are a good source of thiamin, riboflavin, niacin and iron in your diet. They also supply calories needed by your body for energy.

"Since cereals do not contain fat, they are an excellent source of energy for persons on low fat diets," says Jeannie Sneed, Extension Nutrition Specialist at Oklahoma State University.

Cereals may also add fiber to your diet. Fiber helps waste pass through the digestive tract. Bran and granola are better sources of fiber than some other cereals.

Though children want sugared cereals or packages having toys inside, the most economical buy is a non-sugared cereal. Cereals coated with sugar are more expensive than non-sugared cereals. It is cheaper to add sugar at home.