Make Way For Hot Dog

Rome — The historic Coloseum, the greatest amphitheater ever erected by Roman engineers—once devoted exclusively to lion exhibitions, gladiatorial combats, and the execution of Christians—has succumbed to the whims and comfort of foot-weary tourists, reports Maryknoll Brother Gilbert Figuridlo of the Bronx, N.Y.

After a bitter legislative fight, the Rome Communal Council has agreed to build a snack bar within the confines of its massive arches.

At Home With Trudy McNall

Scallops are Good and Plentiful

Scallops are plentiful. That's good news for homemakers especially during meatless days. Scallops are good, that's hardly news to anyone who has ever tasted these succulent shell fish.

The scallop is a mollusk with two shells like the oyster or clam, but unlike them, it swims about in the water or moves along the bottom along the sand. Its shell is rounded with a wavy, scalloped edge and a large muscle controls the movements of the shell as it propels itself. This muscle is sometimes called the "eye" and is the only part of the scallop we eat.

LENTEN MEALS that feature firm, nutty-flavored scallops can never be fagged drab or tasteless. But even scallops can become tiresome if served the same way. So let your imagination free-wheel now and then.

Try dipping your scallops in undiluted evaporated milk to which a bit of sherry has been added, and then roll in crushed cornflakes, then fry in deep fat just until the scallops are delicately tender and brown. Drain, season with salt and pepper, or use the oven frying method, which eliminates pan watching, with foil to eliminate pan washing.

Just line a shallow pan with aluminum foil, prepare scallops as suggested above, dribble a little butter over the top and bake in oven at 375 degrees for about 15 minutes.

Scallops are delicious broiled and this is so easy to do. Just place the scallops in melted butter using about ¼ pound of butter for 1½ pounds of scallops, sprinkle with salt and pepper, place in shallow pan and broil about 3 inches from heat for about 6 minutes or until delicately browned. Serve with lemon wedges and garnish with paprika.

ONE OF THE easiest ways to cook scallops is in milk. Wash scallops in cold water, drain and pat dry. Roll each in flour and place in greased baking dish. Fill to ½ the depth of scallops with rich milk. Season with salt, pepper and dots of butter. Bake 30 minutes at 350 degrees, then turn scallops to let other side brown slightly.

Note: A too hot oven will cause the milk to curdle and although unsightly, the flavor of milk will not be impaired. Another way I like to prepare scallops is to pan fry them with mushrooms and chopped onions. When serving scallops allow from ¼ to ½ pound per person.

Another way to perk up your Lenten meals, is by teaming up scallops with other compatible foods such as rice or noodles. Here is a recipe that makes a happy wedding between scallops and rice. It was a prize winner at the annual Scallop Festival in New Bedford, Mass., where most of the countries scallops are landed.

SCALLOPS AND RICE

1½ pounds scallops
1 medium cucumber
¼ c. butter
1—4 ounce can pimientoes
1¼ t. salt
1 c. ketchup
1½ c. milk
1½ T. cornstarch
2 T. Sherry (optional)

Slice scallops crosswise about ¼ inch thick. Peel cucumber and cut lengthwise into 16 strips; then crosswise into fourths. Cook scallops in butter for about 3 minutes, add diced pimientoes, cucumber and salt, cover and simmer about three minutes. Stir in ketchup and 1 cup of milk. Blend together the remaining ½ c. milk and the cornstarch and add. Stir over medium heat until mixture thickens and comes to a boil. Add sherry. Serve with fluffy rice. Makes 6 servings.

Another appropriate alternate for meat during the Lenten period is cottage cheese. Cottage cheese is a rich source of high quality protein, calcium and riboflavin. Caloric-counters will appreciate the low number of calories in a serving of cottage cheese. A half cup of creamed cottage cheese furnishes 120 calories while the same amount of cottage cheese made from skim milk with no fat added furnishes only 100 calories.

SINCE COTTAGE CHEESE is perishable it should be kept in the refrigerator to maintain its freshness and delicate flavor. When you buy cottage cheese plan to use it soon after you buy it — preferably within a week. Cottage cheese teams well with fish and eggs for nutritious main dishes, and don't forget to combine cottage cheese with fruits for delicious salads, not to mention the many jellied salads that can be enhanced by cottage cheese.

SOMETHING NEW: Flavored cottage cheese is a relatively newcomer to the market. It is made from creamed cottage cheese with the additions of fruits or vegetables. Some combinations available are: chives, scallions, parsley and spices; carrots, celery, green and red peppers and pineapple. Try some for variety.

Variety At Breakfast

Doctors and dieticians tell us that breakfast is the most important of our daily meals and a little planning can make breakfasts more inviting to your family.

Try them soon with hot biscuits and jam as a starter. Packaged and frozen ready mixes makes them a snap to serve.

A VARIETY of juices helps add sparkle too and gets the family out of that "same old routine" feeling. Doughnuts are a happy way to start the day with your favorite coffee or milk.

Eggs, cereals, pancakes all lend themselves to a variety of meal planning that makes for healthier, happier families.

High protein foods are important for every breakfast to give the needed energy to start a day right.

Your favorite grocer has hundreds of suggestions on his shelves — just take a little time and see the possibilities for better breakfasts.

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Talk It Over

Overweight

By ANNE CULKIN

Dear Miss Culkin:

I am twenty-five pounds overweight. I have tried many diets, but none seem to work. Would you recommend a good diet that would really get results. I am five-three and a junior in high school. I weigh 145 pounds.

Helen

Dear Helen:

I certainly won't, Helen, not that I mean to sound unkind. But popular fad diets can't possibly be followed by many different people without becoming dangerous to the health of many of those concerned. The only person who is qualified to recommend a diet to you is your physician. It's natural for you to be worried about overweight; however, let a doctor who is concerned for your health guide you in this problem. Being overweight in the early teens is not uncommon.

Therefore, solve the problem with truly expert guidance, for shattered strength of mind and body is too big a price to pay for the counsel of even stylish quacks.

Dear Miss Culkin:

Why do some boys think that it is morally wrong for girls to do some of the things that these boys think are alright for them to do?

Lou

Dear Lou:

Don't you believe that the boys really believe this to be true. They are only trying to sell you and themselves on the idea. The fact, Lou, that these same boys are aware of a moral code is reason enough for us to believe that, despite the bill of goods they are trying to sell you, they believe in God.

They know, too, that it was this same God that gave to all of us something known as the Ten Commandments, and that never once did He mention any one of the ten was meant "for women only". On the contrary, the promise Christ made for the reward of keeping the Commandments and the punishment for disobeying them was given to man as it was to woman. Equal rights, I would say, wouldn't you?

Dear Miss Claskin:

When you take a girl to the movies, what is the proper etiquette?

Tom

Dear Tom:

Before calling for the lucky young woman at her home, Tom, check that important list to learn the classification of the pictures that are being shown in the local theatres. Upon meeting, name the movies for her that are on the preferred list and ask her to make the choice.

At the theatre, open all doors for her. If it is necessary for you both to walk single file, the young woman should go first. The usher leads the way down the aisle. The girl follows him but still precedes you. If there is no usher, you lead the way and locate the seats you are to occupy.

Once you are both seated, you assist the girl in removing her coat. When about to leave the theatre the young woman again precedes you. That's about it.

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