

FOOD features



Local Fruit On Market Launches Canning Season

Peaches, Pears And Prunes Join Summer Fruit Parade

By LOUISE HAYES
News-Review Food Page Editor

Pardon us while we brag a little bit! But to our way of thinking, there's nothing in this world as good, as delicious, as super-wonderful as our western fruit!

Out here in this lovely land between the Rockies and the Pacific Ocean, there is a special combination of sun and soil that produces fruit with real flavor. And our orchardists and agricultural colleges are constantly working to gild the lily and improve what is already mighty good — our plums, pears, cherries, peaches and prunes.

While you are busy with your canning, don't forget that Junior thinks a peach or a plum in the hand is worth two on the pantry shelf. Now that fresh fruit is plentiful, keep a bowl of it around the house at all times. But most important, keep it where little hands can get at it easily. This is the time to load up on those sunshine vitamins against next winter's cold.

The food editor's desk is being flooded with fruit recipes this week. Here are some you will find well worth trying.

Pear Perfection Conserve

- 2 quarts Bartlett pear slices
- 6 cups sugar
- 2 oranges
- 3 tablespoons lemon juice
- 2 tablespoons ginger
- 1/2 cup nut meats

Wash, peel and quarter Bartlett pears, removing cores, then slice in thin slices. It will require from 5 to 6 pounds to make 2 quarts. Put in crock or glass bowl and cover with sugar. Let stand overnight. Next day add orange slices, lemon juice and finely cut ginger pieces and bring to boil. Cook slowly until mixture thickens. Five minutes before removing from heat, add nut meats. Ladle while hot into hot sterilized half-pint jars and seal at once. Makes 6 half-pints.

A combination of five fruits makes this conserve colorful and rich.

you most enjoy eating. Wash the fruit; dip in boiling water for about 30 seconds then into ice water for the same period of time. The skins will then slip off easily with the aid of a paring knife.

Cut peaches in half and remove pit. Pack the raw fruit to within 1/2 inch of the top of clean hot jars. Cover with hot 40 per cent syrup made in the proportion of 1 cup sugar to 1 1/2 cups water. Work out air bubbles from jars by inserting silver knife down the sides of the jar or by shaking jar. Wipe rims of jars with clean damp cloth. Ad just lids according to manufacturer's instructions. Plunge jars into boiling water bath. Process 20 minutes for either pints or quarts, counting the time after water returns to full boil. Remove jars as soon as time is up and cool quickly away from drafts. Separate jars from 3 to 4 inches for quicker cooling. After 24 hours, check for seal. Store in cool, dry, dark place.

SUMMER FRUIT SALAD

- 1 8-oz. can crushed pineapple
- 2 cups boiling water
- 1 pkg. lime-flavored gelatin
- 1 cup seedless white grapes
- Fresh fruits
- Fruit Dressing

Drain pineapple and save syrup for dressing. Pour boiling water over lime gelatin and stir until dissolved. Chill until consistency of unbeaten egg white and fold in drained pineapple and grapes. Spoon into six individual molds and chill until firm. Unmold on salad greens around edge of large chop plate. Fill center with assorted fresh fruit, such as melon balls, sliced bananas, pineapple chunks, berries and sweet cherries. Serve with Fruit Dressing.

FRUIT DRESSING

- 1 tablespoon flour
 - 1-3 cup sugar
 - 1 egg, well-beaten
 - 1/2 cup canned pineapple juice
 - 1/2 lemon juice
 - 1/4 large orange, juice
 - 1/2 cup heavy cream
- Mix flour and sugar in top of small double boiler. Add egg and strained fruit juices blend. Cook over hot water, stirring constantly until thick. Cool. Whip cream and fold in. Makes six servings.

CANNING ITALIAN PRUNES

Wash; halve and remove pit or leave whole fully ripe Italian prunes.

METHOD: Pack raw fruit to within 1/2 inch of top of clean hot jars. Cover with 40 per cent syrup made by dissolving 1 cup sugar in 1 1/2 cups water. Work out air bubbles from jars by inserting a knife down the sides of jar or by shaking jar. Wipe rims clean. Adjust lids; put jars into boiling water bath. Process for 20 minutes for either pints or quarts after water returns to boiling. Separate jars 3 to 4 inches for cooling after they have been processed. After 12 hours, check for seal. Store in cool, dry, dark place.

SPLICED PICKLED PEACHES

- 6 pounds Freestone peaches (about 20 to 22 medium size)
 - 4 cups sugar
 - 2 cups vinegar
 - 4 3-inch sticks cinnamon
 - 1 piece whole ginger
 - 3 tablespoons whole cloves
- Select ripe firm peaches. Dip into boiling water for 1 minute. Remove and plunge into cold water. Peel. Cut in half and remove pit if peaches are large, or leave whole if small to medium size. To prevent fruit from browning drop into salt water or vinegar water (1 tablespoon vinegar to each quart water). Combine sugar, vinegar and spices (in a bag). Heat to boiling. Add peaches and boil gently until just tender, about 3 minutes. Fill hot, clean jars with peaches covering with hot syrup to within 1/2 inch of top of jar. Wipe jar rim with clean damp cloth. Adjust lids according to manufacturer's instructions. Process in boiling water bath for 10 minutes. Yields 6 pints.



PORK UPSIDE-DOWN PIE — Shape 1 pound bulk pork sausage into patties. Cook over low heat until patties are thoroughly cooked. Pour off excess fat as it accumulates. Remove patties to casserole. Slice 2 medium onions into rings and brown slowly in small amount of sausage drippings. Place onions in casserole and pour 1 can condensed tomato soup over meat and onions. Make one recipe baking powder biscuits and lightly roll out dough to size that will fit casserole. Place on top of meat mixture. Bake at 450 degrees F. for 15 to 20 minutes or until biscuit dough is well browned and done throughout. Turn out on platter so meat and onions are on top. Cut in wedges. Serves 6.

Garden Fresh Vegetables Plentiful And Nutritious

This is the time of year to enjoy garden fresh vegetables. Whether you raise them yourself or buy them at the corner grocery, vegetables are at their best now. And the fresher they are, the richer your sources of vitamins.

Green beans, for instance, can be cooked in a variety of ways. They are delicious if cooked plain and served with butter; and more exciting if served in fancy dress.

Green Bean Pudding (Serves 4)

- One pound green beans, 2 tablespoons butter, 1/2 teaspoon salt, 1 cup cream sauce, 2 eggs, lightly beaten with 2 tablespoons grated Parmesan cheese, 2 tablespoons fine bread crumbs, 2 tablespoons butter.

Wash beans and cut into very small pieces. Boil in water 18 minutes and drain. Place beans in saucepan with butter and salt and cook gently 5 minutes. Remove from fire and add cream sauce, eggs and Parmesan.

Grease a one-quart mold and sprinkle with bread crumbs. Pour in bean mixture, top with more bread crumbs and dot with butter.

Bake in hot oven (400 degrees F.) 45 minutes, or until mixture is firm. Remove from oven and let stand 4 minutes before unmolding.

Here's a way to lift green beans into the de luxe class without expense or worry:

De Luxe Green Beans (3 to 4 servings)

- One package frozen green beans or 1 pound garden beans, cooked, 1/2 cup chopped onion, 1/2 cup sour cream.

Cook green beans and onions following directions on the package of beans or use cooked garden beans. Drain, leaving small amount of liquid (about 2 tablespoons) on beans. Mix in sour cream and reheat.

Spinach Souffle (Serves 6)

- One cup cooked chopped spinach, 3 tablespoons butter or other fat, 3 tablespoons flour, 1 1/2 cups milk, 1/2 teaspoon salt, 1/2 teaspoon pepper, 1 tablespoon finely-chopped onion, tabasco sauce, 3 eggs.

Wash the spinach well and cook it about 5 minutes in the water that clings to the leaves. Drain, and chop fine. Prepare a cream sauce of the fat, flour and milk. Add the spinach, salt, pepper, onion and a little tabasco sauce and mix well. Separate the eggs, beat yolks until light and lemon colored and whites until very dry. Add yolks to the spinach mixture, then fold in the well-beaten

Spinach Parmesan (Serves 4)

- One pound spinach, washed and chopped, or 1 package frozen chopped spinach, 2 tablespoons butter, 1/2 teaspoon salt, 1/2 teaspoon nutmeg, 2 eggs, lightly beaten, 3 tablespoons grated Parmesan cheese.

Cook spinach in 1 cup of water 5 minutes, drain, and chop fine. Place in saucepan with butter, salt and nutmeg and cook 4 minutes, stirring well.

Shut off flame and keep pan on hot stove plate. Add eggs, mix well, add Parmesan cheese and continue stirring 2 or 3 minutes. Serve immediately.

Toasted Carrots

- 12 cooked small whole carrots, 1/2 cup salad oil, 1/2 cup corn flakes, 1 teaspoon salt, 1/2 teaspoon pepper.

Dip carrots in oil, then in finely crushed corn flakes into which the salt and pepper have been added. Arrange in pan and broil until corn flakes are toasted, about 5 minutes. Bake twice with remaining oil while toasting.

Spaghetti and Cabbage with Cheese Sauce (Serves 4)

- Three-quarters cup spaghetti broken in inch pieces, 1 1/2 tablespoons table fat, 1 1/2 tablespoons flour, 1/2 teaspoon salt, 1 cup milk, 1/2 pound cheese, grated, (about 1 cup), 2 cups shredded cabbage, crumbs mixed with melted fat.

Cook the spaghetti in lightly salted boiling water until tender. Drain. Make a sauce of the fat, flour, salt and milk. Remove sauce from the heat and add the cheese, stirring until cheese is melted. Place alternate layers of spaghetti and cabbage in a greased baking dish or pan. Pour sauce over top and sprinkle with the crumbs. Cover. Bake about 40 minutes at 350 degrees F. (moderate oven), removing cover for at least 15 minutes so crumbs will brown.

Tomatoes with Tuna (Serves 4)

- Four large tomatoes, 1/2 teaspoon

Vegetable Cheese Towers

- 1 medium sized eggplant, 4 cups corn flakes, 1/2 cup milk, 1 teaspoon salt, 1/2 teaspoon pepper, 1/2 cup shortening, 6 thin slices sweet onion, 6 thick slices raw tomato, 6 thin slices processed American cheese.

Pare eggplant and cut into 6 crosswise slices about 1/2 inch thick. Crush corn flakes into fine crumbs. Dip eggplant slices first in milk mixed with salt and pepper, then in crumbs. Sauté in heated shortening until golden brown on both sides. Place slices on a baking sheet. On top of each slice of eggplant, put a slice of onion, then a slice of tomato, then one of cheese. Bake in moderate oven (350 deg. F.) about 30 minutes or until cheese is melted and brown and onion is tender. Serve at once.

REFRESHING OLYMPIA BEER ADDS REAL ENJOYMENT TO YOUR WEEK-END IN THE SUMMER SUN. MAKE FUN OF YOUR THIRST WITH OLYMPIA.

Freeze Ripe Peaches For Fine Results

Capture the orchard freshness of golden peaches this summer by freezing a supply of them for winter-time eating. The fresh flavor and succulence of this favored fruit is something to anticipate. There are many uses for frozen peaches in desserts or just to partially defrost and eat.

Only firm, well-ripened peaches should be frozen for this "party perfect" dessert fruit. Most of the varieties are suitable for freezing peaches. When they are right for eating—firm, juicy and uniformly ripe—they are right for freezing.

Some varieties of peaches may be easily peeled without dipping them in boiling water. Test to see if the skins will slip off easily without scalding. The fruit remains more firm if done this way or scalding has a tendency to soften the outer layer of the peach. For varieties that respond more readily to peeling after being dipped into boiling water, chill them quickly by plunging them in ice water. The scalding time and the chilling time should be about the same so the peach will not become soft.

In preparing the peaches for the freezer, make up the syrup in advance and chill it. For a 40 per cent syrup allow 1 cup sugar to 1 1/2 cups water. In using ascorbic acid add 1/4 teaspoon to each cup of cold syrup.

Peaches may be frozen in slices, quarters or halves. If frozen in halves, a heavier syrup is better, using 1 cup sugar to 1 cup water.

FREEZING PEACHES

Wash peaches—those in prime condition for eating. Decide whether you want them in slices, quarters or halves. Peel the peaches, then slice or pack into freezer containers. Cover with cold syrup to which ascorbic acid has been added. Use 1/4 teaspoon powdered ascorbic acid to each cup of cold syrup, adding it with the least stirring possible. Put a pad of lock-er paper on top of the peaches to hold them under the syrup. Seal. Freeze.



IN THE PINK WITH GREENS—Carol Jean Wille, 18, of Des Plaines, Ill., displays some of the "green stuff that counts" after being chosen queen of the Illinois Vegetable Week for the second consecutive year.



ALL LACED UP—John C. Binkowski, 59-year-old Chicago book-keeper, displays theillet luncheon cloth which won him the gold cup for the best handicraft in the Illinois State Fair, Binkowski, whose hobby has been needlecraft since he was 18, entered the fair for the first time this year.

Cheese Dips Are Party Favorites

Doughnuts aren't the only edibles that can be dunked. Have you tried dunking nice, crisp potato chips in creamy cheese mixtures?

"Dunks", or "Dips" are excellent for parties. When your guests congregate around a bowl of delicious "Dips," stiffness and formality melt away quickly.

Here are three excellent recipes for "Dips." Don't shy away from the clam recipe just because it sounds so unusual. You'll be surprised how tasty it is.

CLAM DIP

- 2 pkgs. cream cheese
- 1/2 teaspoon grated onion
- 1/2 teaspoon Worcestershire sauce
- Small can minced clams and juice
- Mix all ingredients together, either by hand or electric mixer, until creamy. Pile in attractive bowl and serve with tray of potato chips. (If you make your dips early in the day, remove from refrigerator and let stand at room temperature an hour before serving.)

ANCHOVY DIP

- 2 pkgs. cream cheese
- 1/2 teaspoon grated onion
- 1/2 teaspoon Worcestershire sauce
- Small can minced clams and juice
- Mix all ingredients together, either by hand or electric mixer, until creamy. Pile in attractive bowl and serve with tray of potato chips. (If you make your dips early in the day, remove from refrigerator and let stand at room temperature an hour before serving.)

- 3 to 7 teaspoons of anchovy paste
- 1 teaspoon grated onion
- milk or cream
- garlic salt if desired.

MIX AS FOR CLAM DUNK.

- BLUE CHEESE DIP**
- 2 pkgs. cream cheese
- 1 jar blue cheese, or a 1/2 lb. piece of blue cheese
- 2 teaspoons fresh horseradish
- Dash of Worcestershire and Tabasco sauce
- Juice of small grated onion

Mix together by hand or electric mixer until creamy.

For a summer-time no-bake dessert that will satisfy the sweetest sweet-tooth in your family, try

Peanut Brittle Crunch

- 1 cup heavy cream, whipped
- 1 1/2 cups quartered marshmallows
- 1 cup crushed peanut brittle
- 2 cups toasted coarse enriched yeast-raised bread crumbs
- 8 maraschino cherries

Combine whipped cream, marshmallows and peanut brittle. Line bottom of 8" x 8" x 2" pan with one third of bread crumbs. Spread one third of peanut brittle mixture over crumbs. Repeat till you have three layers with peanut brittle mixture on top. Chill. To serve cut into 8 portions and garnish each with 1 maraschino cherry. *Yields 8 servings.

Mixed Pear and Apple Jam

- 2 cups diced Bartlett pears
- 2 cups diced tart apples
- 1 box powdered fruit pectin
- 4 1/2 cups sugar
- 1/2 teaspoon mint (spearmint) flavoring
- Green food coloring

Mix diced Bartlett pears and diced apples. Place over high heat and stir in pectin. Bring to a boil. Add sugar all at once and stir it in. Bring to a rolling boil and continue boiling for one minute, stirring constantly. Remove from heat and stir in mint flavoring and coloring. Skim and stir alternately for three minutes. Pour into hot sterilized jars at once and seal. Makes about four half-pint jars.

This will be a summer favorite for your buffet luncheon.

Tempting Pear Melon Bowl

- 4 fresh Bartlett pears
- 1 honeydew melon
- 2 oranges
- 1 cup red grapes

Remove melon meat from honeydew and set shell upside down to drain. Dice melon. Peel, core and slice pears in eighths. Cut orange sections free from membrane. Wash grapes and remove seeds. Fill melon shell with fruit and melon mixture and place on salad plate. Chill well, garnish with salad greens and serve with French Dressing.

CANNING PEACHES

Canning peaches is a simple procedure, well worth the time it takes to have this flavor fresh fruit the winter long. Select firm, fully ripe peaches for canning—the kind

FUN TO EAT... and mighty good for 'em, too!

Vary summer meals with Porter Fril-Lets, Saladettes, Midget Se Shells, and Kurie-Q Noodles. Your grocer stocks them all.

Porter FRIL-LETS FRESH-EGG NOODLES

COOKING TIME 6 1/2 MINUTES

The Noodle that won't slide off the fork

GEE! MOM MAKES WONDERFUL JAM AND JELLY with MCR

IT'S JAM AND JELLY INSURANCE

What's a tomato without Morton's?

When it rains it pours

Plain or iodized

Best Foods Sandwich Spread

Best Foods Sandwich Spread makes everything you like taste even better!

For extra-special picnic fare the easy way, get Best Foods Sandwich Spread. It adds brand new taste appeal to all your old favorites:

- Sandwiches
- Hot Dogs
- Hamburgers
- Barbecues
- Potato Salad
- Deviled Eggs

Made by the makers of NUCO® margarine and BEST FOODS Real MAYONNAISE