

It's a breeze to KEEP COOL



Connie Baker's FOOD features

SECOND SECTION

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Try Using Milk In Summer Drinks

When friends drop in during the summer season, it's the well-organized hostess who is prepared to serve light refreshments at any time. Most of us bake the traditional cookies, fruitcake and sweetbreads, which everyone enjoys so much during the summer season. With these treats it's particularly nice to serve a flavorful, delicious beverage that can be enjoyed by both youngsters and adults alike.

Just such treats are creamy egg-nogs and milk punches which are a perfect accompaniment to cookies and your special cakes. The nice thing about summer beverages made with dairy foods is that the ingredients are always at hand in your refrigerator, and they are quick and easy to prepare. Your family and friends will enjoy these milk drinks. And don't forget that a big scoop of ice cream or a fluffy topnot of whipped cream makes them taste that much better!

Orange Egg-nog (Serves 4)
2 eggs, separated
1 can frozen concentrated orange juice
1 quart milk
3 tablespoons sugar
Grated orange rind
Combine egg yolks, orange concentrate and one tablespoon of sugar, mixing well. Beat egg whites until they will hold a soft peak; beat in the remaining 2 tablespoons of sugar gradually. Fold egg whites into egg yolk mixture. Divide evenly in 4 tall glasses. Fill glasses with milk. Sprinkle top with grated orange rind.

Chocolate Royal (Serves 6)
1 quart milk
1" piece of stick cinnamon
1/2 tsp. salt

2 tbsp. ground coffee
2 oz. (squares) chocolate
1/3 cup sugar
1/2 cup boiling water
1/2 tsp. vanilla
Combine milk, cinnamon, salt, and sugar and heat to boiling point. Strain. Dissolve chocolate in boiling water and add to milk mixture. Heat to the boiling point, add vanilla and serve with a topping of whipped cream and a sprinkle of cinnamon.

North Carolina Syllabub (Serves 4)
1/2 cup milk
1/2 cup sweet cider
1/2 cup sugar
1/2 tsp. vanilla
1 pint whipped cream
Dash of nutmeg
Chill ingredients. Beat milk, sweet cider, sugar, and vanilla together. Whip cream until stiff. Fold cream into milk mixture and beat again. Serve with a sprinkling of nutmeg on top.

A Coffee Cocktail For Summer
Here's an exciting new way with iced coffee! It's made effervescent with cream soda, given added zest with bitters. This is the thing to serve on the porch on a summer evening, and especially fitting to offer to those guests who do not take ordinary cocktails.

CREAMY COFFEE FOAM (Serves 4)
2 cups strong cold coffee
1/2 cup heavy cream
1/2 cup cream soda
Combine coffee, bitters and cream; divide among four decorative glasses. Add ice cubes. Fill glasses with cream soda. Stir gently to mix. Or, use cold coffee and thoroughly chilled cream soda and dispense with the ice, if you prefer.

Stick Lemon In Your Tea

"Iced tea with lemon — please." It's a familiar phrase these hot days. And timed just right for the season is a useful suggestion from the kitchens. To that tall glass of iced tea try adding 2 or 3 teaspoons of lemonade — undiluted — or more to taste. No more stirring in sugar that won't dissolve — or making up a sugar syrup. No more squeezing of lemons. It's that easy! Just pass the lemonade instead — for the tangy sweetness that adds so much to a refreshing glass of iced tea. You can store it at room temperature and it will keep that crystal clearness.

We're fanatic on the subject of good tea. First, keep your tea in an airtight container to help retain its flavor. Use freshly drawn water, always. Let it come to a boil. As soon as the water reaches a full rolling boil, add it to the tea. And we lean to loose tea rather than the bags. If you're using a teapot, earthenware or china please, not metal. And scald it well each time before using. Let the tea brew 3-5 minutes — then stir before serving. There's been a lot of discussion on the amount of tea when serving it hot — but let your taste guide you. One teaspoon per cup is a fair estimate — but if this proves too potent, reduce the amount as you prefer.

Iced Tea With Lemon
1 quart fresh, boiling water
6 tablespoons tea
1 quart cold water
Ice cubes
1 can (6 oz.) fresh-frozen lemonade (undiluted)
Place 1 quart water in open pan and bring to full rolling boil. Remove from heat. Immediately add tea. Brew 3-5 minutes, depending on strength desired. Stir. Strain into pitcher holding 1 quart cold water. Serve in tall glasses with 2 or 3 ice cubes in each. Stir in 2 or more teaspoons of undiluted fresh-frozen lemonade, according to taste. Serves 8-10.

A Cake With Beauty And Dignity For The Happy Bride And Groom

Are you going to be a July bride? Even though you may be planning a small or informal wedding, you will want to maintain the beauty and dignity of wedding-day traditions.

The two customary cakes for weddings are the bride's cake and the groom's cake. The modern-day bride's cake is a white cake, baked a day or two before the ceremony, and beautifully decorated to form a handsome centerpiece for the bride's table. It is sliced, the bride cutting the first piece, and served to the guests. The groom's cake is a rich, moist, dark fruit cake. It is baked two or three weeks in advance, sliced, and packed in small individual boxes or packages. It is not served at the reception but is given to the guests to take home. This custom dates back to the days of the early Romans as a symbol of plenty.

You can have both of these cakes for your wedding reception at a very small cost if they are baked at home. Here is our favorite groom's cake recipe. A cake made by this recipe is moist and rich in clean slices without crumbling, because the fruit is made tender and moist with old-fashioned unsphulphered molasses before adding it to the batter. This is a trick that professional bakers have

used for years to prevent the dried fruit from drawing moisture from the cake structure and causing crumbling.

Groom's Cake
(a dark fruit cake, heavy with fruit)
2 1/2 lbs. (6 1/2 cups) raisins, cut in half
1/2 lb. (1 1/4 cups) glazed cherries, sliced
1/2 lb. (1 1/4 cups) glazed pineapple, sliced
1/2 lb. (2 cups) pecans, coarsely chopped
1/2 lb. (2 cups) blanched almonds, sliced
1/2 lb. (2 cups) citron, thinly sliced
1 cup unsphulphered molasses
1/2 cup water
1/2 cup sifted enriched flour
1/2 cup butter, melted
1 cup butter or margarine
1/4 cup sugar
1/4 teaspoon soda
6 eggs, unbeaten
2 cups sifted enriched flour
1/2 teaspoon cloves
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon allspice
1/2 cup milk

To Freshen and Tenderize Fruit
Prepare fruit, gradually add to molasses and water that has been heated to boiling point. Cook slowly, stirring constantly, until fruit has absorbed all the syrup (about 5 minutes). Pour fruit in large, shallow pan or platter to completely cool, stirring occasionally. Mix fruit with the 1/2 cup flour just before adding to the batter.

To Mix Cake: Stir together the 2 cups flour, spices, cream, together chocolate, butter or margarine, sugar, and soda. Beat in 3 eggs. Stir in 1/2 cup flour mixture; beat in remaining eggs. Add the remaining flour mixture alternately with the milk. Stir intensively. Line the bottoms of two 15 x 12 x 1-inch pans and grease well. Pour batter into pans. Bake 1 hour and 45 minutes in a pre-heated slow oven (300 Deg. F.), keeping a large shallow pan of hot water underneath cakes to prevent them from baking too dry. Turn out on wire coolers. Remove brown paper. When cold, wrap cakes in a clean cloth saturated in fruit juice, wine or brandy.

To Cut and Box Cakes: Before the wedding, cut cakes into 2 1/2 x 1 1/4 x 1/4-inch pieces. Wrap each in metal foil or cellophane, pack in individual wedding-cake favor boxes or wrap in a good-quality bond paper and tie with a white satin ribbon. Place the boxes on a large glass plate or silver tray and ask a member of the wedding party to see that each guest receives one. YIELD: 88 pieces the above size.

Everyone Will Enjoy A Blueberry Shake

How anything as good to drink can also be good for you is the question many ask when sipping a milk shake. It always seems that foods that are most enjoyed often are lacking in certain fundamental food nutrients that are so necessary to health and well-being.

Not so with delicious drinks made with milk. Not only does the appetite appeal of milk, either by itself, or in combination with other flavors, hit the spot but due to the unique qualities of milk itself, it furnishes most of the essential food nutrients. Milk supplies important amounts of the mineral calcium, found in such minute quantities in most other foods, as well as other important minerals and vitamins; it supplies protein of the highest quality; food energy also is found in milk and this helps to give you vim and vigor. All this in milk which at the same time is the most refreshing, tasty beverage of all.

During July milk beverages will be the order of the day. This is the season when milk is most plentiful and nothing is more appropriate than dairy foods at this time of the year. Try a blueberry milk shake and see how delicious and refreshing a milk beverage can be.

BLUEBERRY MILK SHAKE
1 cup crushed blueberries
1/2 cup sugar
Few grains salt
2 teaspoons grated lemon rind
4 tablespoons lemon juice
6 cups cold milk
1 pint vanilla ice cream
Combine blueberries, sugar, salt, lemon rind, and juice. Blend thoroughly and add cold milk. Pour into cold glasses and top with vanilla ice cream. Garnish with fresh blueberries or thin lemon slices. Makes 6 servings.

Use Watermelons In Punches

Guests come and go — some come for a meal, others happen in at all odd hours. Whatever the time of day, a good punch and a few cookies will make any gathering festive, whether it's carefully planned or a spur-of-the-moment party.

Keep on hand a few cans of fresh-frozen lemonade. Rumor has it that the pink lemonade is very popular right now. Watermelons, too, are at the head of the list of good buys and look around — lots to choose from — plump, juicy and blushing pink inside.

So we team the two — beautiful pink lemonade in a "punch bowl" of watermelon rind. Turns out a conversation piece you'll want to repeat as long as the watermelons last. Here's how to fix it. Choose a nice ripe watermelon (you know how) and cut in half lengthwise. Scoop out the pink, edible melon of one half with a sharp knife, leaving the rind intact. Now run the point of the knife gently around the rind about one-half inch from the edge, to score a light line. Still with the sharp knife, make a serrated edge cutting slantwise to the line. Fill with chilled pink lemonade and serve immediately. For extra garnish, float watermelon balls made

Douglas County Favorites

Mrs. Jack Myers, 331 S. Main St., Roseburg, gives us our Douglas County Favorite for today. Mrs. Myers, mother of two charming children, Trudy and Jeremy, is a gracious and well-known hostess in Douglas County. She is also a marvelous cook. Her specialty is "just plain good food."

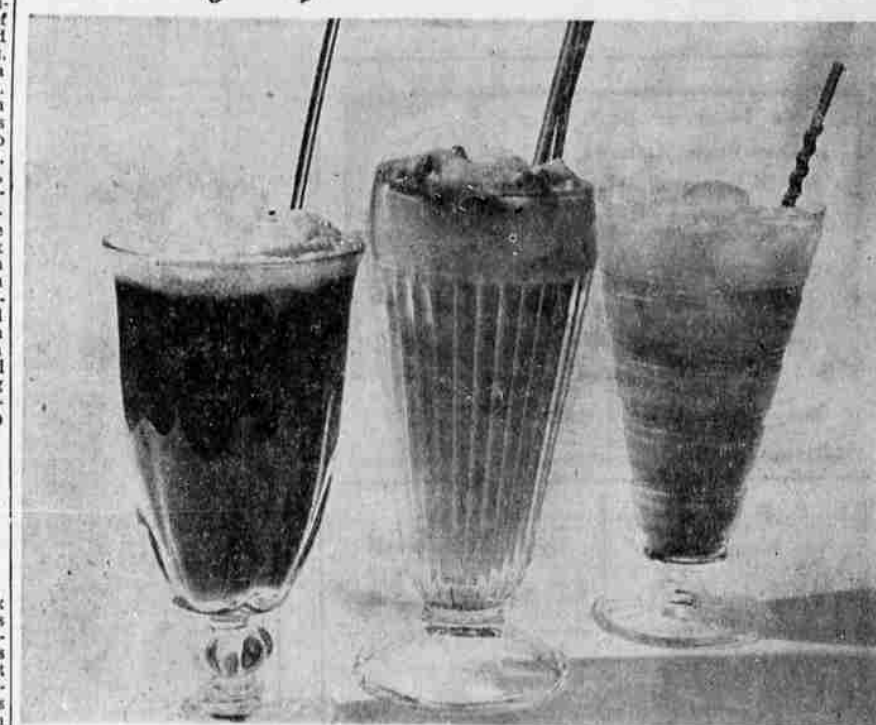
Mrs. Myers is a director of the Roseburg Symphony Society. The Myers have lived in Roseburg for a number of years.

Her favorite punch is made with fruit juices and chilled ginger ale. It is easy to make and serves about eight people. It is just the thing for a cool drink after a hot day at work or for an evening get-together in the backyard.

FRUIT JUICE AND ALE PUNCH
Combine one cup of water and one cup of sugar. Cool the syrup and add to it the juice of six oranges and the juice of six lemons. Chill these ingredients and immediately before serving add one quart of chilled ginger ale. When ready to serve, put in frosted glasses and garnish with sugared mint leaves. Put in a maraschino cherry for added color. Makes two quarts.

PINEAPPLE TREAT
You'll be known as a "knowing" cook if you treat your crowd to doughnuts split and sandwiched with a pineapple slice, and served with a hot pineapple sauce enriched with butter and 1/4 cup of shredded coconut.

Coffee In Summer Is Delightful To Drink



HOW DO YOU LIKE YOUR COOL DRINKS—dark and zesty, smooth and creamy or light and bubbly? You might choose any member of this cool coffee trio on looks alone, but the big test will come when you sample them. They are perfect examples of the amazing variety of tastes and textures you can base on the lively flavor of coffee.

A Tasty Coffee Trio Takes A Cool Bow

In the coffee cooler, (at left) for example, cocoa blended with coffee gives that good old mocha flavor, but something new has been introduced. Topping it with cola gives added zest and a bubbly effect. The double coffee soda, (center) on the other hand, is all coffee flavor. Here is a delectable soda created especially for those who like their drinks tall and creamy. The last member of the trio, mocha frost, is straight mocha with vanilla to enhance the flavor and sparkling water to give effervescence—as stimulating and

refreshing a summer drink as you could wish to find anywhere. With such luscious drinks to be available in every home, there's no need to regard them as something you can enjoy only when you visit the soda fountain. You can whip them up right in your own kitchen, whenever you feel in the "coffee cooler" mood.

Coffee Cooler
Dissolve 1 tablespoon sweet cocoa mix in 1/4 cup hot water; cool. Add 1 cup cold, strong coffee; beat with rotary egg beater or electric blender until thoroughly mixed. Pour equal amount in each of 2 tall glasses. Fill glasses with ice-cold cola beverage. Top with whipped cream.

Double Coffee Soda
Put a generous scoop or two of coffee ice cream in each tall glass. Fill glasses with ice-cold carbonated coffee beverage.

MOCHA FROST
Combine 2 cups strong, cold coffee, 1/2 cup chocolate syrup, 1/2 cup heavy cream and 2 teaspoons vanilla. Pour over ice in 4 tall glasses. Fill glasses with ice cold sparkling water.

Make Pink Party Punch For The Children

You can give "kid" parties often, with little expense and effort, if you follow this easy refreshment plan. Simply open cans of fruit cocktail, use the syrup to make this sparkling "pink party punch" and save the delicious fruit to spoon over the ice cream. The children will love the pretty sparkling fruit cocktail topping. Whip up some appealing animal cookies with raisin eyes and fill junior's train with candy. You can become the most popular party-giver in the neighborhood as simple as that!

PINK PARTY PUNCH
1 cup syrup from canned fruit cocktail
1/3 cup lemon juice
2 to 4 tablespoons granulated sugar
1/2 cup grenadine syrup
2 cups water
Drain syrup from fruit cocktail. Add lemon juice and sugar, and stir to dissolve sugar. Blend in grenadine and water. Chill thoroughly. Makes about 4 to 6 servings.

Ice Tea Is An Economical Beverage For Summer Use



ICED TEA IS AN ECONOMICAL SUMMER BEVERAGE to serve the family or friends. Stick a yellow lemon on the rim of the glass to add color and taste. To complement this delightful summertime refresher, serve a fresh strawberry cream pie.

ICED TEA WITH GLAMOR-IZED ICE CUBES FOR FESTIVE OCCASIONS

If you're looking for a new idea for serving cool summer refreshment, here's one to keep in mind when you want something very, very special! Glamorize ice tea by adding a variety of fresh fruit in each cubicle of your ice trays before freezing ice cubes. A quarter slice of lemon, lime or orange, or a bright red cherry make interesting and colorful conversational tall drinks when added to full-flavored iced tea. For a complementary cool dessert, serve a wine-flavored cling peach gelatin mold, topped with whipped cream.

To make rich, flavorful iced tea,

with plenty of bounce and vigor, try the new open saucepan method recommended by the Tea Council of the U.S.A.

OPEN-SAUCEPAN-METHOD FOR ICED TEA
(Makes about two quarts)
1 quart boiling water
6 tablespoons tea
1 quart cold water
Sugar, optional
Ice cubes
Lemon wedges, optional
Bring 1 quart water to a full, rolling boil in a saucepan. Remove from heat. Immediately add tea. Brew 3-5 minutes. Stir and strain into a pitcher holding 1 quart cold water. To serve, put 2 to 3 ice

cubes in tall glasses. Fill with tea. Add sugar and lemon to taste.



ICED COFFEE FOR PICNICS

The most mouth-watering picnic lunch or outdoor barbecue can lose its zing if it is topped off with watery or flat-tasting iced coffee. Flavorful, full-bodied iced coffee is a perfect and refreshing complement to outdoor menus.

To make good iced coffee, accurate measuring is a must. Slapdash coffee-making methods can only produce poor coffee.

After careful testing, a reliable recipe for making delicious iced coffee that is stimulating and bound to give a lift to your picnic lunch or outdoor eating.

ICED COFFEE (Serves 5 or 6)
Prepare 1/2 cup instant coffee in about 1 cup of warm water, add enough cold water to make one and one-half quarts of finished beverage.

Pour part of this mixture into an ice-cube tray and freeze. Refrigerate the rest.