

Potato Salad Is Preferred By Majority

Quiz most Americans on summer salad preferences and chances are you'll discover a potato salad fan. For, from border to border and coast to coast, potato salad is the great favorite. Serve this new, tangy combination of frozen French fries, crisp celery, cucumbers, cucumber slices and bit-sized pieces of romaine tossed in a palate-pleasing sweet-sour dressing to family and friends and you are sure to have added even more members to the "I love potato salad" fan club.

Here's the perfect recipe to keep at your fingertips for it's a sure favorite whether served with hamburgers hot off the barbecue grill, with that all-time summer favorite — a platter of cold cuts and cheese, or as the pretty-as-a-picture salad for a patio buffet.

Crispy Hot Potato Salad
 1/4 pound sliced bacon (about 6 slices)
 1 cup sliced onion
 1 package (1 pound) or 2 packages (9 ounces each) frozen French fries
 1/4 cup water
 2 cups vinegar
 2 tablespoons sugar
 1 tablespoon flour
 1 1/2 teaspoons salt
 1 teaspoon celery seed
 Dash pepper
 4 cups bite-size pieces of romaine or head lettuce (about 6 ounces)
 1 cup thinly sliced unpeeled cucumber
 1 cup thinly sliced celery crescents
 2 tablespoons chopped parsley

Fry bacon crisp; remove from drippings and drain on absorbent paper. Reserve 1/4 cup drippings. Heat and lightly brown onion and French fries in drippings, turning as needed to brown evenly. Combine water, vinegar, sugar, flour, salt, celery seed and pepper; mix well. Pour over French fries; cook until dressing thickens. Add romaine, cucumber, and celery; toss lightly to coat vegetables with dressing. Sprinkle crisp bacon and parsley over top of salad. Serve immediately.
 Yield: 4 servings.

CHARCOAL BROILED TROUT

For each serving, plan on one dressed trout (3/4 to 1 pound each). Heat about 1/4 cup oil in a large skillet for 2 or 3 trout. Place the skillet on the grill over hot coals and saute fish on both sides until they are almost done, about 10 minutes. Brush the fish with liquid condensed smoke. Place on a grill or charcoal broiler and broil 1 or 2 minutes or until fish flakes easily when tested with a fork.

Poultry's delicate flavor is enhanced by herbs.

10 The News-Review, Roseburg, Ore. — Thur. June 20, 1963



... foil-baked brussels sprouts

New Vegetable Recipes Intrigue The Appetite

A common complaint of wives and mothers is the difficulty of persuading their families to eat enough vegetables. Since the importance of vegetables to health is an argument that seems to carry little weight, let's try intriguing appetites by serving them in more enticing ways. To start the campaign, here is a series of recipes for frozen vegetables. They may require a little extra effort, but could pay rich dividends in more healthful eating habits.

The recipe for Foil-Baked-Sprouts is a case in point. These are oven-cooked in aluminum foil with cream of celery soup, butter, and a dash of nutmeg. Just before serving, chopped salted peanuts are added. Now who wouldn't try such a vegetable concoction... and once tried, who wouldn't ask for more?

If yours is a garlic-loving family, cook frozen spinach this way: saute a garlic clove in 2 tablespoons olive oil a few minutes to extract its flavor, then add frozen spinach and 1/2 teaspoon salt. Cook over low heat until thawed; then cover, bring to a boil and boil one or two minutes, or until just tender.

Lima Bean, Corn and Celery Salad will entice almost anyone to eat vegetables. Cauliflower and Peas in Cream Piquant will

permeate the appetite of the most avid meat-and-potato eater. Try these recipes on your family and see if you don't get more enthusiasm for vegetables. Then watch these columns and scan your cookbooks for other exciting vegetable recipes more popular at your table.

Foil-Baked Sprouts
 Aluminum foil
 2 packages (10 ounces each) frozen Brussels sprouts
 1 can (10 1/2 ounces) condensed cream of celery soup
 2 tablespoons butter
 1/4 teaspoon nutmeg
 1/4 cup coarsely chopped salted peanuts
 Tear a 4-foot length from a 12-inch wide roll of aluminum foil. Crease crosswise in half. Set on baking sheet. Without cutting, lift up the top half of foil—this will be the cover and the bottom half will be the pan. Fold up the 3 edges of the bottom 1 1/2 inches, making sides for the pan. Carefully separate the sprouts and place in foil pan. Pour soup over sprouts, dot with butter, and sprinkle with nutmeg.

Lower the top half of foil and fold bottom edges together to seal tightly. Bake in a hot oven (425 degrees F.) 40 minutes, or until sprouts are tender. Just before serving, sprinkle with nuts. Makes 6 servings.

Note: recipe may be prepared in a covered 8x8x2-inch dish, if desired. Increase baking time to 50 minutes.

Lima Bean, Corn, and Celery Salad
 1 package (10 oz.) frozen baby lima beans or butter beans
 1 package (10 oz.) frozen whole kernel corn
 1 teaspoon salt
 Dash of pepper
 1 tablespoon vinegar
 1/4 teaspoon dried onion
 3 tablespoons sliced pimiento
 2 cups sliced celery
 1/2 cup French dressing
 Cook lima beans and corn as directed on packages. Drain and season with salt and pepper. Cool. Add vinegar, onion, pimiento, celery, and French dressing, mixing well. Chill thoroughly. Serve on crisp lettuce, if desired. Makes 10 to 15 servings.

Cauliflower and Peas in Cream Piquant
 1 package (10 ounces) frozen cauliflower
 1 package (10 ounces) frozen green peas
 1 1/2 cups pea liquid and milk
 3 tablespoons butter
 3 tablespoons flour
 1/2 teaspoon salt
 Dash of pepper
 1/4 teaspoon Worcestershire sauce
 Dash of cayenne
 Dash of mustard
 Cook frozen cauliflower and frozen peas separately as directed on packages. Drain, reserving liquid from peas; add milk to make 1 1/2 cups. Melt butter in saucepan; add flour and stir until smooth. Add pea liquid and milk. Cook and stir over medium heat until thickened. Blend in peas and remaining ingredients. Heat thoroughly and pour over cauliflower. Makes 6 servings.

PLASTIC FAUCET HANDLES
 Faucets are available with stylish plastic handles. Plastic handles are attractive and add a decorative touch where installed. More important, says the Plumbing-Heating-Cooling Information Bureau, plastic handles are not hot to the touch.

Homes remodeled with aluminum are easier to live in, easier to rent and sell, easier to insure and mortgage.

Their cost less to heat and cool. And, perhaps the biggest plus of all, they're safer. For aluminum is non-sparking and, of course, fireproof.

In houses going up today, dozens of aluminum products are used. Insulation, duct-work, doors, windows and customized built-ins... these products need little painting and practically — no maintenance.

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About \$13 billion will be spent this year on home improvement projects.

Lighter-Than-Air Dessert Finale To A Summer Meal

During the hot weather, the palate is grateful for cool, light foods. A chiffon pudding, so fluffy of texture that it seems lighter than air, is the perfect finale to a summer meal.

Strawberry Lemon Chiffon is made with frozen concentrated strawberry lemon punch, a topping of mellow corn flake crumbs, and a garnish of strawberries or fruit.

Because the dessert is made with unflavored gelatine, there is little cooking involved or only the few minutes required to dissolve the unflavored gelatine and sugar in liquid. Once dissolved, the gelatine combines with the frozen concentrate, almond extract and egg white. Into the mixture goes whipped chilled evaporated milk for added lightness.

Strawberry Lemon Chiffon will

pop up again and again all summer long for a variety of occasions. It is delectable enough to top off the most formal summer dinner, is equally at home on the informal buffet, and is simple and economical enough to be perfection for the family table. The airy consistency of the pudding combines pleasantly with the crisp corn-flake crumbs, and the garnish of fruit adds a vivid note of color. The cook that makes Strawberry Lemon Chiffon will find it a favorite with her family — and a real "conversation piece" dessert with her friends.

Strawberry Lemon Chiffon
Corn Flake Crumb Topping:
 1 cup corn flake crumbs
 1/4 cup butter, melted
 2 tablespoons sugar
 Combine corn flake crumbs, butter and sugar. Cool and reserve.

Strawberry Lemon Filling:
 2 envelopes unflavored gelatine
 1/2 cup sugar
 1/4 teaspoon salt
 1 1/2 cups water
 1 can (6 ounces) hard frozen concentrated strawberry lemon punch
 1 teaspoon almond extract
 1 cup icy cold evaporated milk
 Sliced, well drained, fresh, frozen or canned fruits (strawberries, peaches, raspberries, blueberries, etc.).

Mix together gelatine, sugar and salt in a 2 1/2 quart saucepan. Stir in water. Place over moderate heat, stirring constantly, until gelatine and sugar are dissolved, about 3 minutes. Remove from heat; stir in undiluted frozen concentrate and almond extract. Chill until mixture is the consistency of unbeaten egg white. Whip chilled evaporated milk in small bowl of electric mixer on high speed until soft peaks form, about 2 minutes. Fold into gelatine mixture. Turn into a serving bowl. Sprinkle with crumbs. Chill at least 1 hour. Garnish with desired sliced fruit. Yield: 1 1/2-inch pie.

To chill evaporated milk, pour into ice cube tray and freeze until soft ice crystals form around edge (10-15 minutes).

Poppy Seed Cake Custard-Filled, Chocolate-Iced

Baking a cake can do wonders for lifting your spirits on a dreary day. . . an old-fashioned kind of cake you put together yourself. Try this heavenly Poppy Seed Cake with a custard filling and creamy chocolate frosting. The shortening is economical lard, noted for producing light cakes and flaky pastry, states home economist Reba Staggs. Because of the filling, this cake should be refrigerated or stored in a cold place.

Poppy Seed Cake
 1/2 cup poppy seeds
 1 cup milk
 2 1/2 cups sifted enriched flour
 2 1/2 teaspoons baking powder
 1/2 teaspoon salt
 2/3 cups lard
 1 1/4 cups sugar
 4 egg whites
 1 teaspoon vanilla
 Add poppy seeds to milk and soak in refrigerator overnight. Line two 9-inch layer cake pans with waxed paper. Sift together flour, baking powder and salt. Cream lard, gradually add 1/4 cup sugar and continue creaming until light and fluffy. Add sifted dry ingredients alternately with poppy seed mixture. Beat egg white until frothy. Add remaining 1/4 cup sugar gradually to egg whites, beating until stiff. Fold beaten egg white-sugar mixture into batter. Add vanilla. Pour into cake pans and bake in a moderate oven (350 degrees F.) 25 to 30 minutes. Cool, spread Custard Filling between layers and Chocolate Frosting on top and sides.

Custard Filling
 6 tablespoons flour
 1 cup sugar
 1/4 teaspoon salt
 4 egg yolks, beaten
 2 cups milk
 2/3 cup chopped pecans, if desired
 1/2 teaspoon vanilla
 Mix together flour, sugar and salt. Stir in eggs and milk. Cook, stirring constantly, until thickened. Add vanilla, cool. Stir in nuts.

Chocolate Frosting
 1/4 cup butter or margarine
 3 1/2 cups sifted confectioners' sugar
 3 tablespoons milk
 1 square chocolate, melted
 Cream butter or margarine and sugar. Add milk and melted chocolate and beat until blended.

Olives Lend Elegance To Hot Cheese Puffs

Elegant ripe olives are one of the main ingredients that make easy-to-fix "Olive-Bacon-Cheese Puffs" a gourmet treat when you are expecting guests. The olives are cut into small pieces and mixed with beaten egg whites, green chiles, pimiento, grated Cheddar cheese and crumbled bacon, then broiled on toast rounds until lightly browned and puffed.

Olive-Bacon-Cheese Puffs
 1/2 cup ripe olives
 2 egg whites
 1/2 teaspoon seasoned salt
 2 tablespoons finely chopped canned green chiles
 2 tablespoons finely chopped pimiento
 1 cup grated Cheddar cheese
 3 or 4 slices crisp cooked bacon, crumbled
 18 to 20 rounds (2 inches each) toast or crackers
 Cut olives into small pieces. Beat egg whites with seasoned salt until stiff. Fold in chiles, pimiento, cheese, bacon and olives. Spoon mixture onto toast rounds. Broil about 3 inches from heat until lightly browned and puffed. Serve hot. Makes 18 to 20 canapés.



... strawberry lemon chiffon

Cheese, Fruit Combination That Pleases

Cheese and fruit—there's a tried and true combination for you! The flavors have a wonderful affinity for each other, and can be teamed in an endless variety of ways.

When it comes to dessert, Americans prefer their cheese-and-fruit flavor combined in a baked dish, rather than served in the classic European, or "au naturel" fashion. For the main course, we like to serve cheese breads with fruit salads — and no other country values a good fruit salad as much as America!

With the coming of Spring, fresh fruit will appear more and more often in salads for special-occasion lunches and family meals. If you're a young homemaker serving your first "company lunch" to a small group, you'll find that fresh fruit salads are easy to prepare, pretty and festive as can be. And if you serve Cheddar Rolls along with them, the meal will be doubly successful. There's nothing difficult or mysterious about making them. Just follow the directions in this recipe below and see just how easy

they really are.

Cheddar Rolls
 1 1/4 cups warm water (105 to 115 degrees F.)
 1 package or cake yeast, active or dry or compressed
 1 tablespoon sugar
 1 1/2 teaspoons salt
 1/4 cup finely shredded sharp Cheddar cheese
 3 cups unsifted flour (about)
 Melted margarine
 1 egg white
 1 tablespoon water
 Coarse salt or caraway seeds

Measure warm water into large warm bowl. Sprinkle or crumble in yeast; stir until dissolved. Add sugar, salt, cheese and enough flour to make soft dough. Turn out on lightly floured board; knead until smooth and elastic, about 10 minutes. Place in greased bowl, turning once to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 35 minutes. Punch down; turn out on

lightly floured board, and cut in half. Roll each half into an oblong 9 x 12 inches. Cut into 12 3-inch squares. Brush lightly with melted margarine. Roll up, jelly-roll fashion. Place on greased baking sheet. Cover; let rise in warm place, free from draft, until doubled in bulk, about 30 minutes. Brush with egg white that has been beaten lightly with 1 tablespoon water; sprinkle with coarse salt or caraway seeds. Bake in hot oven (400 degrees F.) 15 to 20 minutes, or until golden brown. Makes 2 dozen.

One quarter of a teaspoon of cracked bay leaves is equivalent to one whole bay leaf.

Perk up frozen foods such as lima beans, green beans or broccoli by cooking them in beef broth made from beef stock base.

An overload of suds in the washing machine will settle quickly with a sprinkle of salt.

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