

Some Citrus Cool Summer Desserts

Citrus Chiffon
(8 to 10 servings)
3 medium oranges, peeled, cut into pieces
1/2 cup water
1 1/2 envelopes unflavored gelatin
1 1/4 cups sugar
Dash salt
4 eggs, separated
1/2 cup fresh lemon juice

1/2 cup water
2 teaspoons grated lemon peel
1/2 teaspoon vanilla extract
Whipped cream
Combine orange pieces and 1/2 cup water in electric blender. Blend until smooth; set aside. Combine gelatin, 1/4 cup sugar and salt in top of double boiler. Beat egg yolks and add with lemon juice and 1/2 cup water to mixture in double boiler. Cook over boiling water, stirring until gelatin dissolves and mixture thickens, (12 to 14 minutes). Add grated lemon peel, blended orange and vanilla extract. Chill until mixture mounds slightly when dropped from a spoon. Beat egg whites until they stand in soft peaks; gradually beat in 1/2 cup sugar. Fold into chilled citrus mixture, blending lightly. Carefully spoon gelatin mixture into two-quart bombe or other mold. Chill until firm. To serve, unmold and garnish with whipped cream.

Chill until consistency of unbeaten egg white. Spoon half of gelatin into six parfait or sherbet glasses. Chill until firm. Spoon half the drained orange pieces on top of gelatin. Cover with remaining partially set gelatin; chill until firm. Just before serving, top with remaining oranges. Garnish with sprig fresh mint. 38 calories in each serving.

Leftover Beef Finds Its Way Into Cool Salad

Where does leftover beef go in the summertime? Why, into the most refreshing kind of a main dish—a meat salad, of course!

Meat salads keep both you and your kitchen cool and calm while providing your family with a completely satisfying entree. The meat supplies the high-quality protein so necessary every day, whether the weather outside is 19 degrees or 90 degrees.

When the temperature soars, you'll enjoy this particularly appealing and hearty salad prepared from cooked beef. It's all made without the aid of your refrigerator, you can simply use canned items.

Reba Staggs, meat authority, offers a few tips on meat care. Refrigerate leftover meats promptly, and store them tightly covered. They should be used within about 3 days.

Hearty Beef Salad
2 cups diced cooked beef
1/2 cup French dressing
1/2 cup diced cooked potatoes
1/2 cup cooked green beans
1/2 cup coarsely grated carrots
1/4 cup chopped sweet pickle
2 hard-cooked eggs, diced
dressing

4 to 6 lettuce cups
Pour French dressing over beef cubes and chill 1 hour or longer. Chill remaining ingredients. Combine beef—French dressing mixture, carrots, potatoes, green beans, pickles and hard-cooked eggs. Add mayonnaise or salad dressing and mix lightly. Serve in lettuce cups. 4 to 6 servings.

ROTISSERIE ROASTS

For the rotisserie, it's best to select roasts which are as regular in shape as possible. Semi-boneless or boned and tied roasts are good. Roasts with bones generally do not balance well on the rotisserie rod.

POTATO DRESSING

Dress up baked potatoes with a luscious topping of commercial sour cream, a little instant minced onion and chunks of ripe olives. Better make a little extra to pass for additional helpings. It's that good.

Chow Mein Tasty, Quick To Prepare

Foods with Oriental flavors have become quite favorable to the tastes of almost all Americans. Anytime you come forth with an exotic, Far Eastern menu, your family is bound to rave.

Meals adapted from the Orient needn't be difficult, lengthy propositions, states meat cookery expert Reba Staggs. An entree like Jiffy Chow Mein can be table ready in less than half an hour, and you'll use foods readily available at any grocery store.

The meat is handy ground beef, so very economical, and quickly cooked. Canned bean sprouts, chopped celery, sliced onion and soy sauce are the other major ingredients. Serve inviting Jiffy Chow Mein on Chinese noodles with extra soy sauce for each person to add if he wishes.

Jiffy Chow Mein
1 1/2 pounds ground beef
1 tablespoon lard or drippings
1 medium onion, sliced
1 1/2 cups chopped celery
1 cup water
1 can (16 ounces) bean sprouts
1/2 cup soy sauce
2 tablespoons water
2 tablespoons cornstarch
Chinese noodles, if desired
Brown ground beef in lard or drippings. Pour off drippings. Add onion, celery and 1 cup water. Cover tightly and simmer 15 minutes. Add bean sprouts. Combine soy sauce, sugar, 2 tablespoons water and cornstarch and add to meat mixture. Continue cooking 5 minutes, stirring constantly, until sauce is slightly thickened. Serve with Chinese noodles, if desired. 6 servings.

FOR SMOKE FLAVOR

To give an especially enticing smoke flavor to grilled meats use wood chips such as hickory, oak, apple and cherry. Soak chips in water at least 1 hour before using so they will give maximum smoke and will not burn. Add a few chips at a time to the charcoal briquets while cooking. If chips flame up, replace them with wet ones.

SUMMER LEFTOVERS

What is the best manner of serving leftover meats in the summer? Cut the chilled meat into cubes or strips and feature a cold meat salad as your main entree on a hot evening. Combine the meat with fresh vegetables or fruits and a dressing. Ready-to-serve meats are also delicious in meat salads.

Thurs., July 18, 1963—The News-Review, Roseburg, Ore. 9

Liver Makes Tasty Lunch Spread

When school is out for summer vacation, the children are home almost every day for lunch. As guardian of the health of your growing youngsters and teenagers, it's your responsibility to prepare a well-balanced noon meal.

In case you're running low on original ideas for speedy, yet nutritious lunches, here's a suggestion offered by home economist Reba Staggs. Prepare Liver and Bacon Spread to keep on hand in the refrigerator. For serving, simply spread between slices of bread, including a lettuce leaf if you wish.

The sandwich spread is sure to win approval of nearly everyone. What a tasty manner of serving the most nutritious of meats!

Liver and Bacon Spread

4 slices bacon
1 pound thinly sliced beef or pork liver
1/2 cup chopped celery
1 teaspoon minced onion
1 teaspoon salt
1 tablespoon pickle relish
1/2 cup mayonnaise
Cut bacon into small pieces and

cook until crisp. Remove bacon. Cook liver slowly in bacon drippings, turning occasionally, about 5 minutes. Put liver through food chopper. Combine bacon, liver, celery, onion, salt, pickle relish and mayonnaise. Mix well. Yield: 2 cups.

PEACHY GARNISH

Here's a peachy garnish men can cheese with cooked, crumbled will like. Combine grated American cheese with cooked, crumbled bacon and a few bread crumbs; spoon into drained canned cling peach halves, and broil until bubbly and heated through. They will dress up any meal. Better allow two to a customer; no one will want to stop with the first!

PROTEIN NEEDS

People used to think they should cut down on protein foods when the weather turned hot. Nutritionists tell us that this is definitely not a good practice. Meat supplies the right kind of complete proteins needed by the body for life processes that go on every day, whether the season is summer or winter.

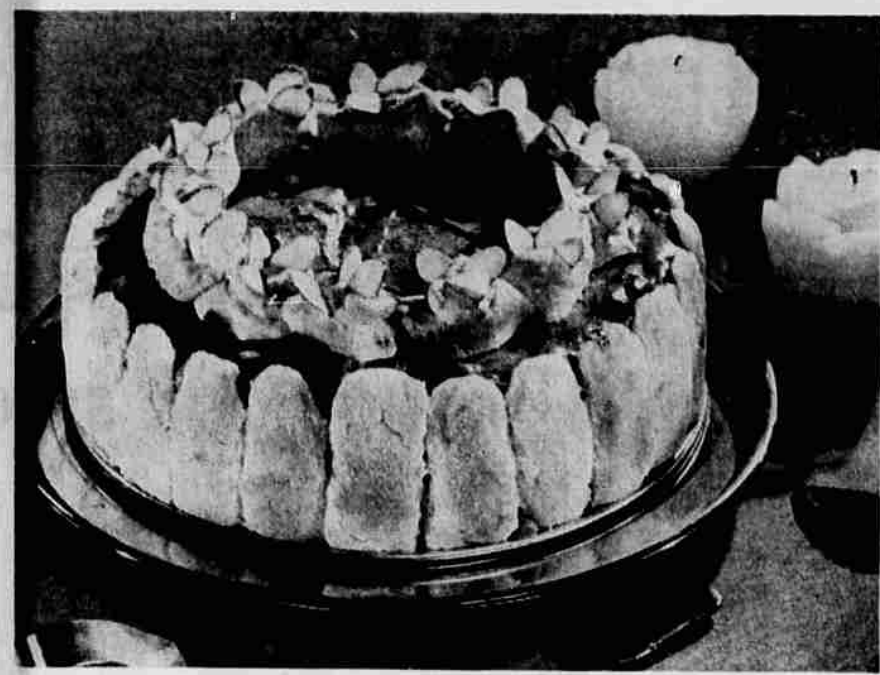


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almond mocha Bavarian

Bavarian Takes Time To Fashion, But Result Is Worth The Effort

Any type of Bavarian does take a little time to make, but it should be made ahead of time anyway and well chilled. So prepare "Almond Mocha Bavarian" at your leisure—and let friends and family enjoy it without a last-minute rush in the kitchen.

This handsome dessert with its almond-crunchy, creamy chocolate-and-coffee filling is "nested"

on and surrounded by lady fingers and garnished with dollops of whipped cream studded with unblanched sliced almonds. Truly a magnificent culinary production.

Crisp, flavorsome almonds always provide an elegant touch in desserts as well as in Waldorf salads, fish and meat sauces, breakfast waffles and numerous sandwich fillings. Eaten out-of-hand, these nuts are special favorites as between-meal, party or picnic snacks.

Almond Mocha Bavarian
1 envelope plain gelatin
1/4 cup sugar
1/2 teaspoon salt
2 eggs, separated
1 1/4 cups milk
2 squares unsweetened chocolate
1 package (4 oz.) lady fingers
1 cup whipping cream
1 tablespoon sugar
1 tablespoon instant coffee powder
1/2 cup unblanched sliced almonds

In top of double boiler mix gelatin, 1/4 cup sugar, salt, egg yolks and milk. Cook over hot water, stirring constantly until gelatin is dissolved (about five minutes). Add chocolate and stir until melted. Remove from heat; beat with rotary beater to blend if necessary. Chill until mixture begins to thicken. Meanwhile, line bottom and sides of eight-inch spring form pan with lady fingers. Beat egg whites until foamy; gradually add 1/4 cup sugar and beat to soft peak stage. Whip cream with 1 tablespoon

instant coffee powder. Spread chocolate mixture in pan. Top with lady fingers. Beat egg whites until foamy; gradually add 1/4 cup sugar and beat to soft peak stage. Whip cream with 1 tablespoon instant coffee powder. Spread chocolate mixture in pan. Top with lady fingers. Beat egg whites until foamy; gradually add 1/4 cup sugar and beat to soft peak stage. Whip cream with 1 tablespoon instant coffee powder. Spread chocolate mixture in pan. Top with lady fingers.

Frozen Pie A Delight

Here's a pie, frozen, lemon-y and full of the happy delight of apples. To eat it makes people think they're cooler, whether they actually are or not. So Frozen Lemon-Apple Fluff Pie is a marvelous bet for any hostess to have tucked away in her freezer ready to cheer the wilted.

The accent is on frozen. The filling is frozen, the sweet tender cookie crust is frozen, and the scoops on top are ice cream. The only things not icy-chilled are the mint sprig and maraschino cherry that decorate each serving.

The taste of this pie adds to the general cooling effect, too. It tastes of apples, tangy and zesty because tangy apple juice is its mainstay. Then there's the tartness of lemon. And, finally, both apple juice and lemon are fluffed with whipped cream.

This is a pie "easy as pie" to make, and just enough different to be fun to serve—as either a patio refreshment or for a family meal. In fact, why not make several while you're about it.

Frozen Lemon-Apple Fluff Pie

1 roll refrigerator sugar cookie dough
2 cups apple juice
1 package (3-ounce) lemon or apple flavored gelatin
1/2 cup sugar
1 tablespoon grated lemon rind
1 1/4 cups heavy cream, whipped
To make pie shell: Cut chilled cookie dough roll into slices 1/2 inch thick. Fill 9-inch pie plate with slices, overlapping to cover bottom and standing upright around edge. Bake in a moderately hot oven, 375 degrees, 20 minutes or until brown. Cookie pie crust will be puffed and soft when it comes out of oven, but will become crisp when cool. Crust should be cold before adding filling.

Filling: Heat apple juice; stir in gelatin and sugar until dissolved. Chill until mixture mounds when dropped from a spoon. Then beat until very fluffy. Fold in lemon rind and whipped cream; freeze until set. Or refrigerate overnight. Serve topped with spoonfuls of vanilla ice cream. If desired garnish with fresh mint sprigs and maraschino cherries. Makes 6-8 servings.

Fruits Go Well With Molasses

Unsulphured molasses, a flavorful product tropical in origin, combines with a variety of other pleasant ingredients to provide wonderful sweet ice cream sauces.

You can go exotic with Pineapple Rum Sauce—the flavor of molasses is superb with fruits. Try it, too, with rum or rum extract.

Pineapple Rum Sauce

1 can (8 ounces) Pineapple tidbits
1/4 cup unsulphured molasses
1 tablespoon butter or margarine
2 tablespoons rum, optional
or 1/2 teaspoon rum flavoring
Combine pineapple (with syrup from can), molasses, and butter in saucepan. Bring to a boil; simmer 5 minutes. Add rum or rum flavoring. Serve hot or cold over ice cream.
Yield: Approximately 1 1/2 cups sauce.

LUNCHEON ENTREE

Giant-sized popovers filled with a tuna and almond salad would make an impressive luncheon entree for one of your parties. Leave the tuna in chunks and combine with sliced celery, diced hard-cooked eggs and coarsely chopped salted almonds. Toss lightly with a dressing and half mayonnaise. Garnish with slices of avocado.

Williams' BREAD STAYS FRESH LONGER