



... peppery smoked beef sandwich

Add This Zesty Concoction To Sandwich Recipe File

What's your favorite sandwich? Perhaps it's a simple combination of ingredients you chanced upon one night while raiding the refrigerator. Delicious Peppery Smoked Beef Sandwich is just such a concoction.

Starting from the bottom Peppery Smoked Beef Sandwich offers chewy hard rolls spread with cream cheese and horseradish, then layers of lettuce, smoked beef, Bermuda onion and pepper relish, and finally the top bun half. This sandwich is so good and easy to prepare from ingredients you'll have on hand that you'll want to keep the recipe in your file of family mealtime favorites.

Summer sandwich meals are real wife and mother-savers. Sandwiches fit the bill for everything from quick snacks to company refreshments, yet are so easy to prepare. Of course, the most important bonus of the sandwich meal is its nutritional contribution combining several nourishing foods into one hearty main dish.

As meal planners, you mothers

Fresh Nectarines Spark Moist Cake

Moist and tangy, "Nectarine Lemon Chiffon Cake" belongs high on the list of favorite cake recipes.

It's simple to prepare with packaged lemon chiffon cake mix. The filling and topping of whipped cream and powdered sugar is greatly enhanced by diced fresh nectarines and lemonade concentrate. Chill this dessert to enjoy it at the peak of its flavor.

Juicy, fragrant fresh nectarines from California will be in the markets well into September. Whether eaten out-of-hand or served in desserts, beverages or salads, fuzz-free nectarines are one of summer's most satisfying fruits.

Nectarine Lemon Chiffon Cake
 1 package (1 lb., 2.8 oz) lemon chiffon cake mix
 2 cups whipping cream
 2/3 cups sifted powdered sugar
 1/3 cup frozen lemonade concentrate
 2 teaspoons grated lemon rind
 1/4 teaspoon salt
 3 or 4 fresh nectarines
 Prepare cake according to package directions. Cool. Split crosswise into 3 equal layers. Whip cream with powdered sugar; fold in lemonade concentrate, lemon rind and salt. Dice nectarines to make 2 cups; fold into whipped cream mixture. Spread between layers and over top of cake. Refrigerate at least 2 hours before serving.
 Makes 10 to 12 servings.

Avocado Open-Facers For Calorie Counters

Sandwiches snag much of the limelight in the summertime, and "Avocado-Cheese Sandwiches" are almost sure to be added to your list of favorites.

They are open-faced sandwiches with a layer of mashed and seasoned avocado topped with cottage cheese and then with a slice of tomato.

Cottage cheese has long been a pet with the calorie-counting set. That group is also discovering these days that a 4-inch, 80-gram avocado half-shell contains only 137 calories yet provides appetite-appressing satisfaction galore.

To prepare "Avocado-Cheese Sandwiches," cut 2 avocados lengthwise into halves; remove seeds and skin. Mash fruit and stir in 1 tablespoon lemon juice and 1 teaspoon seasoned salt. Spread on 6 slices bread.

Spread 1 cup cottage cheese over avocado layers. Top each sandwich with a slice of tomato. Sprinkle tomato with additional seasoned salt. This makes 6 sandwiches.

Light Omelets Can Be Made By Teenagers

Cranberry-filled omelets are high fashion on dinner menus this summer. They look so special you would think they were creations of expert chefs. Actually, light puffy omelets can be whipped together by teenagers.

Have a lot of large, fresh eggs on hand, plenty of canned cranberry sauce, then try your hand at making some of these cranberry filled omelets.

Cranberry Filled Omelet
 6 eggs, separated
 1 teaspoon salt
 1/4 teaspoon pepper
 6 tablespoons water
 2 tablespoons fat
 1 lb. can jellied cranberry sauce
 Beat egg whites until stiff. Add salt, pepper and water to egg yolks. Beat until thick and lemon colored. Fold yolks into egg whites. Heat fat in large heavy skillet. Pour in omelet mixture. Cook slowly on bottom, about 10 minutes. Bake in slow oven (325 degrees F.) until knife inserted into center comes out clean, 12 to 15 minutes. Beat cranberry sauce with rotary beater until fluffy. Heat. Make 1/2 inch deep crease across omelet. Slip spatula under omelet and fold in half. Roll from skillet onto platter. Fill with Cranberry Orange Honey Sauce. Serves 4.

Cranberry Orange Honey Sauce
 1 tablespoon cornstarch
 1 (1-lb.) can whole cranberry sauce
 1/4 cup orange juice
 2 tablespoons honey

6 servings.
 Here's an omelet to serve as a dessert. It's sweetened with powdered sugar and topped with a Cranberry Orange Honey Sauce or a Cranberry Banana Glaze.

Dessert Omelet
 6 eggs, separated
 6 tablespoons powdered sugar
 Dash salt
 1 tablespoon grated orange rind
 Beat egg whites till frothy. Add powdered sugar gradually while continuing to beat till stiff. Combine salt, orange rind and egg yolks. Beat till thick and lemon colored. Fold yolks into egg whites. Heat fat in large heavy skillet. Pour in omelet mixture. Cook slowly until puffy and lightly browned on bottom, about 10 minutes. Bake in slow oven (325 degrees F.) until knife inserted into center comes out clean, 12 to 15 minutes. Make 1/2 inch deep crease across omelet. Slip spatula under omelet and fold in half. Roll from skillet onto platter. Fill with Cranberry Orange Honey Sauce. Serves 4.

Cranberry Banana Glaze
 1 full ripe banana
 1 (1-lb.) can jellied cranberry sauce
 1/4 teaspoon ginger
 1/2 cup brown sugar (firmly packed)
 Mash banana, combine with other ingredients in a saucepan. Cook slowly, stirring constantly, until all ginger is dissolved. Serve hot with Dessert Omelet.

Combine cornstarch, cranberry sauce, orange juice and honey in a saucepan. Cook slowly, stirring constantly, until mixture thickens (about 5 minutes). Serve with Dessert Omelet.

Cranberry Banana Glaze
 1 full ripe banana
 1 (1-lb.) can jellied cranberry sauce
 1/4 teaspoon ginger
 1/2 cup brown sugar (firmly packed)
 Mash banana, combine with other ingredients in a saucepan. Cook slowly, stirring constantly, until all ginger is dissolved. Serve hot with Dessert Omelet.

Toasted Coconut No Bother Now, So Use Lavishly

Are you one of the eager homemakers who is always on the alert for new products? Are you forever looking for something exciting — something time-saving in the line of groceries when you do your shopping? If you are, then probably you've already discovered a great new time-saver — packaged moist toasted coconut!

Remember how you used to think about toasted coconut for rolling ice cream balls? For sprinkling on a fruit salad? For decorating a beautiful frosted cake? Or for folding into some pancake or muffin batter? But — remember how you only thought this — because it was just a big nuisance to start the oven and then a bother to keep stirring the coconut flakes to be sure they browned evenly, and it didn't burn? Well, toasted coconut is no bother these days; it comes to your kitchen beautifully and evenly browned — and packaged! You'll love using it in all the ways you've wanted to. Be sure to try it with this excellent lemon-lime cheese dessert made with the new lemon-lime flavor gelatin; it's a new recipe you'll enjoy.

Quick Lemon-Lime Cheese Molds
 1 package (3 ounces) lemon-lime flavor gelatin
 1/2 cup milk, scalded
 1 large package (8 ounces) cream cheese, cut in chunks
 2 egg yolks
 1/2 cup whipping cream
 1/2 cup crushed ice
 1/4 cup packaged moist toasted coconut

Put gelatin and milk into blender. Cover and blend for 20 seconds. Add cream cheese and egg yolks; blend 15 seconds. Then add cream and ice. Turn blender on; then off. Pour into individual molds. Chill until firm, about 15 minutes. Unmold and garnish with the coconut. Makes 3 cups, enough for 6 molds, 1/2 cup each.

Draired canned apple slices shine as patio party nibble bites. Chill them well, insert on toothpicks and give them a shake of salt and paprika.

Spicy Spread For Pancakes

Pancakes? Hot cakes? Griddle cakes? Flapjacks? However you may call them, they will taste ever so much better with "Spicy Date Butter."

All you do is chop some fresh dates and beat them with butter, frozen orange juice and spices. It's a simple matter to double or triple this recipe if you want to pack along "Spicy Date Butter" for a camping trip. Besides being mighty tasty on fluffy pancakes — especially when eaten in the invigorating out-of-doors — this spicy spread is an ideal topping for hot muffins and toast.

Any time a trip to the country or the nearest picnic grounds is on your schedule, be sure to take along fresh dates from the California desert. They are now packed in handy portable round plastic containers that are perfect for traveling and preserve the freshness of the fruit. And what energy-boosters! Because fresh dates are a natural sweet, their natural sugar is swiftly converted into the food energy so essential for active persons.

Spicy Date Butter
 1 cup fresh dates
 1/2 cup butter
 1/4 teaspoon cinnamon
 Dash nutmeg
 Dash mace
 3 tablespoons frozen concentrated orange juice
 Finely chop dates. Cream butter; add dates and all other ingredients. Beat with fork to spread consistency. Serve on pancakes, toasted muffins, toast or hot rolls. Makes about 1 1/2 cups.

8 The News-Review, Roseburg, Ore.—Thurs., Aug. 1, 1963



... spicy date butter



... tomato aspic royal

Tomato Aspic Wins Award

A tomato aspic ring with superb flavor and a number of distinctive touches is among the award-winning recipes in the national teenage recipe search announced earlier this year.

The award-winning tomato aspic is ideal for summer menus. Serve it with cold cuts or chilled seafood such as shrimp, lobster meat or crab meat. Here is the recipe:

Tomato Aspic Royale
 1/4 cup tomato soup
 3 packages (3-ounce) cream cheese
 2 packages (3-ounce) or 1 pack-

age (6 ounce) lemon gelatin
 2 cups boiling water
 1 cup salad dressing
 1 small green pepper, cut fine
 1 small onion, cut fine
 1/2 cup diced celery
 Bring tomato soup just to a boil. Remove from heat and add cream cheese and salt. Stir until dissolved. Dissolve lemon gelatin in boiling water. Add to soup mixture. Chill until partially set. Add salad dressing and chopped vegetables. Pour into ring mold. Chill until set.
 Makes 8 servings.

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