

The Statesman's
FOOD SECTION



Pickleburgers are something new to look forward to in summertime meals. Here's a picture of the cakes, which combine beef, chopped dill pickles and onions. The pepper cups contain catsup and prepared mustard. Milk as a beverage spikes the superstition that pickles and milk don't mix well.

Pickles Glorify Hamburger Cake

Chopped dills give a good deal of style to hamburger when they become:

DILL PICKLEBURGERS

- 1 cup chopped dill pickles
- 1 pound lean ground beef
- 2 tablespoons grated onion
- 1 teaspoon salt
- Freshly ground pepper
- 8 round buns

In a bowl, combine pickles, beef, onion, salt and pepper; mix thoroughly. With a sharp knife, split buns crosswise. Toast uncut sides of buns, in broiler, until golden brown. Remove from broiler. Spread untoasted sides of buns with dill pickle-beef mixture. Broil on broiler rack (approximately 3 inches from heat) 5-8 minutes, or until meat is cooked and browned. Serve immediately.

Custard Cream Frozen Dessert

These modern days it isn't necessary to have a small boy with a strong right arm to turn the crank when you want to make ice cream. Instead let your refrigerator do the work. Freeze a sweet custard mixture until it's barely firm and then beat with a rotary beater until light and fluffy and freeze until it's almost firm. You'll have this very delicious ice cream if you use this recipe:

FRUIT CARNIVAL ICE CREAM

- 2 1/2 cups milk
- 1/2 cup granulated sugar
- 1/4 teaspoon salt
- 3 eggs
- 1 cup table cream
- 1 cup sieved avocado
- 2 tablespoons maraschino cherry syrup
- 1 teaspoon vanilla extract
- 1/4 cup chopped maraschino cherries

Combine milk, sugar and salt. Scald and pour over beaten eggs, stirring briskly. Add cream and cool. To prepare custard, cut into halves and remove seed and skin. Force fruit through a sieve. Add sieved avocado, cherry syrup and vanilla to milk mixture. Blend thoroughly. Turn into freezing tray and place in freezing compartment with control set at lowest temperature. Freeze until barely firm, stirring after about 1/4 hour. Turn out into chilled bowl and beat with rotary beater until smooth and fluffy. Stir in cherries. Return to freezing compartment and freeze to desired consistency. Reset temperature control to normal. Makes about 1 quart. (Should be served soft. Gets icy if frozen too hard. Good when slightly soft).

DEFICIENCIES IN AGE

According to an authority on diets for older persons, protein, iron and calcium are elements most likely to be inadequate in self-selected diets of the aged.

PRIMER for PARENTS



OUT OF HARM'S REACH
... Sewing baskets, with their pins, scissors and needles, should be kept out of reach of children's hands.

Little Bread Cubes Can Be Made Fancy

Croutons, those little pieces of bread, toasted and served with soups need not be only an "also served." They can, with a little trimming up, become a more noticeable part of the menu. Serve with soups of course, but also with salads, fish cocktails or all by themselves as a snack. Here are several variations:

BACON CROUTONS

- 2 tablespoons bacon drippings
 - 1 pint 1/2" bread cubes
- Melt drippings in a skillet. Add bread cubes and stir until each one is coated with the fat. Spread on a cookie sheet and toast under low broiler heat for five minutes, or until golden brown. Serve with soup or as a snack.

HORSERADISH-MUSTARD CROUTONS

- 2 tablespoons oil
 - 1 teaspoon prepared mustard
 - 2 teaspoons horseradish
 - 1 pint bread cubes
- Combine oil, mustard and horseradish. Add bread cubes and stir until each one is coated with the oil mixture. Spread on a cookie sheet and toast under low broiler heat for five minutes, or until golden brown. Serve as a snack.

ONION CROUTONS

- 2 tablespoons oil
 - 2 teaspoons minced onion
 - 1 pint bread cubes
- Combine oil and onion. Add bread cubes and stir until each one is coated with the oil mixture. Spread on a cookie sheet and toast under low broiler heat for five minutes, or until golden brown. Serve with soup or as a snack.

Macaroni Dish Bakes in Casserole

A number of interesting ingredients appear in this recipe for macaroni. It's one of those baked dishes that will serve as a wonderful family dinner dish, be good to take outdoors for eating, or serves nicely as a "covered dish" for the club's last meeting until fall.

COUNTRY CHICKEN MACARONI

- 4 ounces elbow macaroni
- 2 tbsps. butter or margarine
- 2 tbsps. enriched flour
- 1 teaspoon salt
- 1 tsp. Worcestershire sauce
- 1/4 teaspoon Tabasco sauce
- 1 cup milk
- 1 cup cream cottage cheese
- 2 tbsps. chopped chives or onion
- 1/2 cup sliced stuffed olives
- 1 cup cooked peas
- 1/4 cup buttered corn flake crumbs

Cook macaroni in boiling salted water about 10 minutes. Drain and rinse. While macaroni is cooking, melt butter or margarine in saucepan. Stir in flour, salt, Worcestershire sauce and Tabasco sauce. Gradually add milk and cook until thickened, stirring constantly. Fold in all remaining ingredients except crumbs. Pour into greased loaf pan, 4 1/2 x 8 1/2 inches. Sprinkle with corn flake crumbs. Bake in moderate oven (350°) 25 minutes. Makes 4 servings.

DEGREES OF DONENESS

In roasting, beef may be cooked to the rare, medium or well done stage. Lamb is best when cooked to medium or well done. However, pork and veal should always be cooked well done.

USE EXTRA YOLK

Use that leftover egg yolk this way. Hard cook it by gently dropping it in hot water and simmering it about 10 minutes. Then sieve the yolk and sprinkle it on hot soup.

HAVE ENOUGH WORK SPACE

When your planning a kitchen, try to allow at least two feet of counter space at a work area near each major appliance — the sink, the range and the refrigerator.

TEXTURE AND TASTE APPEAL IN PINEAPPLE BAVARIAN

Luscious bits of pineapple enhance the look and the refreshing, fruity flavor of this Bavarian cream. Delicate in texture and taste appealing, this is a perfect dessert for warm weather menus. Made with evaporated milk, pineapple Bavarian cream has a creamy smoothness and the rich flavor so desirable in this type of dessert, yet it contains all the nutrients of good whole milk. Evaporated milk whips well when chilled.

PINEAPPLE BAVARIAN CREAM

- 1 No. 2 can crushed pineapple
- 1 envelope unflavored gelatine
- 1/4 cup cold water
- 2 eggs, separated
- 1/2 cup sugar
- 1 teaspoon grated lemon rind
- 1/2 teaspoon salt
- 2 tablespoons sugar
- 1/2 cup evaporated milk, chilled
- 2 teaspoons lemon juice

Drain juice from pineapple.

There should be 1 cup juice and 1 1/4 cups crushed pineapple. Soften gelatine in the cold water in a large mixing bowl. Blend the 1/4 cup sugar with egg yolks in the top of a double boiler. Stir in the pineapple juice. Cook over boiling water, stirring constantly, until thickened. Pour over softened gelatine and stir until gelatine is dissolved. Cool mixture slightly. Add crushed pineapple and lemon rind. When mixture begins to set, add salt to egg whites, and beat until foamy. Gradually add the 3 tablespoons sugar and continue beating until whites are smooth and glossy and will hold a soft peak. Fold into pineapple mixture. Add lemon juice to chilled milk and whip very stiff. Fold whipped milk into pineapple mixture, quickly but thoroughly. Spoon into 8 sherbet glasses. Chill at least 2 hours before serving. Makes 8 servings.

Pink Lady Makes Salad Dressing

Here's a very interesting and unusual dressing in which grenadine syrup or other red fruit syrup gives it a pretty pink lady color as well as exotic flavor. It's one of those special occasion dressings that is particularly appropriate for serving over a whole meal fruit salad.

PINK LADY SALAD DRESSING

- 1 cup apricot whole fruit nectar

- 1/4 cup grenadine syrup
- Few drops Tabasco sauce
- Salt to taste
- 1 teaspoon sugar
- 2 teaspoons cornstarch
- 1/2 teaspoon grated lemon rind
- 3 tablespoons lemon juice

Heat nectar to boiling point. Combine grenadine syrup, Tabasco, salt, sugar, cornstarch, lemon rind and juice. Stir into hot mixture and cook and stir about 3 minutes. Chill. Serve over fruit salad. Makes about 1 1/4 cups dressing.

Wheat Germ in Ginger Brownie

Molasses joins wheat germ to make an interesting brownie — with ginger instead of the usual chocolate flavor.

WHEAT GERM GINGER BROWNIES

- 1/2 cup wheat germ
- 2 eggs
- 1/2 cup sugar
- 1/4 cup soft shortening
- 1/2 cup molasses
- 1 teaspoon vanilla
- 1 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon soda
- 1 teaspoon ginger
- 1 teaspoon allspice
- 1/2 cup milk

Topping

- 1/4 cup wheat germ
- 1/2 cup finely chopped nuts

Set oven for 350°. Grease well and flour an 8x13-inch pan. Beat together eggs, sugar, shortening, molasses and vanilla until smooth (about two minutes). Sift and measure flour. Sift again with baking powder, salt, soda and spices. Spread over first mixture. Add wheat germ; pour milk over top. Beat 2 minutes longer. Spread dough evenly in prepared pan. Mix wheat germ with nuts for topping and sprinkle evenly over top and press in gently. Bake 40 minutes, or until firm to touch of fingertip. Let stand 5 minutes. Cut in squares. May be served warm as dessert with whipped or ice cream, or cold as bar cookies. Nice for lunch boxes. Makes 40 1 1/2-inch squares.

CRAB SALAD RECIPE COMES FROM A COOK WHO KNOWS

There are many good things you can make with crab meat. And it is so flavorful that a little goes a long way. It can be extended by using bread crumbs, hard-cooked eggs or chopped vegetable, in either hot or cold dishes. Here is how Mrs. Ivar Wendt, whose husband is in the fish business in Seattle, likes to make crabmeat salad:

PACIFIC CRAB SALAD

- 1 6 1/2 ounce can crab meat or equivalent
- 1 cup chopped celery
- 3 hard cooked eggs, chopped
- Salt and pepper
- 3 tablespoons lemon juice
- Mayonnaise

Flake crab meat, reserving a few leg pieces. Combine meat with celery, chopped eggs, salt and pepper. Sprinkle with lemon juice. Add just enough mayonnaise to moisten. Chill. Serve on crisp lettuce. Garnish with quartered tomato, sticks of green pepper, ripe olives and crab leg pieces. Makes 3 to 4 servings.

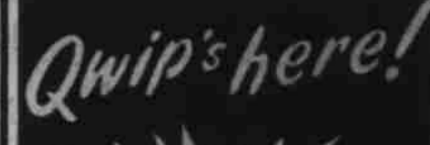
Cottage Cheese Fills Fruit Cup

An avocado half shell filled with cottage cheese and bright bits of radish make a very elegant whole-meal luncheon salad. The supply of avocados is ample and the prices are down now.

CALAVO SPRING SALAD

- 2 medium-sized avocados
 - Lemon juice
 - Salt
 - 1 cup cottage cheese
 - 1/2 cup chopped red radish
 - Mayonnaise
 - Sliced greens for garnish
 - Minced parsley
 - French dressing
- Cut each avocado into halves lengthwise, remove seed and skin, and sprinkle with lemon juice and salt. Combine cheese and radish with enough mayonnaise to moisten. Place avocado halves on garnished salad plates and fill with cheese mixture. Top with parsley and serve French dressing separately. Serves 4.

See Food Section Page 1



Qwip's here!
"Strawberries 'n Qwip are that way about each other!"
BOTH AVAILABLE HERE TODAY!
KRUEGER'S KASH & KARRY
610 Lancaster Drive

at your grocer's - NOW!

NUCOA'S 2-Pound Special

Money-saving offer
For a limited time Only!

Cut in Quarters for Easier Measuring... Easier Mixing!

NUCOA
FINE FOR TABLE USE, COOKING AND FRYING
Measure-Pak ONE POUND NET WEIGHT

NUCOA
FINE FOR TABLE USE, COOKING AND FRYING
Measure-Pak ONE POUND NET WEIGHT

NUCOA
VEGETABLE OLEOMARGARINE

So Fresh! So Delicious!

REAL SAVINGS on every 2-pound purchase!

So Rich! So Nutritious!

Triple Feature \$ Sale

1 A Large Can of CHUN KING CHOW MEIN NOODLES for only 1¢ WHEN YOU BUY CHUN KING SUBGUM CHOW MEIN

2 A Large Can of CHUN KING CHOW MEIN NOODLES for only 1¢ WHEN YOU BUY CHUN KING MEAT-LESS CHOW MEIN

3 A Large Can of CHUN KING READY COOKED CHOP SUEY RICE for only 1¢ WHEN YOU BUY CHUN KING BEEF CHOP SUEY

ACCEPT ONE OR ALL THREE OFFERS AT YOUR GROCERS TODAY!

CHUN KING
AMERICAN FOODS