

# The Statesman's FOOD SECTION

## Two Salads in Cool Category Use Gelatine

Here is an aspic which will be a refreshing addition to your summer menus. The summer varieties of Calavos are in the market now and make a wonderful salad ingredient. Aspics are more than welcome on torrid days, and this one is tops.

**AVOCADO ASPIC**  
2 (10 1/2-ounce) cans condensed consommé  
1 envelope plain gelatine  
3 tablespoons cold water  
1 tablespoon cider vinegar  
1 tablespoon prepared mustard  
1/2 cup mayonnaise  
1 cup cubed avocado  
1/4 cup ripe olives  
4 hard-cooked eggs  
Salt  
Lettuce

Heat consommé. Soften gelatine in cold water and dissolve in hot consommé. Stir in vinegar and mustard. Chill until thick but not firm. Beat mayonnaise into gelatine mixture. To prepare avocado, cut into halves and remove seed and skin. Cut into cubes. Cut olives from pits. Slice eggs. Sprinkle Calavo and egg lightly with salt and add to gelatin-mayonnaise mixture with ripe olives. Blend lightly. Pour into oiled pan or mold, and chill until firm. Unmold. Slice and serve on lettuce. Serves 8 or more.

Cool as a sea breeze, this lime salad perks up a summer meal. There's something about fresh lime juice that is like a refreshing tonic and in combination with slices of canned cling peaches, it makes salad history.

**PEACH LIME SALAD**  
1 envelope (1 tablespoon) plain gelatine  
1/4 cup lime juice  
1/4 cup granulated sugar  
1/2 teaspoon salt  
1 cup hot water  
1/2 cup syrup from canned cling peaches  
1/2 teaspoon grated lime rind  
1 cup canned cling peach slices  
1/2 cup coarsely grated carrot  
1/2 cup chopped celery  
1 tablespoon chopped green sweet pepper  
Salt  
Lettuce

Soften gelatine in lime juice. Dissolve sugar, salt and softened gelatine in hot water. Stir in peach syrup and rind, and cool until slightly thickened. Fold in drained peaches, carrot, celery and pepper. Turn into individual molds or pan (about 6 x 8 inches) and chill until firm. Unmold or cut into squares and serve on salad greens. Serve with desired dressing. Serves 6.



Roll out cookies, made into balls and rolled in crisp rice cereal make good afternoon snacks. Press balls down to make a depression and fill with jam.

### Home Made Sundae

Your children will love an ice cream sundae made this way. Put a canned peach half in the bottom of a sherbet dish and fill with a scoop of hard vanilla ice cream. Cover with crushed sweetened strawberries.

**ADD TO MIX**  
July is Picnic Month and at time of year when cookies are most popular, you can make such good ones with packaged mixes these days. Additions of chopped walnuts and plump seedless raisins make them better than ever.

### Second Profession For Women Listed

Home economics now ranks second to teaching among professions in which women are engaged.

The graduation of 80,000 home economists from U. S. colleges in the last 10 years alone has brought about a revolution in homemaking and a virtually new science of "kitcheneering," says Dr. Helen Judy-Bond, who is head of the Home Economics Department at Teachers College, Columbia University.

This year nearly 9,000 more

graduates will start their main task—teaching householders how to raise standards of health, comfort and efficiency.

Many will go into industry. Some will join the farm extension teaching services. Many will join women's magazines. Still others will become consultants in the food processing field.

**WAFFLE SANDWICH**  
Use your waffle iron for this quick hot sandwich. Cut a canned luncheon loaf into individual serving slices and make into sandwiches. Place them in your iron and heat until a golden brown.

## Swedish Woman Expert on Washington D. C. Designer

By JANE EADS

WASHINGTON (AP)—A young Swedish woman, Harriet Waern, probably knows more about Maj. Pierre L'Enfant, who drew up the plans for the nation's capital city, than most Americans. Miss Waern who is working for a Ph.D. in fine arts at the University of Stockholm, says she's mainly interested in the French-born soldier, engineer and architect as an artist. She was deep in research on the L'Enfant plan in the map division of the Library of Congress when I met her.

"The literature on L'Enfant is extensive in this country," she said. "But at home and even in France, for that matter, the man and his work are little known." L'Enfant, who came to this country at 23, and volunteered as a private in the American Revolution, first won Washington's attention with his design for the insignia of the Society of Cincinnati. At the war's close he remodeled the New York city hall to serve as a temporary seat for the federal government. Washington asked him to submit plans for the capital at Washington in 1790.

"He had no city to start from, first created the capital on paper, drawing his ideas from European cities, mostly from Versailles," Miss Waern said. "He was the only artist at the time in Washington. His contemporaries seemed quite satisfied, but he was dismissed after a year."

L'Enfant presented his plans in 1791 but antagonized Congress by what President Washington described as his "untoward disposition" and was opposed by Thomas Jefferson. He was forced to resign in 1792. However, in 1889 the plans were brought from the federal archives, and in 1801 the city was developed along the lines he laid down.

Miss Waern got interested in L'Enfant during her first visit to America in 1946 on an honorary fellowship provided by the American Scandinavian Foundation. She studied for two years at Harvard's Fogg Museum.

### RICH FILLING

Soften a package of cream cheese with enough orange juice to give a thick spreading consistency. Stir in 1/4 cup chopped roasted almonds and spread between thick slices of fruit nut bread. Cut into fingers and serve with a summer luncheon salad.

Slender, blue-eyed and with fresh, rose-petal coloring, Miss Waern is the daughter of a Swedish shipping official and has a brother, Borjje Waern, in the shipping business in New York. She expects to spend the summer in France and West Germany, continuing her research project. Eventually she wants to get into museum work with the National Museum in Stockholm.

In fact Miss Waern spends all her spare time in our museums and has collected many ideas to take home with her.

### QUICK SALAD

Here's an easy summer salad to make with canned foods. Canned shrimp, crab and ripe olives. Cut the olives from pits into large pieces and combine with the shrimp and crab. Add some sliced celery and toss lightly with mayonnaise, accented with a generous squirt or two of fresh lemon juice. Incidentally, this is good hot or cold.

### HOT WEATHER SPECIAL

On a hot day, fix yourself a luncheon tray and take it to a shady porch or lawn to eat. For the main plate make an arrangement of unstemmed cherries, fresh halved apricots, plump cooked prunes and 1-inch chunks of watermelon. Place the fruits on salad greens and center with a large scoop of creamy cottage cheese. Iced tea and a roll complete the meal.

## Raspberries Are Here

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## NOTES FROM THE BEET SUGAR KITCHEN



Here's making the most of a good plum—learning up with raspberries for jelly—using the pulp for a spicy butter.

### Red Plum-Raspberry Jelly

4 lbs. (40 medium) red unipped plums  
3 cups raspberries  
1 cup water

Cook covered, each washed fruit in 1/2 cup water; plums 12 minutes, raspberries 5 minutes. Extract each juice separately; let drip from dampened jelly bag. When dripping slows, press bag against side of bowl with spoon. Measure 3 3/4 cups plum juice (save pulp for Butter); 1 1/4 cups raspberry juice.

### For Jelly

Combine juices in preserving kettle. Stir in 9 cups Beet Sugar. Bring to boil on high heat; boil 1 minute. Remove from heat; stir in well 1/2 cup liquid fruit pectin. Blend. Pour into hot, sterilized jelly glasses; paraffin at once. Makes about 9 (8-ounce) glasses.

### For Butter

Press pulp through colander. In preserving kettle stir into each 4 cups pulp, 2 cups Beet Sugar, 1/4 tsp. ground cinnamon, 1/4 tsp. each salt, ground mace. Bring to boil. Turn down heat, cook till thick, about 8 minutes (or until two thick, heavy drops run together off clean metal spoon, stirring often. Remove from heat; pour into hot, sterilized jars; seal at once. Makes about 4 half pints.

### Baked Alaska Pie

Easy way with one of the most impressive of all desserts!

Fill 9-in. baked pastry shell with 1 pt. vanilla ice cream. Top with 1 1/2 cups berries or sliced peaches, sweetened with 1/2 cup Beet Sugar. Cover to pastry edge (to insulate) with meringue made of 3 egg whites, 1/4 tsp. cream of tartar, 3/4 cup Beet Sugar. Place 3/4-in. folded newspaper (to insulate) between pie pan and cookie sheet. Bake in very hot oven (450° F.) about 4 min. or until light golden brown. Cut and serve at once. Serves 6. (Save last minute rush! Sweeten fruit and beat meringue ahead. They'll keep 1 hour, if refrigerated. Assemble and bake as above.)

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<b>Spaghetti</b>	Franco-American No. 1 Can	2 for	25¢
<b>Baby Food</b>	Gerber's	Doz.	95¢
<b>Tuna</b>	Blitmore Morsels All White Meat	4 for	99¢
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**FOR your Picnic**

<b>FRYERS</b>	Fresh Pan-Ready	1 <sup>39</sup>
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