

## The Statesman's FOOD SECTION

### Dry Milk Can Be Used for Many Dishes

Nonfat dry milk is extremely versatile for it can be used in cooking and baking, for drinking, with cereals and will even whip. It is most economical for a one-pound package, available at the grocer's, makes five quarts of nonfat milk for as little as nine cents a quart. Here is a recipe for coffee custard, also a nice, light dessert.

#### COFFEE CUSTARD

2 cups water  
¾ cup nonfat dry milk  
½ cup sugar  
¼ teaspoon salt  
1½ teaspoons vanilla  
3 eggs, slightly beaten

Pour water into top of double boiler. Sprinkle nonfat dry milk powder and instant coffee over surface of water. Beat with rotary beater until well blended. Let stand until foam disappears. Stir in sugar and salt. Cover and scald over boiling water. Add vanilla to slightly beaten eggs. Slowly stir scalded nonfat milk into eggs, blending well. Pour mixture into six individual custard baking cups. Place cups in baking pan and fill baking pan with hot water to depth of 1-inch. Bake in oven (300°) about 45 to 50 minutes, or until a knife inserted near center comes out clean. Remove from water. Cool. Makes 6 servings.

### Milky Drinks Add Nutriment To Kid Menus

Sometimes children tire of drinking straight milk, but they'll usually fall for it when there are other flavors added. Most mothers are trying to add to the milk intake of their offspring, so they should welcome such inducements as the two below.

#### CHOCOLATE MILK DRINK

½ cup chocolate syrup  
1 quart milk  
1 teaspoon vanilla  
¼ teaspoon peppermint extract or three drops oil of peppermint  
½ pint chocolate ice cream

Thoroughly mix the chocolate syrup with small amount of milk. Add the remaining ingredients, shake well and serve. Yield: six servings.

#### ORANGE EGG PUNCH

2 eggs  
¼ cup sugar  
¼ teaspoon salt  
1 cup orange juice  
4 teaspoons lemon juice  
2 cups milk

Remove eggs from refrigerator and let warm to room temperature.

Separate the eggs. Beat the yolks. Add sugar, salt and the orange and lemon juices. Stir.

Add milk. Blend together either by beating, shaking or "blenderizing."

#### HIDDEN FLAVOR

Hide a slice of onion between two thin hamburger patties, pinch the ends together, and broil or pan-fry. The result will be tasty onion-stuffed hamburgers.

### Veal Birds With Frenchy Touch

You'll find these veal birds in the French manner, have good flavor and lots of style.

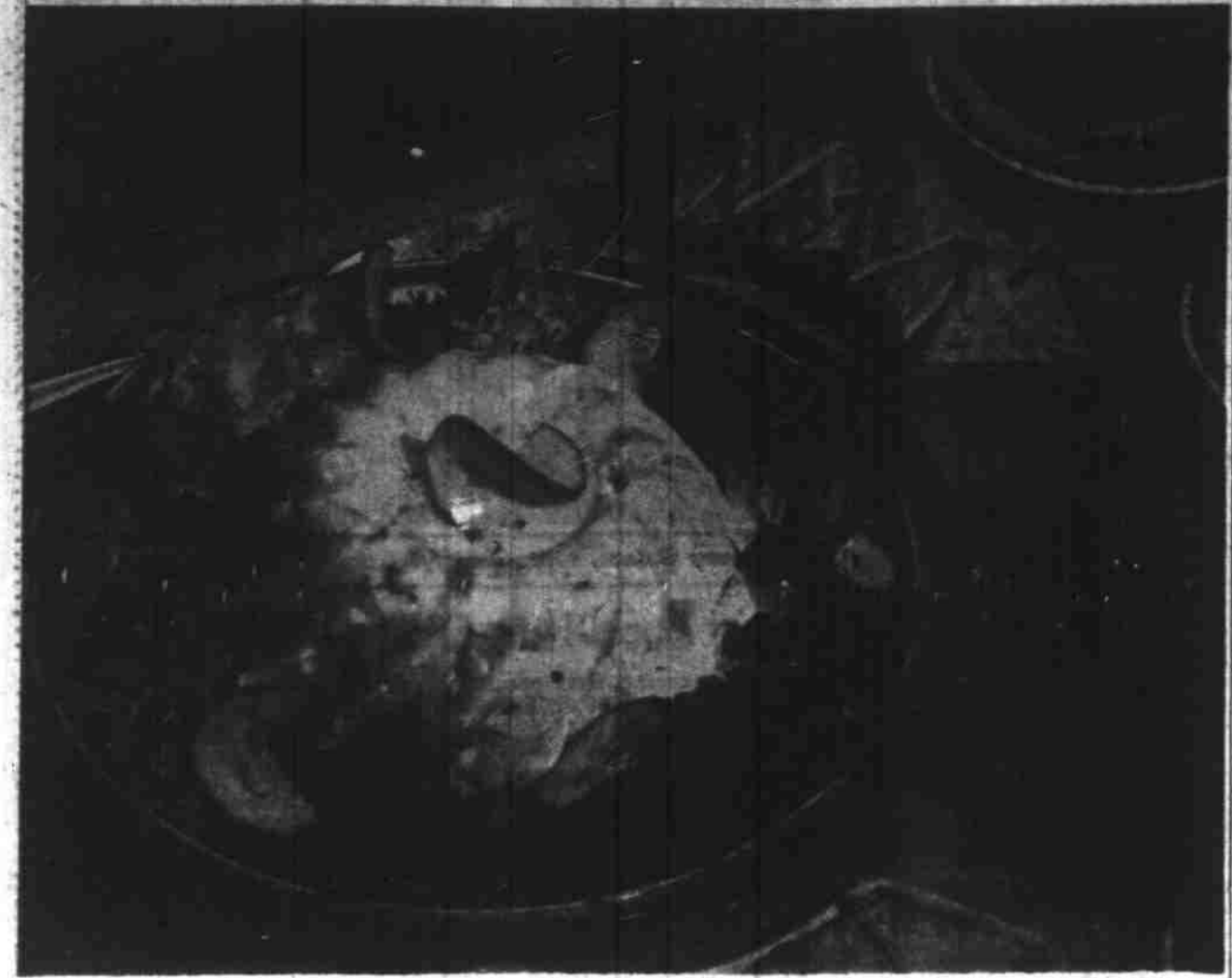
#### FRENCH VEAL BIRDS

1 teaspoon salt  
¼ teaspoon pepper  
¼ teaspoon marjoram or sage  
6 lean veal shoulder steaks,  
¼ inch thick  
¼ cup flour  
1 cup sherry or white wine  
2 slices bacon, chopped  
1¼ cups toasted bread cubes,  
½ inch

Combine salt, pepper and marjoram. Sprinkle over veal steaks. Fry chopped bacon until crisp. Place bacon and drippings in a mixing bowl, reserving 2 tablespoons drippings for browning meat. Add toasted bread cubes, carrots, onion, egg, salt and pepper. Add bouillon and mix well. Spread stuffing on each veal steak, roll up jelly-roll fashion and tie with string. Roll in flour and brown veal birds in bacon drippings. Arrange veal birds in a 1½-quart casserole. Add wine. Cover and bake in a moderate oven (350°) for 1½ hours. To serve: Remove strings, place veal birds on a platter and pour the brown gravy from the casserole over them. Thicken gravy, if desired. Makes 6 French Veal Birds.

#### HIDDEN FLAVOR

Hide a slice of onion between two thin hamburger patties, pinch the ends together, and broil or pan-fry. The result will be tasty onion-stuffed hamburgers.



The tang of lemon and the richness of tuna combine in a souffle salad—excellent for summer refreshment. Here the salad is served with triangular thin crackers and shredded whole wheat wafers. The cucumber slice on top of the salad is a garnish with a new twist.

### Tuna Souffle Salad Good Pick-Me-Up

Adding a lemon tang to tuna salad makes it a wonderfully refreshing dish to serve in summer. Here the salad is a fluffy souffle type and the lemon flavor comes from the gelatine and juice of fresh lemons.

#### TUNA SOUFFLE SALAD

1 package lemon flavored gelatine  
1 cup hot water  
½ cup cold water  
½ cup mayonnaise  
1 tablespoon lemon juice  
¼ teaspoon salt  
Dash of pepper  
½ cup flaked tuna fish  
½ medium cucumber, diced  
Hard-cooked egg, diced  
1 tablespoon chopped onion

Dissolve gelatin in hot water. Mix in cold water, mayonnaise, lemon juice, salt and pepper. Pour into refrigerator tray. Quick chill in freezing unit 15 to 20 minutes, or until firm about 1 inch from edge but soft in center. Turn into bowl and whip with rotary egg beater. Fold in remaining ingredients; pour into 1-quart mold. Chill in refrigerator until firm (about 60 minutes). Unmold onto a bed of chicory; garnish with cucumber slices. Serve with triangle thins and shredded whole wheat wafers. Makes 4 to 6 servings.

### Shopper Will Find Yardgoods Come Now in Wider Variety

By ERMINA FISHER

Marion County Extension Agent in Home Economics

School is just about a month away. Mothers everywhere will be shopping for school clothes. Just now stores are having sales on their yard goods. Some fabrics are of cotton, some wool and others of new fibers or their blends. If you make some of your youngsters' clothing, a visit to these stores may save you dollars. Provided you know what will be needed next summer, you might want to buy now and put it away.

If you have shopped for yard goods recently, you may have been amazed and confused, too, by the many kinds of materials. Perhaps you saw a fabric of orlon and wool. Maybe a material which looked like cotton caught your eye, but the label said it was dnyel, nylon and cotton. Perhaps it didn't even carry a label. You know what to expect of nylon or cotton, but a blend of nylon, cotton and dnyel is a big question for most homemakers.

**Finishes Vary**  
In addition to the new fibers and many blends there are also different finishes to materials. These finishes may be crush resistant, water repellent, mercerized, flame resistant or many others.

Textiles, their combinations and their finishes are becoming too complicated for most of us to fully grasp. Rayon and acetate must be labeled, but there are no labeling laws on the other man-made fabrics. Some are labeled because of sales appeal of the label.

What is the homemaker going to do until labels tell her a certain fabric and finish will serve for a particular use? There are several alternatives.

We can sit back and let others be the guinea pigs!  
We can try the new fabrics, have fun, but not feel too bad if they aren't the "wonder fabrics" we thought they were going to be.

We can use more of the fibers that are familiar to us—the ones whose care has been determined and whose behavior we understand.

**Get the Data**  
We can keep asking for more informative labeling, remembering that it takes a lot of asking before we get action. When there isn't any label, or it does not give the information we need, ask for that information.

We can take an indifferent attitude to that advertising which is only glamorous and fantastic, and gives almost no facts. We can develop a proper perspective to the constantly "new" appearing on the market. We can curb our phobia for "the new thing."

We can purchase from a reliable dealer whose goods are dependable. All new fibers are more alike than the manufacturer would have you believe. It is the finish used for fiber and dnyel fabric that makes so much difference.

What is true today may not be true in tomorrow's textile world. We have come from a "rule of thumb" into a world of science with constant changes. For thousands of years only four textiles were known, cotton, wool, linen and silk. Now, within the lives of most consumers, we have an entire new world of textiles.

We need to be concerned with how we ourselves are developing and learning about this new world of textiles. We can't rest today on what we learned yesterday.

The textile world today is the most fascinating of all history, and probably the most confusing.

### Dressings Should Complement Salad

Complement colorful fruit salads with a well-seasoned dressing. Arrange your choice of fruits on a large platter and garnish with crisp, cold salad greens. Sweet or tangy fruit dressing can be served in a separate bowl.

Some excellent fruit salad combinations are: Canned pineapple chunks; fresh or canned apricot halves, or orange segments, or strips of cantaloupe or other melon; chunks of peeled banana, or strips of peeled avocado; small bunches of seedless grapes.

You can, of course, convert practically any plate salad—small or large—into a tossed bowl salad and vice versa.

#### FRUIT CREAM DRESSING

¼ cup pineapple juice  
¼ cup orange juice  
3 tablespoons lemon juice  
2 eggs  
Dash of salt  
½ cup sugar  
½ cup evaporated milk, whipped

To whip evaporated milk, chill it in refrigerator tray in freezing unit until fine crystals form at edges. Put into chilled mixing bowl and whip with rotary egg beater until stiff. Combine pineapple, orange and lemon juices in top of double boiler and heat over boiling water. Beat eggs slightly; stir in salt and sugar.

Slowly stir a little of the hot fruit juices into beaten egg mixture; gradually add to remaining hot mixture, while stirring constantly.

Cook two minutes longer over hot water, stirring constantly. Chill. Just before serving, fold in whipped evaporated milk or cream.

### Sally Lunn Was Really Good Cook

WILLIAMSBURG, Va.—There really was a Sally Lunn and she really was connected with the rich, golden Sally Lunn bread served in the 18th century King's Arms Tavern in this restored colonial city.

Although Sally Lunn has been the pride of southern cooks for generations, the original young lady of that name came from Bath, England, where, in the 18th century, she first sold the warm, crumbly bread that bears her name. According to the Oxford English Dictionary, "a respectable baker and musician" finally bought her business and wrote a song about her.

The fame of Sally Lunn also reached the American colonies in the 18th century, for there are various recipes for the bread in the cookbooks used by colonial housewives. At the reconstructed King's Arms Tavern here it is served as part of the colonial menu and gives rise to one of the most oft-repeated questions here from visitors.

### Sandwiches Filled With Fish, Peanuts

Fancy sandwiches may come and go, but the filling two-pieces-of-bread kind will always be popular. Here are two fillings to add to the list for variety in your lunchtime fare:

#### SARDINE-EGG

¼ cup mashed cardines  
½ cup strained hard-cooked yolk  
1 tablespoon chopped sweet pickle  
1 tablespoon mayonnaise or salad dressing  
2 teaspoons olive oil  
Dash, salt

Combine sardines, egg yolk, pickle, mayonnaise, olive oil and salt. Yield: ¼ cup, or filling for 3 sandwiches.

#### CARROT-PEANUT

1½ cups grated raw carrots  
¼ cup finely chopped salted peanuts  
¼ cup piccalilli  
½ cup mayonnaise or salad dressing

Combine carrots, peanuts, piccalilli and mayonnaise. Yield: 1½ cups, or filling for 8 sandwiches.

## REVOLUTIONARY NEW COFFEE!

Not a powder! Not a grind! But millions of tiny "FLAVOR BUDS" of real coffee...ready to burst instantly into that famous Maxwell House flavor!



Utterly unlike old-style "instants"...just as quick but tastes so different!

An amazing discovery from America's leading coffee company! So different—so delicious—it's already the nation's largest-selling instant coffee! In the famous Maxwell House kitchens this superb coffee is actually brewed for you. At the exact moment of perfection the water is removed—leaving the miracle "Flavor Buds"!

**100% Pure Coffee—No Fillers Added!** Just add hot water... and the bursting "Flavor Buds" flood your cup with the richest coffee you've ever tasted. You'll never go back to old ways! **Saves money, too!** The large economy-size jar saves up to 75¢, compared to three pounds of ground coffee!



See how the Flavor Buds "come to life" in your cup!

MAGNIFIED VIEW of miracle "Flavor Buds" at the instant hot water is added. See how "Buds" release famous Maxwell House flavor! This is coffee—as perfect as any you've ever tasted!

The only instant coffee with that GOOD-TO-THE-LAST-DROP flavor!

Paul and Helen Woodroffe's

## SAVING CENTERS

at the foot of the Bridge West Salem

1/2 Mile North of the West Pass Salem

Will Open About Aug.

Open 8:00 A. M. to 10:00 P. M.  
PRICES GOOD THURSDAY EVENING.  
MONDAY - TUESDAY - WEDNESDAY - THURSDAY

VANILLA—QUARTS  
**ICE CREAM 25c**  
Satisfaction Guaranteed!

LUNCH BOX ITEMS  
Economy Potted Meat ¼'s Tin 5c  
Economy Vienna Sausage 12½c

CAMPBELL'S  
**Tomato Juice 48-oz. Tin 19c**

SELECT—NO. 1 TIN  
**RIPE OLIVES—17½c**

SEATTLE—LARGE HEADS  
**LETTUCE 10c**

**RADISHES AND GREEN ONIONS 3 Bunches 10c**

NO. 1 QUALITY  
**TOMATOES LB. 10c**

RED BLUFF—HALE AND ELBERTA  
**PEACHES 3 Lb. Bk. 29c**

PURE—U. S. INSPECTED  
**GROUND BEEF 25c**

VAL PAK  
**Boston Butts Lb. 47c**

VAL PAK  
**WIENERS Lb. 29c**  
Wonderful Smoke Flavor!

U. S. COMMERCIAL GRADE—U. S. INSPECTED  
**BEEF STEAK Lb. 49c**  
T-Bone-Steak - Round

### Salad Ideas for Midsummer Meals

Make your salad after you arrive at the picnic site. Into your picnic basket pack big whole tomatoes, hard-cooked eggs in the shell, a couple nubby-skinned summer avocados, a few green onions and your choice of dressing. At eating time arrange the salad ingredients on a large plate and let each picnicker help himself.

For breakfast or to accompany a summer salad, a square or two of warm homemade corn bread really tastes good. To make it extra good add a few moist chewy raisins to the batter. Use a packaged corn bread mix or your own easy recipe.

Every family chef has his own version of that popular "man's salad." The head of our house makes his with marinated large dry limas. He marinates the cooked California limas in oil and wine vinegar, a little sliced green onion and seasonings. Then tops them with slivers of cheese, diced cold meat, tomato and cucumber slices.

Your dinner salad can be ready as quickly as it takes to open a can of fruit cocktail. It's good as is, served in lettuce cups, or there are dozens of combinations. Surround a mound of cottage cheese with cut-up marshmallows and chopped almonds, or heap them into a halved cantaloupe.

**WHY PAINT BRICK?**  
Scientific tests have shown that painted brick structures are cooler and less humid inside than unpainted brick walls. Clear water-proof coatings are sometimes used to impede water seepage and still preserve the appearance of the brick. Both clear and pigmented brick paints are available at well stocked paint stores. They are easy to apply.

FOOD FRIDAY?  
24 spartan—Milky Drinks  
Dressing Should 18 (Food Fri)—

remind your grocer...to put a case of Olympia Beer in your car. Be prepared for unexpected guests.

OLYMPIA BREWING COMPANY, Olympia, Wash., U.S.A.

Jolly Sweepstakes Winners at 85 State and County Fairs ALL used C and H CANE Sugar

COUNT ON C and H CANE!