



Fluffy coconut adds style and texture to a fruit cup and gives it a bit of that "ambrosia" flavor that is so popular. Here is a fruit cup which includes pineapple chunks, fresh pears and canned peaches, with a cherry or so for color. Served with drop cookies the dish makes a good refreshment for afternoon tea or evening snacks.

### Fluffy Food

## Coconut Adds Fillip To Desserts Cookies

By MAXINE BUREN  
Statesman, Woman's Editor

Coconut, fresh or ready-shredded, has been a familiar food glamorizer for many generations, and its popularity and uses have not diminished through the years.



"Pretty as a picture" is a good description of many of the foods in which coconut is used. Take a coconut cake, for instance. The shredded fluffiness of the coconut gives a finish to an otherwise ordinary cake. Set it with other desserts. We have pictured several which will look pretty on the table, and add interest in flavor and texture.

Over at the left is one of the nicest of old-time desserts, ambrosia. We like to serve it as a finale to a large meal. The recipe calls merely for orange cubes or slices, sweetened and tossed with any amount of shredded coconut that suits the fancy. In the picture, the hostess has added a maraschino cherry for accent.

The cookies pictured are macaroons, which are nut-filled, since ambrosia is served, but which can very nicely include coconut when served with other desserts.

A very good oatmeal-coconut cookie is pictured also on the page and the recipe goes like this:

#### 5-IN-1 OATMEAL COOKIE

1/2 cup soft shortening 1/2 teaspoon soda  
1 cup brown sugar (firmly packed) 1/2 teaspoon salt  
1 large egg, unbeaten 1 cup rolled oats  
1 teaspoon vanilla 1 cup shredded coconut  
3/4 cup sifted flour 1/4 cup walnuts

Measure shortening, sugar, egg and vanilla into a large bowl. Beat until well blended, then add flour, soda and salt that have been sifted together, adding along with the remaining ingredients. Mix to make a stiff dough, drop on a cookie sheet and bake at 375 degrees for 10 to 12 minutes or until lightly browned. Remove to wire rack to cool before storing. Makes 3 1/2 dozen.

Variations of the recipe can be made by using 1/2 cup granulated sugar and half cup brown sugar instead of all the brown, by using 1 cup raisins in place of coconut, 1 package sweet chocolate bits to replace coconut, or 1 cup mixed nuts.

Pictured above at the right is apricot plum ambrosia, a new variation of our old friend. Here's the recipe for that—an excellent dish to serve now that there's a slump in fresh fruits.

#### APRICOT PLUM AMBROSIA

2 medium sized oranges 1 No. 2 1/2 can purple plums  
1 No. 2 1/2 can whole apricots 1 cup shredded coconut

Peel oranges and cut in chunks. Toss fruit together with coconut and add half the juice off fruit. Chill several hours before serving.

Coconut is used in India to go along with curried chicken. It gives a change in texture and enhances the dish.

Looking in an old book (1928) of coconut recipes in our file we find a lot of unusual recipes including sandwich fillings that take this tropical product. One sandwich filling takes the following:

#### CALCUTTA SANDWICH

1 cup cucumber chopped 2 tablespoons mayonnaise  
1/4 cup coconut

Combine ingredients and spread on bread. Makes 1 cup. Others include cream cheese, coconut and mayonnaise and yet another takes nuts, lemon, sugar, raisins, cream and coconut.



Five-in-One cookies take oatmeal and coconut, and you can vary the basic recipe with brown sugar, chocolate, raisins or different nuts.

### Points About Pre-Packaging Mostly Good

So many fresh vegetables and fruits are prepackaged for retail sale today that family food shoppers as well as all concerned with marketing need to understand both the advantages and problems of this new trend.

If properly cared for, pre-packaged produce has several advantages over that sold in bulk, says H. A. Schomer of the U. S. Department of Agriculture. It makes self-service possible for many items that otherwise require handling, weighing and wrapping by clerks. Thus, it saves time and labor for both shoppers and retailers. It is more sanitary and saves waste from handling by shoppers. Some special services for the housewife are included—for example, spinach is washed before packaging, sweet corn is husked and trimmed, slaws and salads are cut or otherwise prepared for serving. If vegetables and fruits are packaged near a place where they are grown, shipping space and expense is saved. Also the wrap protects against loss of moisture and wilting—an important advantage.

#### Some Problems

But there are special problems, too. One is cooling or refrigeration, especially in retail stores. In the moist atmosphere inside the package, some fresh fruits or vegetables are more perishable—more likely to decay or discolor unless kept cold. Cuts and bruises from trimming or other preparation of vegetable before packaging add to their perishability. One decayed fruit or vegetable may mean loss of the whole package—or repacking. Thus, it pays to package only high quality fruit or vegetables. Prompt cooling after harvest and before packaging is needed because the package slows up cooling. Packages then must be kept cold in storage, shipping and in retail stores. Fresh vegetables and fruits are still living when packaged, thus differ from canned or frozen products. Perforations or other "breathing" arrangements must be made for transparent film packages. Costs of labor and materials, also the smaller quantity from trimming, need close calculation so the packaging will not make the product too expensive.

#### Chill Quickly

When the more perishable fresh vegetables and fruits, now selling in film packages, come home from market, they need to go into the refrigerator promptly if they are to keep fresh, specialists of the U. S. Department of Agriculture advise family food shoppers. The film wrap keeps in moisture and thus helps prevent wilting or drying out. But cold keeping also is needed to avoid decay or discoloration. Wrapped in film, lettuce or other greens, celery, carrots, radishes, slaws and slaws may be placed on storage shelves in refrigerators, the wrap serving as an individual hydrator. If vegetables are put in a good refrigerator-hydrator, wraps may be removed.

Juicy berries or cherries may be spread out on a large plate or platter in the refrigerator and covered with waxed paper. Wash just before serving.

Very perishable items are those which have been cut or trimmed before pre-packaging. Mostly leafy vegetables, peas, broccoli, and other members of the cabbage family, carrots, sweet corn, apples, small fruits and fully ripe peaches, pears and tomatoes keep best in the coldest part of the refrigerator—that is, just above freezing.

# The Statesman's Food SECTION

EDITED BY Maxine Buren

Statesman, Salem, Ore., Friday, May 21, 1954—(Sec. 3)—1

### Restaurant Type Chicken Special

Perhaps you have been to a good old type restaurant that serves standard food of the better kinds, and have seen Chicken Tetrazzini on the menu. The dish is usually priced pretty high, and worth it.

#### CHICKEN TETRAZZINI

18 to 20 cups cooked chicken (in large pieces)  
1/2 cup butter or margarine (1/4 lb.)  
1/2 cup all-purpose flour  
1/4 teaspoon pepper  
5 teaspoons salt  
1/2 teaspoon nutmeg  
2 quarts chicken broth  
1 cup heavy cream  
3 lbs. mushrooms, sliced  
1/4 cup butter or margarine  
Chicken broth  
2 tablespoons salt  
3 8-oz. pkg. fine noodles  
1/2 cup melted butter or margarine  
2 tablespoons lemon juice  
2 oz. grated Parmesan cheese

(2 1/2 cup)  
In large double-boiler top over direct heat, or in kettle, melt 1/2 cup butter; stir in next 4 ingredients. Gradually stir in chicken broth and cream; set over boiling water, cook until thickened, stirring occasionally. Sauté mushrooms (about 3/4 lb. at a time) in 1/4 cup butter. Meanwhile, for noodles, bring to boil any remaining chicken broth, plus enough water to make 8 qt., and 2 tablespoons salt. Add chicken and mushrooms to sauce; heat. Cook noodles until tender—10 to 15 minutes; drain; if desired, add 1/2 cup melted butter; season with salt and pepper.

Add lemon juice to chicken. Arrange serving of noodles on each dinner plate; top with chicken; sprinkle with cheese. Makes 25 servings.

#### STAIN OFF

You can remove tea stains on cups and saucer by rubbing with damp salt and vinegar.



Canned fruit goes into this dessert that gets its glamour from coconut. Included are canned apricots and purple plums, orange segments and coconut. The dessert gives a springlike ending for an ample meal and tastes extra good these days of a lull in the supply of fresh fruits.

### Egg Salad Really Casserole Dish

This recipe starts out like salad, but ends as a casserole dish. Eggs are the main ingredient.

#### EGG-SALAD CASSEROLE

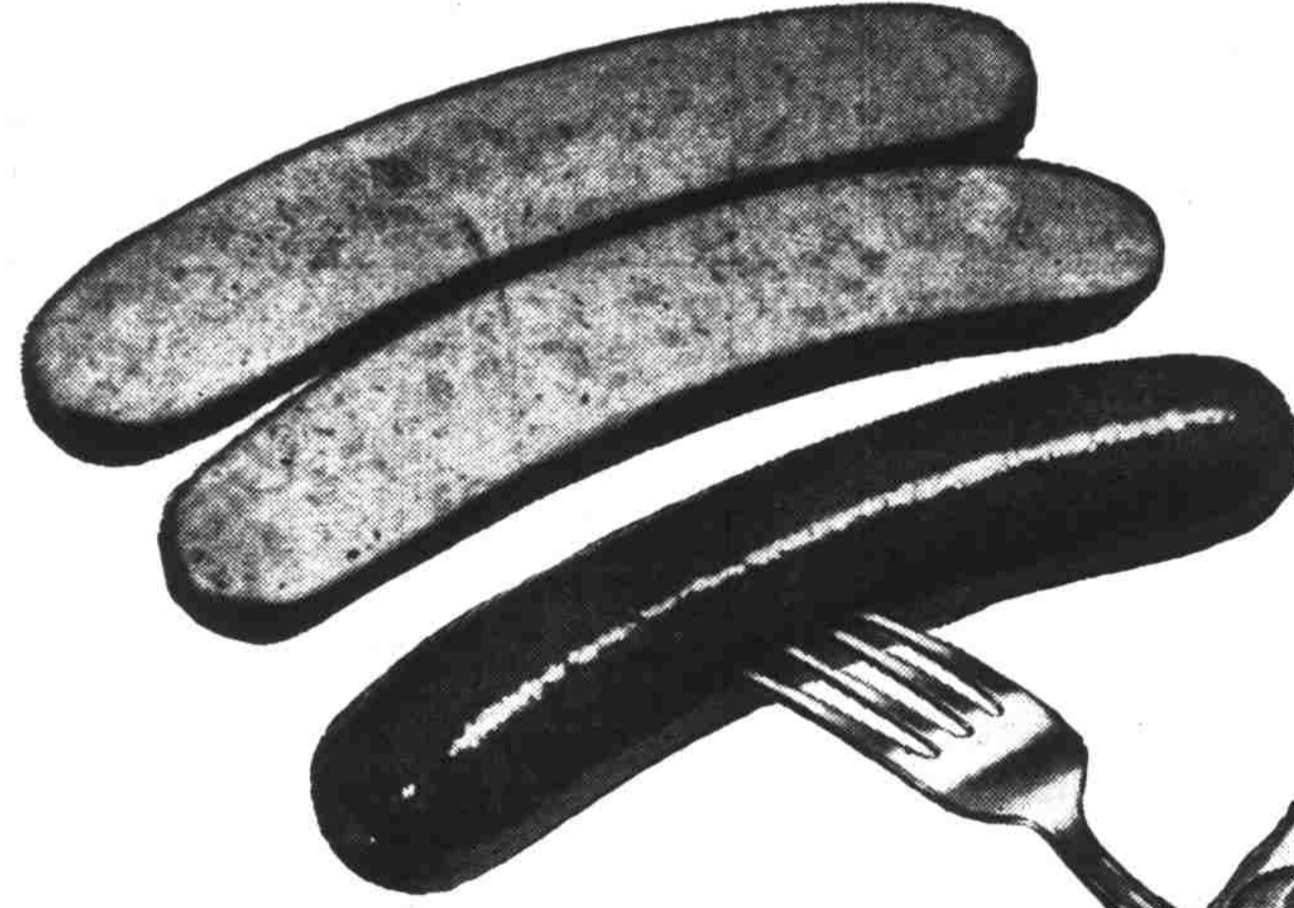
6 to 8 coarsely chopped hard-cooked eggs  
1 1/2 cups diced celery

1/4 cup broken pecans  
1 teaspoon minced onion  
2 tablespoons snipped parsley  
1/4 teaspoon pepper  
1/2 teaspoon salt  
1/2 cup mayonnaise  
1/4 pound process sharp American

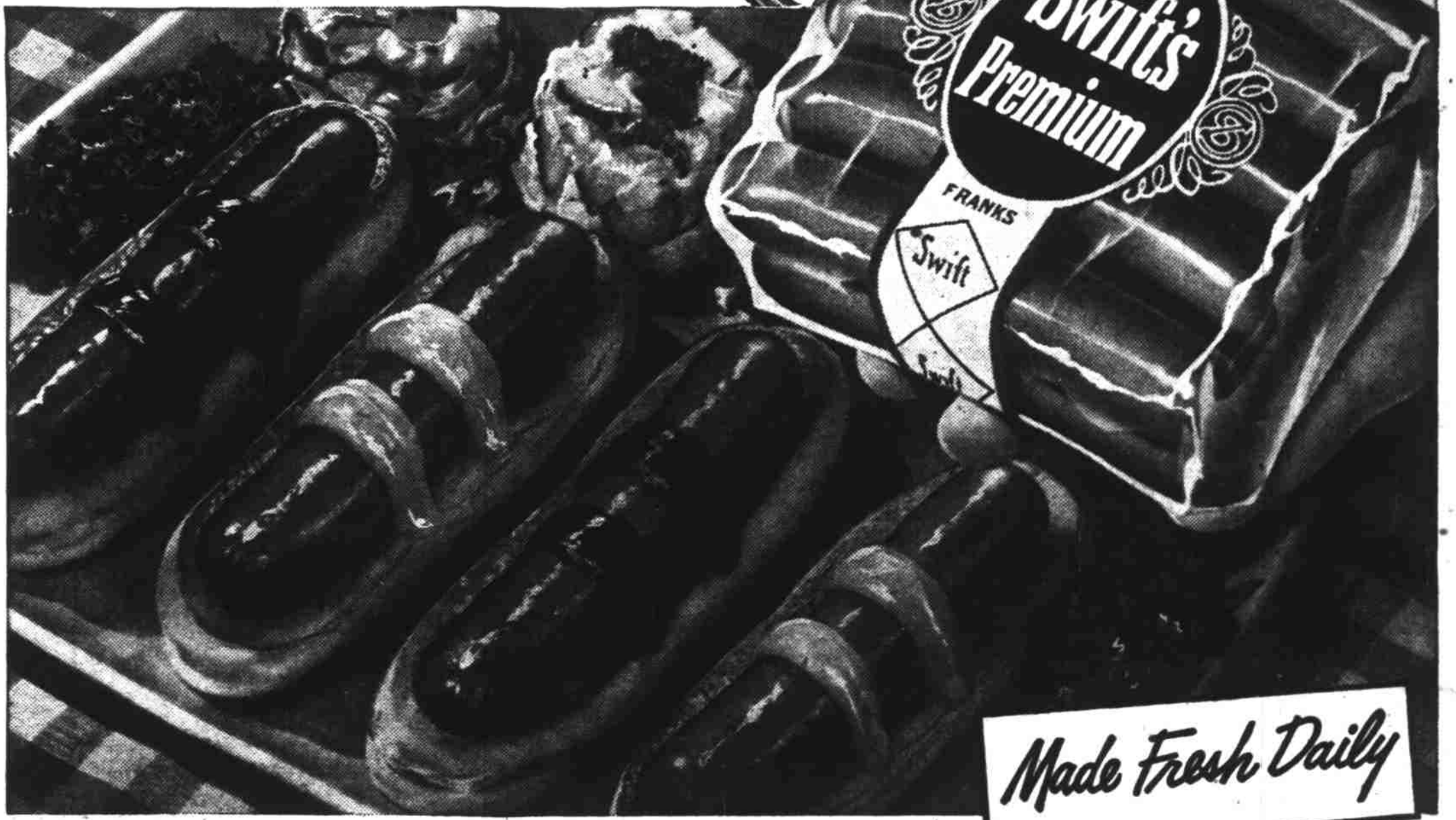
can cheese, grated (1 cup)  
1 cup crushed potato chips  
Start heating oven to 375°. Combine all ingredients except cheese and potato chips, tossing lightly. Turn into 4 individual casseroles; sprinkle on cheese, then potato chips. Bake 25 minutes. Makes 4 servings.

# The meat inside makes the difference!

-in flavor  
-in tenderness  
-in nourishment



Swift's Premium Franks are made from selected cuts of tender beef and juicy pork. All the skill of Swift's long experience goes into the making of these delicious franks. The succulent links are carefully, delightfully seasoned. Each one has the same perfect flavor that's made them America's favorite frank. Remember—only the tenderest, tastiest links are labeled SWIFT'S PREMIUM FRANKS!



Made Fresh Daily

# SWIFT'S PREMIUM FRANKS

SWIFT... to serve your family better!

Start the day bright!  
Don McNeill's  
Breakfast Club

ABC RADIO WEEKDAY MORNINGS