

# Sing Ode to Angel Cake, Long May It Be Served...

## The Statesman's Wood SECTION

EDITED BY Maxine Buren

### Heavenly Desserts Airy, Light, Flavorful

By MAXINE BUREN  
Statesman Woman's Editor

Whoever named angel cake Angel Cake was certainly inspired, for it is really heavenly food, and as one person said, if angels go around cooking on their heavenly little stoves, they'd surely produce Angel Cake.

The other day we ran across two delightfully ethereal desserts which begin with light and airy angel cake. So we'll sing an ode to Coffee Angel Torte and Angel Parfait Surprise Cake, may they both serve you and your guests well. And while we are shouting the praises of these desserts, let's not forget to do our toasting with tall glasses of frosty iced coffee, another food fit for angels—thirsty angels.

The foundation of both cakes is ready-mixed angel cake, but if you wish to spend the day over a hot egg beater whipping up your own version of an angel cake that you could pour out of a box in matters of moments, you may. The first of our special recipes is baked in four layer-pans to make four fairly thin layers. The magic is in the filling and topping, made with coffee as flavoring. The cake is permeated with this mixture to give a not-too-sweet blending of flavors.

Since this is such an elegant cake, serve the iced coffee in stemmed goblets if you have them. And remember that a simple syrup made of sugar and water is the most efficient sweetener for iced coffee. Cuts spoon-swizzling to a minimum.

#### COFFEE ANGEL TORTE

- 1 package angel food mix
- 2 tablespoons chocolate syrup
- 2 marshmallows
- 1/2 cup strong hot coffee
- 1 cup whipping cream
- Shaved unsweetened chocolate (optional)

Prepare angel food mix as directed on package. Lightly grease 4 9-inch layer cake pans. Line bottoms of pans with waxed paper. Spread batter evenly in pans. Bake in moderate oven, 325 degrees, 25 to 30 minutes, or until top springs back when lightly touched with fingertip. Invert pans on cake racks to cool. When thoroughly cool remove from pans. Meanwhile melt marshmallows in coffee over low heat, stirring often. Chill until partially set. Whip 1/2 cup cream; fold in. Spread between cake layers. Chill until set. Whip remaining cream; fold in chocolate syrup. Spread on top of cake. Garnish with shaved chocolate if desired.

Another dessert that celestials would delight upon is one called Angel Parfait Cake Surprise. Beginning with ready-mixed angel cake baked in a large pan as directed on the package, the center is carefully removed and the opening filled with a special mixture. You can change the filling's flavor and make any number of interesting variations. One of the ready mix packages suggests several flavorings for the cake; spicy angel (for lemon parfait filling), cherry nut angel (for cherry parfait center), chocolate angel (for an orange-coconut filling).

#### ANGEL PARFAIT CAKE SURPRISE

Bake angel cake as directed on package, cool. Prepare orange parfait (below). Cut a horizontal slice an inch thick from top of cake. (Use a knife with serrated edge or a heavy sewing thread, pull back and forth with sawing motion through cake.)

Remove center portion two inches wide and two inches deep all the way around remaining cake, cutting down from top and pulling out pieces with the fingers. (These pieces may be retained and eaten by the family, or broken up, combined with more of the filling, piled in sherbet glasses and chilled.)

Spoon gelatine-ice cream parfait mixture, thickened but not set, into hollowed out cake. Replace top slice.

Chill until filling is set, 30 to 40 minutes and if desired, spread top with sweetened whipped cream and garnish top with orange segments or strawberries.

#### FRESH ORANGE PARFAIT

- 3/4 cup water
- 1/2 cup orange juice (fresh or frozen)
- 1 package orange gelatine
- 1 pint vanilla ice cream
- 2 peeled, diced oranges

Heat water and orange juice to boiling. Remove from heat, stir in gelatine, add ice cream, cut in pieces, and stir immediately until melted. Chill until mixture is thickened but not set, 20 to 30 minutes, fold in 2 oranges peeled and diced.

#### STRAWBERRY FLUFF PARFAIT

- 1 1/2 cups crushed, sweetened berries
- 1 1/2 cups liquid
- 1 package lemon gelatine
- 1 pint vanilla ice cream

Drain berries and use juice with enough water to make desired amount of liquid. Heat to boiling, remove from fire, stir in gelatine and ice cream until melted. Chill 15 to 25 minutes. Add berries, chill again until almost set (15 to 20 minutes) and fill angel cake.

### Seafood Chowder Has Milk Powder

There's many a supper that can get its main dish in servings of hearty chowder. Seafood chowder, enriched with an extra amount of milk nutrients through the use of economical nonfat dry milk, makes mighty good eating.

By using nonfat dry milk powder in this recipe the homemaker is able to eliminate the step of making a roux for a cream-type soup. Here's a recipe typical of those good for supper.

#### SEAFOOD CHOWDER

- 1/4 cup finely diced salt pork
- 1/2 cup chopped onions
- 1/2 cup finely chopped celery
- 1 1/2 cups diced uncooked potatoes
- 2 cups water
- 1 pound fresh or frozen haddock or perch fillets, cut into 1/2 inch cubes
- 1/4 cup nonfat dry milk
- 1/4 cup flour
- 1/4 teaspoon salt
- Dash of pepper
- 3 cups water

Cook salt pork in large saucepan until almost crisp, about 5 minutes. Add onions and celery; saute until tender but not browned. Add potatoes, 2 cups water and fish fillets; cover and cook over low heat, about 15 minutes or until fish and potatoes are tender. Remove from heat. Combine Starlac nonfat dry milk powder, flour, salt and pepper. Sprinkle over surface of 3 cups water. Beat with rotary beater until just blended. Add to fish mixture. Return to heat. Cook, stirring constantly, until mixture is slightly thickened and thoroughly heated. Serve with crackers. Makes 2 quarts.

#### TEAM UP

When spinach and green cabbage are eaten raw they are a good source of vitamin C, but most of this vitamin is lost when the vegetables are cooked. Young tender leaves of spinach taste delicious in salads. If your family is tired of plain slaw, team the cabbage with pineapple, orange or apple for a change.



'Tis heaven sent for sure! Here an angel cake is baked in four layers, spread with a deliciously different filling made of coffee and chocolate, and topped with chocolate curls. With iced coffee it here provides elegance to the very nicest menu.



Fluffy as a cloud are both angel cake and filling in this light summertime dessert. Take your choice of fillings and do it one of two ways. At the right the cake (made from prepared mix and baked in a large pan) is hollowed out, filled with the parfait mixture, and at the left the cake is sliced into several layers and spread with filling. Top is covered with sweetened whipped cream and garnished with fruit.

### Bread, Cheese Outdoor Dish

Those casserole dishes are coming into prominence again these days, for there's nothing better for outdoor meals.

#### CARNIVAL MACARONI

- 6 ounces elbow macaroni
- 3 tablespoons butter or margarine
- 1 cup button mushrooms (4-ounce can)
- 1/2 cup chopped green pepper
- 2 tablespoons chopped pimiento
- 3 tablespoons flour
- 1 teaspoon salt
- Dash pepper
- 1 1/2 cups milk
- 1/2 cup shredded American cheese
- 1/2 cup grated Parmesan cheese
- Buttered bread crumbs

Cook macaroni in boiling salted water until tender (about 7 minutes). Drain and rinse. While macaroni is cooking, melt butter or margarine in saucepan. Add mushrooms, green pepper and pimiento and brown lightly. Stir in flour, salt and pepper. Add milk and cook until thickened, stirring constantly. Add cheese, stirring until well blended. Fold in macaroni. Pour into 1 1/2-quart casserole and top with buttered bread crumbs. Bake in moderate oven (350 degrees) 25 minutes. Makes 4 servings.

### Corn Fritters on Midday Menus

This recipe for corn fritters may remind you that this is good food. Try serving with a crisp fresh vegetable salad, or with cold meat or deviled eggs for luncheon.

#### SOUTHERN CORN FRITTERS

- 1 cup sifted all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups canned whole-corn kernels, drained
- 2 tablespoons finely chopped parsley (optional)
- 2 eggs, separated
- 1/2 cup milk

Mix first 4 ingredients in mixing bowl. Add corn and parsley and mix. Beat egg yolks well, add milk, then stir into corn mixture. Beat egg whites until stiff and fold into mixture. Fry rounded tablespoons of mixture in deep hot fat (375 degree) about 3 min., or until golden brown. Delicious with chicken or maple syrup. Makes 24 fritters.

### Little Bit of Norway Found In Home of Country's Envoy

By JANE EADS

WASHINGTON—Mrs. Muntze de Morgenstjerne, Canadian-born wife of the Norwegian ambassador, for 20 years has kept the embassy here as truly a part of her adopted country as if it were in the heart of Oslo.

The family converses in Norwegian. All the servants are Norwegian. Norwegian dishes comprise the daily, as well as party fare, and customs of the Land of the Midnight Sun are observed meticulously.

"In fact, our grandson, Wilhelm Morgenstjerne Coleman, 24, speaks nothing but Norwegian," good-looking Marjorie Morgenstjerne told me. "We're going to teach him English this summer so his little friends will be able to understand him."

The ambassador recently completed 20 years as chief of the mission. As dean of the diplomatic corps, his official and social obligations are stupendous, but the handsome and popular diplomatic couple discharge these ticklish duties with natural savoir faire and charm. Their perfect dinner parties and big receptions are the envy of ambitious hostesses here.

The ambassador first came to the United States some 44 years ago. He recalls the early days before Norway had an embassy here, when he served as an assistant to the mission chief. He went to White House parties and danced with Miss Martha Bowers, who later became the wife of the late Sen. Taft (R-Ohio). He used to ride a bicycle to work. Once he walked to Baltimore to pay off a bet. In 1929 he was appointed consul general in New York City.

In 1925 de Morgenstjerne married the tall, blue-eyed Marjorie Elizabeth Alder of Winnipeg. They have two daughters, Mrs. John Coleman of Washington and Solvig, 17, a talented, award-winning artist who will graduate next year from Holton Arms School here.

"We try to get to Norway every other year," Mrs. de Morgenstjerne told me. "We by-passed this year to wait until Solvig's graduation, when we will have more time. I guess I've made at least 35 or 40 ocean crossings since my marriage."

The de Morgenstjerne's, like many other diplomatic families, maintain a summer cottage at nearby Rehoboth Beach, Del., but they also spend a month every year in Maine.

### Sour Cream for Summer Salad

A sour cream dressing makes this summer salad:

- MIXED SALAD
- 1 small head cauliflower, broken into flowerettes
- 1/2 medium size cucumber, sliced thin
- 2 medium size tomatoes, cut into eighths
- 1 pkg. frozen pineapple chunks, thawed and drained
- Combine ingredients and serve with

#### SPECIAL SOUR CREAM DRESSING

- 1 small clove garlic
- 1/4 teaspoon salt
- 3/4 teaspoon curry powder
- 1/2 teaspoon dry mustard
- Few grains cayenne pepper
- 1 teaspoon sugar
- 2 tablespoons lemon juice
- 1 cup sour cream
- Mash garlic with dry ingredients. Add lemon juice and sour cream and blend well. This is an excellent dressing for tossed greens, too.

### Pow Wow Relish Recipe to Know

Another relish recipe to add to the long list of notable ones is this, with a good sounding name.

#### POW WOW RELISH

- 12 apples, cored
- 12 tomatoes
- 9 onions
- 3 green peppers
- 1 quart vinegar
- 3 cups brown sugar
- 2 teaspoons salt
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- 1/2 teaspoon ground cloves
- Put apples and vegetables through food grinder. Add remaining ingredients and simmer 1 hour or until most of the liquid has evaporated. Pour into sterilized jars and seal. Yield: 10 pints.

### Eggs Make Sweet Dessert Pancake

Eggs play an important part in this recipe for a dessert pancake that includes fruit as a sauce.

#### CONTINENTAL DESSERT PANCAKE

- 3 eggs
- 1/2 teaspoon salt
- 1 tablespoon sugar
- 1/2 cup sifted all-purpose flour
- 1/2 cup milk
- Butter or margarine
- Applesauce
- 1/4 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- Lemon wedge (optional)
- Confectioners' sugar

Start heating oven to 450 degrees F. In medium bowl, beat eggs, salt, and sugar with egg beater or electric mixer till blended. Add flour and milk. In deep

skillet (10" to 12" in diameter, with metal handle), heat 1 tablesp. butter until drop of water just sizzles when dropped into butter. Pour in all of batter. Cook over surface heat 2 min., or until batter just starts to rise at edges. Bake in oven 10 to 15 min., or until pancake is puffy, well risen, and brown. Dot surface with butter and applesauce combined with cinnamon and nutmeg. If desired, squeeze lemon juice over surface. Roll; or fold from opposite sides to center, making 3-layers. Turn out onto warm platter. Sprinkle with confectioners' sugar. Serve promptly. Makes 2 to 4 servings. You may substitute canned whole-cranberry sauce or thawed frozen strawberries for apple sauce.

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