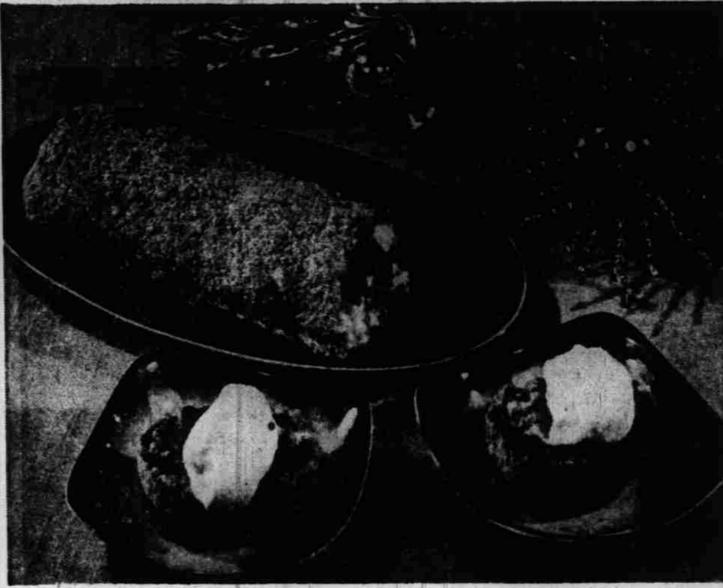


The Statesman
Food SECTION



Fruit Provides Salad Richness

This elegant "salad" illustrates a perfect way to use buttery semi-tropical avocados when they become very ripe and soft. The sieved fruit in lemon-flavored gelatine makes a rich base for the other ingredients which point up the avocado to perfection. Servings may be very modest but some folks will ask for second helpings.

- SLICED AVOCADO SALAD**
1 package lemon-flavored gelatine
1½ cups hot water
1½ cups diced grapefruit sections
1 cup sieved avocado
2 (3-ounce) packages cream cheese
1 envelope (1 tablespoon) plain gelatine
2 tablespoons cold water
½ teaspoon celery salt
2 tablespoons cream Lettuce

Dissolve gelatine in hot water. Cool. Stir in drained grapefruit and turn into oiled 1-quart mold. Chill. Halve avocado, remove seed and skin, and force fruit through a sieve. Combine with cheese and stir until smooth. Moisten plain gelatine in cold water and dissolve over hot water; add slowly to avocado mixture, stirring continuously. Add celery salt and cream, and blend thoroughly. Spoon over firm grapefruit layer in mold. Chill until firm. To serve, unmold, slice and arrange on lettuce-garnished salad plates. Serve with desired dressing. Serves 12.

Cream roll is one of those desserts that are rich, but not expensive, pretty but simple to make. Especially good for parties, the dessert includes whipping cream, marshmallows, dates, nuts and rice cereal. Rolled in wax paper, it stands in the refrigerator several hours before being cut in thick slices for serving.

Rich Dessert Stands Hours For Blending

"Special for Christmas" recipes are as much a part of Christmas as carols and Christmas trees. Aunt Anna makes her fruit cake. Grandma her mince-cake pie. And even Uncle Fred comes up with some special dish he alone can make.

These recipes have one thing in common, they are the best recipe possible to make. And here's a date cream dessert, worthy of being added to the file. Together the ingredients produce a rich, but not too sweet dessert, ideal for Christmas parties. It's one of those prized recipes that can be made at leisure (if there is any such during the holidays) and chilled quietly until serving time.

- DATE CREAM ROLL**
1½ cups whipping cream
3 marshmallows
¼ cup honey
½ cup chopped dates
¼ cup chopped nuts
¾ cups oven-popped rice cereal

Whip 1 cup of cream until stiff. Cut marshmallows into small pieces. Fold marshmallows, honey, dates and nuts into whipped cream. Crush rice cereal into fine crumbs. Add 1 cup crumbs to cream mixture; blend well. Spread remaining crumbs evenly on a piece of waxed paper and place cream mixture on top. Mold into roll, coating with crumbs. Wrap in wax paper; chill for several hours. Slice and serve garnished with remaining cream, whipped. Yields 10 servings.

Friday Dish Is Good Any Day

We call this little number My Dish Friday, but it's equally popular on all the other days. Healthy chunks of ripe olives are the meat in this tamale casserole — and deliciously satisfying, too. Use your own good imagination in putting flavor-some ripe olives to work for you in other Friday dishes.

- MY DISH FRIDAY**
½ cup chopped onion
¼ cup chopped green sweet pepper
2 tablespoons olive oil
2 cups canned tomatoes
2 cups whole kernel corn
1 teaspoon salt
1½ teaspoons chili powder
1 cup milk
½ cup cornmeal
2 eggs
2 (4½ ounce) cans chopped ripe olives
¾ cup grated American cheese

Cook onion and green pepper slowly in oil until transparent. Add tomatoes, corn, salt and chili powder and simmer 5 minutes. Meanwhile, scald milk, and slowly stir in cornmeal. Cook and stir until thick. Stir into vegetable mixture. Beat eggs lightly, and stir hot mixture into eggs. Blend in olives. Turn into shallow baking dish (about 8 inches square), and sprinkle with cheese. Bake in moderate oven (350 degrees) about 45 minutes, or until set in center. Serve at once. Serves 6.

Lady Fingers Take to Stuffing

Stuffed lady fingers are a pleasing not-too-sweet holiday confection that will delight grownups and youngsters, too, when served with mullled whole fruit nectar or hot chocolate. You can readily see, there's no trick to making the dressed-up Lady Fingers.

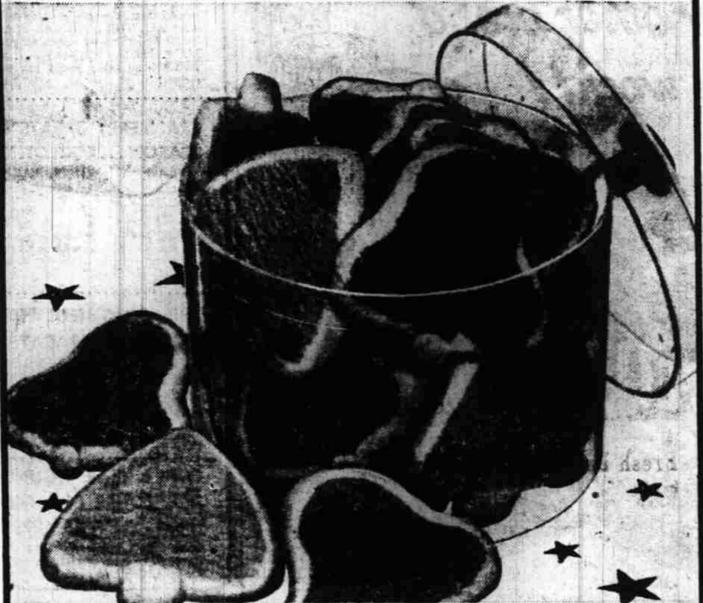
- DATE-STUFFED LADY FINGERS**
Fresh dates
Lady fingers
Honey
Pit dates and cut into slices. Split lady fingers in half and spread each side with a little honey. Put together with sliced dates between.

RICE 'ROOMS
Serve rice fritters with creamed mushrooms and a topping of crisp bacon for a company lunch. Broiled tomatoes and a cucumber salad are good go-alongs.

EGG DISH
Whether you make French or puffy omelets we'll wager that they'll take on a new glorious taste when you fold in some diced avocado in the egg mixture. Which ever variety of omelet you make, be sure that you cook it slowly for the sake of both tender eggs and the delicate flavor of the avocado.

VEGETABLES TOO
For a luncheon or hearty supper salad combine diced celery with shredded carrot, ripe olive wedges and enough mayonnaise to blend. Heap into hollowed out tomato cups sprinkled with celery salt. Top with tiny cubes of well-aged Cheddar cheese and garnish with whole ripe olives.

A Lovely Gift You Bake
CHRISTMAS BELL AND TREE COOKIES
Developed by Betty Crocker of General Mills



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BELL AND TREE COOKIE RECIPE
Mix well:
½ cup Snowdrift
½ cup sugar
1 egg
1 teaspoon vanilla
Sift together, then stir in:
1½ cups sifted Gold Medal Flour
¼ teaspoon soda
½ teaspoon salt

Color ¾ of dough red or green. Mold this into 1½ x 10" roll and chill. For Bell Shape (Picture 1) squeeze top half together, leaving lower half flared and curving like bell. For Tree Shape, squeeze into triangle. Chill. Save ¼ cup of white dough to form bell clappers or tree trunks. Roll rest of white dough on waxed paper into a 10 x 5" rectangle to cover colored dough (Picture 2). Trim edges. Wrap around colored dough. Chill. Heat oven to 375° (quick moderate). Slice dough with sharp knife ¼" thick (Picture 3). Place on ungreased baking sheet, ½" apart. Press tiny balls of white dough to bottom of bells to form clappers or to trees to form trunks. Bake 8 to 10 minutes. Makes about 5 dozen. Make cookie dough days ahead, bake when desired, then pack in plastic box, and tie with a jaunty ribbon. There's no nicer way to say "Merry Christmas".
*If you use Gold Medal Self-Rising Flour, omit soda and salt.

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Dessert Uses Rice, Canned Fruits

A fruit-rice dessert is suited for this time of year or any season:
CHERRY RICE
1 No. 2 can pitted tart cherries (2½ cups home canned)

- ¾ cup heavy cream, whipped
½ cup sugar
½ teaspoon vanilla
1½ cups cooked chilled rice
1 cup juice from cherries
½ cup sugar

1 tablespoon cornstarch
Dash of salt
Drain cherries. Whip cream until stiff; beat in sugar, add vanilla. Fold in rice and chill. Fold cherries into chilled cream and rice mixture and serve in sherbet glasses with cherry sauce. Cherry

Sauce: Heat 1 cup juice from the canned cherries. Combine cup sugar, 1 tablespoon cornstarch and a dash of salt. Stir into the boiling juice and cook, stirring constantly, for several minutes until clear. Chill before serving if desired. This recipe makes 4 servings.

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