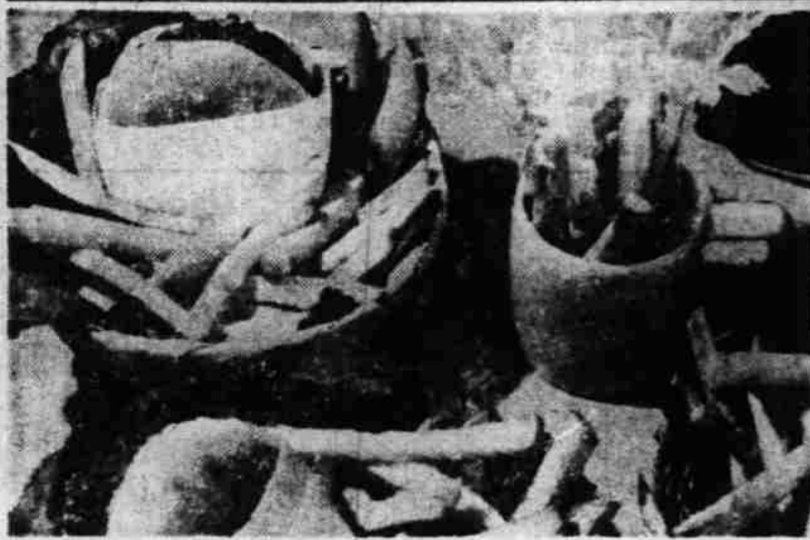


The Statesman's Food SECTION

EDITED BY Maxine Buren

Society — Clubs



FRENCH FRIED . . . a popular pair

Dear Old Potato Has Top Billing at Dinner

By MAXINE BUREN
Statesman Woman's Editor

One native of Oregon which made good long ago in big-time but has been going incognito for many years—is the Oregon potato. Neighboring states have reaped the credit for producing potatoes for years, yet Oregon grows wonderful Russets and until they got a publicity agent this year, the fact was little known.

Say anything you like about fancy foods, the backbone of many family diets is potatoes, and the gourmet will be the first to admit a taste for this bland vegetable that goes so well with meats.

Pictured on this page we have several good looking menus that make potatoes an important feature.

There's the platter that includes a large meat cake, topped with bacon, accompanied by tomatoes and with a border of handsome Duchess potatoes. The meat may be that inexpensive favorite, hamburger, but when broiled with the stuffed tomato and potato, it's a real company dish.

To "Duchess" your potatoes, make this thus:

DUCHESS POTATOES
To 3 cups seasoned, mashed potatoes, add 1 slightly beaten egg, from which 1 tablespoon has been reserved for later. Pile around the meat on a plank or flame-resistant dish. With forks, rough up the potatoes and brush peaks with the egg which was reserved for this. Put the tomatoes alongside the meat and potatoes, and broil for 5 to 8 minutes. Serves 6.

French fries are an ever-welcome treat. We always had a fry-kettle with fat ready for deep-frying at home. Mother found it not only a popular, but an easy way to cook potatoes. There's a bit of a trick to them.

FRENCH FRIES
Peel and cut potatoes in lengthwise strips, let stand 20 to 30 minutes in salted ice water, 1 tablespoon salt to 1 cup water. Dry thoroughly.

Potatoes may be partially fried in advance and quickly browned just before serving to simplify last-minute preparation. After preparing the potatoes as above, fry in deep fat at 350 degrees until soft and just beginning to brown. Let stand on absorbent paper until ready to serve, then fry in fat at 390 degrees until brown. Drain again on absorbent paper, salt and serve immediately. Allow one potato per serving.

It is recommended that the cook who wants to use deep fat frying frequently, have a thermometer at hand, it will save much time and make deep fat frying more convenient and sure.

Was ever a more delicious potato than the baked one? Just plain baked potatoes would suit us every time, but just to give an extra flourish to them use this method:

BAKED REGAL RUSSETS
6 medium or large white potatoes, as near the same size as possible
1/4 cup chopped, crisp bacon
1/4 cup chopped, green onion
1/4 cup grated Parmesan cheese
6 tablespoons butter or margarine

Scrub potatoes well, dry. Brush each with fat or salad oil. Arrange on a small baking sheet and bake at 400 degrees for 1 hour or until tender. Remove and immediately cut a "cross" in the center top of each potato. Then while holding with a clean towel, press each potato from the bottom until it bursts through the cross. Top with butter or margarine (1 tablespoon to each potato), and the combined bacon, onion and cheese. Serve immediately. Serves 6.

The possibilities for potatoes are limitless, but we'll close this list on a casserole:

RUSSET LAYER CASSEROLE
4 potatoes
4 onions
6 pork chops
2 tablespoons fat or shortening
1/4 cup flour
1/4 teaspoon oregano
1/4 teaspoon marjoram
1/2 cup hot water
4 tomatoes
1 small green pepper
Salt and pepper to taste.

Peel and slice potatoes and onions. Mix flour, oregano, marjoram. Melt fat in a large skillet with a tight lid. Roll steaks in flour and brown in hot fat. Remove 3 steaks and add a layer of potatoes and onions; season with salt and pepper. Top with remaining steaks, potatoes and onion. Add water; bring to a boil and simmer, tightly covered, for 30 minutes. Meanwhile, slice green pepper into rings and wash and slice tomatoes. Add the tomatoes and pepper; season with salt and pepper and cook 15 minutes longer. Serves 6.

QUICK AND NEAT
Quick butterscotch frosting: empty a 15-ounce can of sweetened condensed milk into the top of a double boiler and add a third of a cup of firmly-packed brown sugar and a couple of tablespoons of butter or margarine. Cook and stir constantly over hot water until thick enough to spread. Cool and beat well. This will make enough frosting for the top and sides of two 8-inch layer cakes.

ARITHMETIC
You'll get a cup of cooked rice from 1/4 to 1/2 cup raw rice.

Cottage Pudding Has New Look
Flavor-rich prunes are the tender, meaty bits of goodness found throughout this cottage pudding—a real family dessert for cool nights. Ground chocolate is added for a pleasant flavor variation.

DUSKY COTTAGE PUDDING
1 cup cooked prunes
1 1/2 cups sifted all-purpose flour
1 cup granulated sugar
1/2 cup ground sweet chocolate
1/4 teaspoon salt
1 teaspoon soda
1 egg
1 cup sour milk or buttermilk
1/2 cup melted butter or margarine
1 teaspoon vanilla extract
Chocolate sauce

Cut prunes from pits into pieces. Sift flour, sugar, chocolate, salt and soda together 3 times. Beat egg lightly and combine with sour milk, butter, vanilla and prunes. Stir in dry mixture and beat until smooth. Turn



A la DUCHESS . . . with a swirl



BAKED . . . with a little glamor

Miscellaneous Ideas Welcome By Housewives

It's the little tricks that make for interesting housekeeping. Here are a number of pointers which should be welcome as aids to better and easier homemaking.

Keep a jar or can of spiced whole peaches on your pantry shelf for unexpected company, or for a special treat for the family. They really dress up meals. Wonderful with chicken or ham, delicious with a cold meat or cheese sandwich. A fruit relish of this sort makes the most ordinary meal seem extra-special.

Mold halved fresh winter grapes, canned peach slices and cubes of cream cheese in lime gelatine for a pretty winter salad. Add a bit of fresh lemon juice and grated rind to the salad, too, to sharpen the flavor.

Arrange chunks of tuna, ripe olive wedges, sliced celery and diced avocado in cocktail glasses and top with your favorite spicy cocktail sauce, and you'll have an elegant first course that's guaranteed to get a dinner party off to a good start. Serve crisp cheese straws with this.

Nice Dessert
Chopped steamed prunes and diced apple mixed in half and half proportions with a little brown sugar and cinnamon make an extra good filling for a ham slice. Spread the mixture over a center slice of ham and roll jelly-roll fashion. Fasten with skewers and place on rack. Bake in slow oven about 1 hour.

You can fix this attractive assortment of hors d'oeuvres in almost no time at all. Put a bed of lettuce leaves in the bottom of a shallow bowl and center it with a small dish filled with a mayonnaise dressing seasoned with Roquefort cheese. Surround it with an interesting arrangement of ripe olives, chunks of sharp Cheddar cheese and bite-sized pieces of raw cauliflower. Have toothpicks handy so folks can spear and dunk as they choose.

This time of year hot hearty soups and casseroles seem to always taste especially good. A favorite ingredient for these dishes is large dry limas. They are inexpensive (an added attraction to food budgets after all the holiday expenses) and have excellent flavor and texture. Put dry limas on your week-end shopping list and plan now to use them in next week's menus.

Quick Like
Here's a quickie dessert if there ever was one. Beat 3 eggs thoroughly and beat in 1 cup granulated sugar. Fold in 1 cup each finely chopped walnuts and graham cracker crumbs and a dash of salt. Spread in greased 9-inch pie pan and bake in a 325 degrees F. oven 25 minutes. Serve with whipped cream.

Prepared for evening guests

Olive Snacks for Filling Menus

From now on there'll be many occasions when you'll want to serve a hot sandwich for lunch or supper. These hearty Olive Sandwich Snacks are the kind you can easily whip up for a crowd since they are made in the broiler. First toast the bread, then spread with the savory ripe olive mixture, next a sprinkling of grated cheese and finally top with crushed potato chips. Serve hot from the broiler.

Olive Sandwich Snacks
1/2 cup ripe olives
2 tablespoons butter or margarine
2 1/2 tablespoons all-purpose flour
1/2 cup milk
1/2 teaspoon salt
1/2 teaspoon prepared mustard
1/2 teaspoon Worcestershire sauce
Black pepper
Dash cayenne pepper
2 tablespoons thinly sliced green onion
4 slices bread
1/2 cup grated American cheese
1/4 cup crushed potato chips

Cut olives into small pieces. Melt butter and blend in flour. Add milk and seasonings, and cook and stir until thickened. Add onion and olives. Toast bread under broiler. Spread with olive mixture, sprinkle with cheese and potato chips and broil until cheese melts. Serve at once. Serves 4.

Date Banana Bread Good for Party

Here's a quick fruit bread that gets a welcome whether it's served for breakfast, luncheon or dinner. It's joy to find fresh dates in the markets now in peek-a-boo cellophane packages so you can see what you're buying. It's joy, too, to find these dates are smooth, easy to handle and not sticky.

DATE BANANA BREAD
1 cup fresh dates

1/2 cup walnuts
1/4 cup shortening
1/2 cup granulated sugar
1 egg
1/4 cup mashed banana pulp (about 2 bananas)
1/2 cup milk
2 cups sifted all-purpose flour
2 1/2 teaspoons baking powder
1 teaspoon salt
Pit and slice dates; chop wal-

nuts. Cream shortening and sugar until fluffy. Add egg, banana pulp and milk. Beat until well blended. Sift flour, baking powder and salt into creamed mixture. Mix to a smooth batter. Stir in dates and nuts. Turn into a greased and floured loaf pan (9 x 5 x 3 inches). Bake in a moderate oven (350 degrees F.) 55 to 60 minutes. Cool thoroughly before slicing. Makes one loaf.



Nothing battered, nothing bruised.

No strings on the beans, no silk in the corn.

Nothing to pick off, pick out, or pick at.

It's the loving care every step of the way
that makes S and W vegetables Simply Wonderful