

In Spring, It's The Colors That Will Count . . .



Three-toned green, red and white avocado ribbon aspic molds go on a platter with stuffed eggs, bologna curls and avocado slices to make a colorful and practical part of the luncheon or buffet menu. The cold aspic, which contrasts well with hot rolls, is made with layers of avocado, tomato and cream cheese.

First Catch The Eyes Of Diners, Then Give Satisfactory Flavors

Omelet Always Welcome Dish

It's a simple enough thing to make an omelet a main dish, and here is one way to do it.

Cheese and Frozen Asparagus Omelet

4 eggs
1/2 teaspoon salt
4 tablespoon butter or margarine, melted
5 tablespoon flour
1 teaspoon salt
1/2 teaspoon dry mustard
2 cups milk
2 tablespoons butter or margarine
1 package frozen asparagus
1 cup grated sharp cheddar cheese

Heat oven to 350. (moderate). Separate eggs, turning whites into large mixing bowl. Add 1/2 teaspoon salt to whites. Let stand while making white sauce:

Melt the 4 tablespoons butter or margarine in top part of double boiler then stir in flour, 1 teaspoon salt, and mustard. Place over heat and stir in milk. Allow to thicken while stirring constantly. Place this sauce over hot water and stir occasionally while preparing egg mixture.

Beat egg whites until stiff. Then beat yolks until thickened and lighter colored. Measure out 3/4 cup of hot white sauce and pour gradually into the egg yolks while beating. Pour this mixture slowly into the egg whites while folding; fold until blended well. Do not beat.

Melt 2 tablespoons butter or margarine in a 10-inch skillet. Turn the egg mixture into hot skillet, cover, and place over medium heat. After 10 minutes, uncover and slide spatula under omelet to lift and see if it is lightly browned on the bottom. When browned, place the omelet, uncovered, in the heated oven. Bake about 15 minutes or until firm. Meanwhile, cook one package frozen asparagus according to directions on the package and season with butter or margarine and salt and pepper. Also stir grated cheese into remaining hot sauce.

Omelet is ready when surface is browned lightly and firm to the touch. Remove from oven and make a half-inch-deep cut through the center. Using a spatula, lift omelet to a warm platter and pour cheese sauce on half of it. Fold the other half over and top with remaining cheese sauce. Arrange cooked asparagus around omelet and serve at once. Serves four.

Fig Dessert has Surprise Flavor

Instant coffee is a surprise ingredient in this dried fig dessert.

COFFEE-FIG DELIGHT

8 stewed figs
2 cups milk
1 tablespoon instant coffee
1 package vanilla instant pudding
1/2 cup chopped nuts, if desired
1 cup heavy cream
2 teaspoons instant coffee
1 tablespoon hot water
1 teaspoon vanilla
1/2 cup confectioners sugar

With scissors, snip the stems off the stewed figs. Then cut the figs into tiny pieces. Place figs and milk in a saucepan with the first measure of instant coffee and the vanilla pudding. Stir over low heat until the pudding thickens. Add the chopped nuts. Chill and place in dessert glasses. Just before serving, whip the cream until almost stiff. Dissolve the coffee in the hot water. Cool and add to the cream with the vanilla and the sugar. Fold in gently but thoroughly.

By MAXINE BUREN
Statesman Woman's Editor

Make your menu good to look at and the battle's half won. Make it colorful and there's bound to be beauty.

Many of the women who put her artistic sense to work when she's cooking—with the result that her reputation as an excellent cook is made. Play one color against the other for brightest effects—red with green, green with gold, red with yellow. Natural colors are best, but once in a while you may add a touch of vegetable color to bolster up the natural tints. Add a little red to apples, a speck of yellow to lemon if needed.

Pictured on this page we have a fine example of two contrasting colors enlivening each other to produce a fine effect.

GREEN AND GOLD PLATTER

4 ounces elbow macaroni
1 cup condensed cream of mushroom soup (16-ounce can)
1/2 cup milk
1/2 teaspoon salt

Add 2 teaspoons salt and macaroni to 3 cups boiling water. Boil rapidly, stirring constantly, for 2 minutes. Cover, remove from heat and let stand 10 minutes. Meanwhile, gradually add milk to mushroom soup and stir until smooth and well blended. Add salt and pepper. Rinse macaroni with warm water and drain well. Heat soup mixture to boiling and fold in macaroni. Arrange on hot platter with rows of carrots and brussels sprouts. Makes 4 servings.

The layered salad is handy for the woman who likes to go in for bright colors in her menus. Avocado, being an excellent fruit for its color as well as flavor and adaptability, gives this salad its style. There are three layers, each with its own distinctive color and flavor.

AVOCADO RIBBON ASPIC

Tomato Layer:
2 cups tomato juice
Dash cayenne pepper
1 envelope plain gelatin
1/2 cup cold water
1 whole clove
1 sprig parsley
1 stalk celery
1/2 teaspoon salt

Cream Cheese Layer:
2 tablespoons plain gelatin
1/2 cup cold water
2 packages cream cheese
1/4 cup milk

Avocado Layer:
1 envelope plain gelatin
1/2 cup cold water
1/2 cup boiling water
1 teaspoon salt

Tomato Layer: Simmer tomato juice with bay leaf, clove, parsley, celery, salt and cayenne about 10 minutes. Strain. Soften gelatin in cold water and dissolve in hot tomato juice. Add vinegar and onion. Cool. Spoon into individual molds, filling 1/3 full, or pour into oiled loaf pan (about 8 1/2 x 4 1/2 x 2 1/2 inches) and chill.

Cream Cheese Layer: Soften gelatin in cold water. Dissolve over boiling water. Soften cream cheese with milk and blend in salt, mayonnaise, Worcestershire sauce and dissolved gelatin. Turn into molds or pan over almost firm tomato layer. Chill.

Avocado Layer: Soften gelatin in cold water and dissolve in boiling water. Stir in salt, lemon juice and Tabasco. Cool. Add sieved avocado and a drop or two of green food coloring. Pour into mold or pan over almost-firm cream cheese layer. Chill until firm and unmold on salad greens.

Makes 9 individual molds or 1 loaf serving 9 to 12.

Chicken, Pilaf Good Together

The combination of chicken and rice is an old and popular one. Here the rice is in pilaf form, meaning that it's cooked in stock rather than water, which gives it extra flavor and a tie-in with the chicken.

CHICKEN WITH PILAF
1 2 1/2-3 1/4 pound chicken
3 tablespoons butter
1 cup onions, chopped
2 tablespoons tomato purée or 1 No. 2 can tomatoes
Salt and pepper, to taste
Cut chicken into serving pieces. Place in saucepan with butter and onions. Simmer until golden brown, stirring occasionally. Add puree, diluted in a cup of water, or tomatoes. Add salt and pepper. Cover and cook for 1 hour or until chicken is tender. Serves 6-8.

PILAF

1 cup rice
2 cups stock
1/2 cup butter
Salt and white pepper, to taste

Wash and drain rice. Put stock or water on to boil with butter. Add seasonings. When it starts to simmer add the rice; stir well with a wooden spoon. Cover and simmer very slowly. In half an hour add a little more butter and stir slightly with a fork to separate the grains of rice. Serve rice on platter surrounded with chicken. Pour sauce over both. Serve hot, garnished with peas.

Fruity Sauce for Hot, Cold Ham

A clear, fruit sauce that enhances the meat. It's served with is:

PINEAPPLE SAUCE
1/2 cup sugar
1 tablespoon cornstarch
1/4 teaspoon salt
1 teaspoon dry mustard
3 whole cloves
1 cup pineapple juice
Mix dry ingredients in a saucepan. Add pineapple juice and stir and cook slowly until thickened and clear. Serve hot or cold with ham. Makes 1 1/4 cups.

Variation: Add 1/2 cup crushed pineapple or 1/2 cup cooked raisins to the sauce, if desired.

NOW YOUR GROCER HAS IT!
SERVED BY FINE RESTAURANTS SINCE 1900



Green and gold make this platter inviting to see and the contrasting flavors of buttered carrots, brussels sprouts and macaroni satisfy the taste.

Peach Rolls on Simple Menus

When dinner's simple and light, and people hungry as ever, then's the time for a hearty dessert. If you're slicing the left-over pot roast thin to go around, make Saucy Peach Rolls for a dessert that will leave everyone feeling well-fed and contented. All you need is a can of sweet cling peach slices and the usual baking supplies such as sugar, flour and the like. The dough is easy as baking powder biscuits, yet the finished rolls are luscious to eat.

SAUCY PEACH ROLLS

1 cup syrup from canned cling peaches
1 cup water
1/2 cup sugar
2 cups sifted all-purpose flour
4 teaspoons baking powder
1 teaspoon salt
1/2 cup shortening
1/2 cup milk
2 cups canned peach slices
1/2 teaspoon cinnamon
1 tablespoon butter or mar-

garine
Sauce: Simmer peach syrup, water and sugar in baking pan (9x9x2 inches) for 5 minutes.

Peach Roll: Sift together flour, baking powder and salt. Cut in shortening. Add milk and mix well. Turn onto floured pastry board and roll into oblong (6 x 15 inches). Arrange well-drained peaches on dough, sprinkle with cinnamon and dot with butter. Roll as for jelly roll and pinch edges together. Cut into 9 slices. Bring sauce to rapid boil and quickly place slices, cut side down, into sauce. Bake in very hot oven (450 degrees) 25 minutes. Serve warm. Make 9 servings.

FOR LUNCH BOX

Make sandwiches the night before, wrap them well with transparent plastic wrapping or waxed paper and refrigerate. Put them in the lunch box at the last possible moment.

Filbert Crunch Is Casserole Dish

A crunchy baked dish begins and ends with filberts.

1/4 cup coarsely chopped filberts
1 1/2 cups packaged precooked rice
1 1/2 cups boiling water
3 tablespoons butter
3 tablespoons flour
1/2 teaspoon salt
1 teaspoon grated onion
1 teaspoon parsley
2 cups milk
1/2 cup sharp cheese, coarsely grated
1 7 1/2-ounce can tuna

Add water to the precooked rice. When rice boils, cover and let stand for 13 minutes. Melt butter in saucepan. Add flour and blend. Add milk and stir until thick. Add salt, onion, parsley. Combine this sauce with the rice and Blue Pirate filberts. Pour into a greased 8x8-inch baking dish and bake in 350 degree oven for 40 minutes. Serves 6 to 8.

Tuna Gives Its Flavor to Two Main Dishes

Versatile canned tuna fits right into the scheme of things on meatless days. Delicious, nourishing and economical describe such specials as Chive Tuna Tarts and Tuna Cheese Turnovers, both dishes team tuna with crisp pastry in hearty main courses. Keep the recipes handy when you're planning menus any time of year.

CHIVE TUNA TARTS

1 cup evaporated milk
1 6-ounce package chive cream cheese
1 medium-sized onion, thinly sliced
2 7-ounce cans solid-pack tuna, drained
2 cups sliced cooked carrots
1/2 teaspoon salt
8 baked tart shells, about 3 1/2 inches in diameter
Heat evaporated milk to boiling point. Add cheese and cook, stirring occasionally, until cheese is melted. Add onion and cook 10 minutes, stirring occasionally. Break tuna into large pieces. Add tuna, carrots and salt to cheese mixture; heat to serving temperature. Pour into tart shells. Serves 8.

TUNA CHEESE TURNOVERS

2 6 1/2-ounce cans chunk-style tuna, drained
1/4 cup finely chopped onion
1 cup grated processed cheddar cheese (about 1/2 pound)
1 recipe plain pastry
1 6-ounce can tomato sauce
1/2 cup evaporated milk
Dash marjoram

Combine tuna, onions and cheese; mix well. Roll out pastry on lightly floured surface to 1/4-inch thickness. Cut into 8 4-inch squares. Place some of tuna mixture on each pastry square. Moisten edges of pastry with cold water and fold diagonally over filling. Press edges together with tines of a fork to seal. Cut a few slits in top of each turnover. Place on greased baking sheet. Bake in very hot oven (450 degrees) 25 to 30 minutes, or until golden brown. Meanwhile, combine remaining ingredients; heat to serving temperature. Serve tomato sauce over turnovers. Serves 8.

GOOD LUNCH

Creamed spinach served with stuffed hard-cooked eggs.

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Statesman, Salem, Ore., Fri., April 13, '56 (Sec. III)-19

Versatile Nuts Have Many Uses

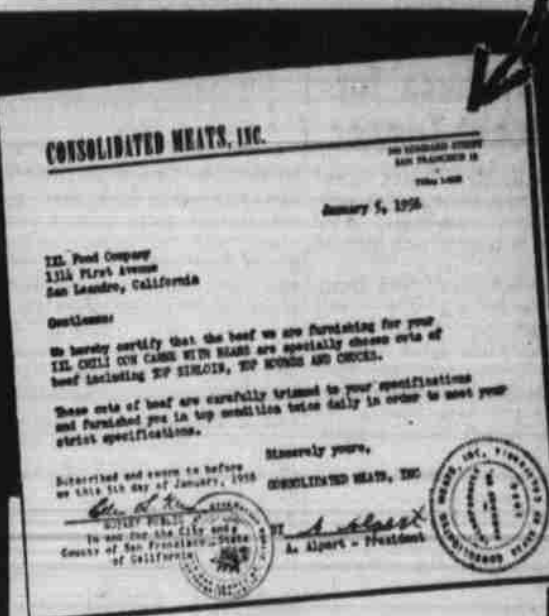
Filbert nuts may be used in any meat and fowl stuffings. They may be sliced, chopped or ground according to their use in recipes.

Grease and flour just the bottoms of cupcake pans so better fine, toppings for vegetables, and won't run over.

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