

Blue Days are Here—Those Glamorous Berries . . .



Now here's a yummy concoction for you—blueberry tarts with a vanilla pudding base. Here the pudding is a package of pie filling with blueberries and topped with currant jelly for more color. They're called Blueberry Cream Tarts.

Colorful Berry Makes Good Pinch Hitting For Popular Apples

By MAXINE BUREN
Statesman Woman's Editor

It is not exactly fair to the faithful and reliable apple to steal its thunder, now that it's temporarily taken a back seat, but we're taking some standby apple recipes, using blueberries instead and making something quite glamorous of them.

Though of course apples and blueberries aren't any relation, they seem to go well in similar dishes, so here goes for some suggestions for using those beautiful blue berries that have such a distinctive flavor. And by the way, it wasn't too many years ago that so few were sold in these parts, that most of us were unfamiliar with the berries. Now several acreages produce enough to furnish the local markets with fresh berries.

First let's look at apple crisp, which becomes Blueberry Crisp before our eyes. The producers of a well-known brand of instant non-fat dry milk powder have worked out a recipe replacing apples with blueberries in a fine dessert.

BLUEBERRY CRISP

1/2 cup instant non-fat dry milk powder	1/2 cup butter
1/2 cup flour	4 cups fresh blueberries, washed and drained
1/2 cup brown sugar, firmly packed	1/2 cup orange juice
1 teaspoon cinnamon	1 tablespoon lemon juice

Combine instant milk powder, flour, sugar, and cinnamon in a bowl; cut in butter with 2 knives or pastry blender until mixture resembles coarse cornmeal. Place about 1/2 cup of the blueberries in each of 6 individual baking dishes or place berries in 8-inch square baking dish. Combine orange and lemon juices; pour milk mixture over top. Bake in moderate oven (350 degrees F.) about 30 minutes or until crumbs are browned. Serve warm with Orange Sauce. Makes 6 servings.

ORANGE SAUCE

1 1/2 cups water	1/2 cup instant non-fat dry milk powder
2 eggs	1/2 teaspoon orange extract
3 tablespoons sugar	Nutmeg, optional
1/2 teaspoon salt	

Combine water, eggs, sugar, salt and instant milk powder in top of double boiler; beat with rotary beater until well blended. Cook over hot water, stirring constantly, until mixture thickens and coats a spoon. Remove from heat. Chill. Add orange extract. Sprinkle with nutmeg. Makes about 1 1/2 cups.

Really stealing the thunder from apples, blueberries make good old Brown Betty into:

BLUE BETTY

2 cups bread crumbs	1/2 teaspoon nutmeg
1/2 cup melted butter	Grated rind and juice of half a lemon
1 large box blueberries	1/2 cup hot water
1/2 cup sugar	

Mix crumbs and butter lightly with a fork. Cover bottom of a buttered baking dish with crumbs, spread half the berries on this and sprinkle half the sugar, spice and lemon mixed together. Repeat, adding crumbs as the top layer. Pour water on and bake 40 minutes at 350 degrees. Cover at first so crumbs won't over-brown at first. Serve with cream.

Regular custard or creamed pies can take a topping of blueberries to make a fine and glamorous dessert. Use the prepared custard fillings for speed, following the regular directions. Allow mixture to cool for 5 minutes, then pile blueberries in the center and pour melted currant jelly over the berries. Chill.

Molasses Makes Crisp Cookies

Molasses cookies are usually either very crisp or the drop kind that's soft and rich. Here is a recipe for one of the crisp ones.

CRISP MOLASSES COOKIES

1 cup shortening	
1 cup molasses	
2 eggs, beaten	
1 cup sugar	
3 1/2 cups sifted flour	
1/2 teaspoon salt	
1 teaspoon soda	
1/2 teaspoon cinnamon	
1/2 teaspoon cloves	
1/2 teaspoon ginger	

Heat shortening and molasses in a saucepan until the shortening is melted. Stir constantly. Slowly pour this mixture over the eggs. Add dry ingredients and mix thoroughly. Place in refrigerator. Chill thoroughly. Roll 1/16-inch thick on a floured board or pastry cloth and cut with a 2-inch cookie cutter. Place on a cookie sheet. Bake in a moderate oven (350 F.) 10 minutes.

Molasses Balls: Prepare dough as for Crisp Molasses Cookies. Form dough into 1-inch balls and bake in a moderate oven (350 F.) 15 minutes.

Molasses Refrigerator Cookies: Prepare dough as for Crisp Molasses Cookies. Shape dough into a roll, chill, and cut into 1/2-inch slices. Bake in a moderate oven (350 F.) 10 minutes.

SPECIAL TREAT

Scoop out small balls of hard ice cream and roll first in thick chocolate sauce and then in chopped walnuts. Put in freezer immediately for an hour before serving.

COMPANY FARE

Layer sponge cake with sugared sliced strawberries and top each serving with a scoop of vanilla ice cream and a few whole berries.

Chicken Soup Extends Fowl Inexpensively

A can of chicken soup can extend the amount of leftover chicken to make excellent main dishes for the second day. Here are several suggestions on how it's done:

The first is a top-of-the-stove dish:

CHICKEN FINALE

2 tablespoons finely chopped green pepper
1 tablespoon butter or margarine
1 can (1 1/4 cups) condensed cream of chicken soup
2 cups cooked noodles
1/2 to 1 cup diced cooked chicken

Cook green pepper until tender in butter in a saucepan. Add soup, noodles and chicken; mix well. Cook over low heat for about 10 minutes. Serve on a warm platter. Garnish with green pepper rings and additional servings of chicken if desired. 4 servings.

This mixture is served in patty shells:

ESPECIALLY GOOD CREAMED CHICKEN

1/2 cup finely chopped green pepper
1 tablespoon butter, melted
1 can (1 1/4 cups) condensed cream of chicken soup
1/2 cup milk
1 cup diced cooked chicken
1/2 cup chopped pimiento
6 flaky patty shells (or 6 slices of toast)

Cook green pepper until tender in butter in a saucepan. Stir in soup, then milk. Heat slowly, stirring constantly. Add chicken and pimiento; continue cooking about 10 minutes. Pour creamed chicken into patty shells or over 6 slices of toast, garnish each with sprigs of parsley. 6 servings.

Here's a broiler dish:

CHICKEN SLICES IN CHEESE SAUCE

1 lb. asparagus, cooked (fresh, frozen or 1 No. 2 can)
6 slices cooked chicken
1 can (1 1/4 cups) condensed cream of chicken soup
1/2 cup shredded American cheese

Place asparagus in a flat baking dish or pan; top with sliced chicken. Stir soup and cheese together; pour over chicken. Place under broiler, or in hot oven (450 F.), until lightly browned. 6 servings.

Ham Roll Uses Tomato, Cheese

Use cooked ham slices to make this interesting picture-food.

Ham Roll Treats

8 thin slices cooked ham (about 1/2 lb.)
8 thin slices American cheese (about 1/2 lb.)
1 can (1 1/4 cups) condensed tomato soup

Top each slice of ham with a slice of cheese. Roll and fasten with a toothpick. Place under broiler until cheese melts and ham is lightly browned. Heat soup in a saucepan; pour over ham rolls. 8 servings.

BETTER TASTE

Adding acid ingredients such as olives, pickles, lemon juice, catsup and chili sauce to salad-type sandwich fillings increases the keeping quality of the spread.



A luscious summertime dessert is the blueberry version of apple the blueberries lends itself to cobblers and pies — just like crisp, and it's topped with orange sauce. The rich flavor of apples. Blueberries combine with crumbs for Blue Betty too.

Fish Salads Good Food For Lunches

Fish jellied in nicely seasoned aspic is an excellent dinner dish for warm weather and serves well as the main part of the company luncheon. Here's a suggestion for a jellied fish salad suitable for company or the family.

JELLIED FISH SALAD

1 tablespoon unflavored gelatine	
1/2 cup cold water	
1/2 teaspoon salt	
1/2 teaspoon celery seed	
1/2 cup vinegar	
1/2 cup water	

2 eggs, beaten
2 cups flaked cooked or canned fish

Soften gelatine on top of water. Add seasonings, vinegar, and water to eggs. Cook over boiling water until thickened stirring constantly.

Add gelatin and stir until it is dissolved.

Add fish and mix thoroughly. Pour individual molds or large ring mold and chill.

Serve scalloped potatoes with chives, cooked carrots, and have floating island with a topping of a bright, tart jelly for dessert.

FOR HOT DAY

Fill balloon-like cream puffs with a drained canned cling peach half, cup side up, and a scoop of almond ice cream. Top with melted raspberry jelly.

LARGE ECONOMY

Stock up on the large economical 46-ounce cans of apricot whole fruit nectar for the warm weather. You'll enjoy the full rich flavor of this refreshing beverage.

NEW TWIST

The best way to remove the stem from a fresh pineapple is to protect your hand with a cloth and twist off the top.



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ALSO DUPE
You've probably made a milk shake with mashed banana and milk. But to make this drink extra super, add honey to taste and a dash of nutmeg.

STRONG REASON
A French wire lettuce basket—the kind that does not collapse—makes a useful and decorative holder for your kitchen store of onions.

Enjoy Luscious

Hi-C

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