

Foods and Fancies

Make Special Dish For Your June Date

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Of the Register-Guard

June is a month full of delightful things!

There are all sorts of special days—today, which marks the beginning of summer—happens to be VERY special to rain-soaked Oregonians who are finding the sun right in their own backyards, after all.

June's marked by national events which range from Mite Your Muffler Month and National Ragweed Control Month (ah-choo!) to National Recreation Month and Portable Radio Month — those two can go together for outdoor fun.

And celebrations, too. Portlanders mopping up from the annual Rose Festival can read how they mark June in Two Rivers, Wis. — with a Snow Festival. It's on the weekend of June 30 and there are snowball fights galore — the ammunition frozen last winter and kept in freezers for this occasion. That's real cool fun.

People born during this month boast the lustrous pearl as their birthstone and the rose for their flower. So what better way to celebrate a June birthday than with "The Pearl"—a "pearl" of a salad in a suitable sea setting, with the rose for the flower theme.

Other special occasions this month need other special foods... here are recipes for two wonderful desserts and there's a sauce that would be perfect on ice cream to go with a birthday cake.

"The Pearl"

- 2 regular size packages (3 ounces each) lemon flavor gelatin (or one 6-ounce pkg.)
- 1/2 teaspoon salt
- 2 cups boiling water
- 1 cup cold water
- Dash of pepper
- 2 tablespoons lemon juice (optional)
- 1 cup large curd cottage cheese
- 2 cans (6 1/2 ounces each) crab meat
- 1 cup diced celery
- 1/2 cup mayonnaise

Dissolve lemon flavor gelatin and salt in boiling water. Add cold water, pepper, and lemon juice. Chill until slightly thickened. Fold in cottage cheese, crab meat, celery, and mayonnaise. Pour into large round metal bowl. Chill until firm. Unmold and serve with mayonnaise. Makes 10 to 12 servings.

Toffee Refrigerator Dessert

- 1 square unsweetened chocolate
- 2 egg whites
- 2 cups confectioners' powdered sugar
- 2 egg yolks, beaten
- 1/2 cup butter
- 1 tablespoon quality instant coffee
- 1/2 teaspoon salt
- 3 tablespoons milk
- 1 teaspoon pure vanilla
- 1 cup pecans, toasted
- 1/2 cup crushed vanilla wafers

Sweetened whipped cream
Unsweetened chocolate, grated

Melt 1 square of chocolate over low heat. Cool. Meanwhile beat egg whites until foamy. Add 1/4 cup of the sugar, 2 tablespoons at a time, 1/4 cup of the sugar to beaten egg yolks, blending well.

Cream butter. Sift coffee, salt, and remaining 1/2 cups of the sugar together. Add to butter and mix well. Blend in chocolate, milk, and vanilla. Fold in

egg yolk mixture and pecans. Fold in egg white mixture. Sprinkle half the vanilla wafer crumbs over bottom of a lightly greased 8x8x2-inch pan. Pour chocolate mixture over crumbs. Top with remaining crumbs. Chill in refrigerator or freezer until set — about 3 hours. Cut into squares and garnish with whipped cream. Sprinkle with grated chocolate. Make 9 servings.

Chocolate Custard Sauce
(for ice cream, angel cake, puddings)

- 1 square unsweetened chocolate
- 1 egg, slightly beaten
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1 1/2 cups milk
- 1/2 teaspoon vanilla extract

Melt chocolate over hot water. Combine egg, sugar, salt, and milk in top of double boiler. Cook over boiling water, stirring constantly, until mixture begins to thicken slightly and coats a dry metal spoon (about 5 minutes).

Remove from heat. Stir in melted chocolate and the vanilla. Beat with egg beater until blended. Chill.

Raspberry Cream Angel Loaf

- 1/2 cup sifted cake flour
- 1/4 cup sugar
- 1/2 cup egg whites (5 or 6)
- 1/4 teaspoon salt
- 1/2 teaspoon cream of tartar
- 1/2 teaspoon pure vanilla extract
- 1/4 teaspoon pure almond extract
- 1/2 cup fresh sweetened raspberries
- 1 cup heavy cream

Sift flour once, measure, add 1/4 cup of the sugar, and sift together four times. Combine egg whites, salt, cream of tartar, and flavorings in large bowl. Beat with flat wire whip, sturdy egg beater, or at high speed of electric mixer until egg whites are stiff enough to hold up in soft peaks, but are still moist and glossy. Add remaining 1/2 cup sugar in four additions by sprinkling 2 tablespoons at a time over egg whites and beating until sugar is blended. When beating by hand, beat 25 strokes or turn after each addition of sugar.

Sift about half of the flour mixture over beaten whites. Fold in with 15 complete fold-over strokes, turning bowl frequently.

Add remaining flour mixture in three more additions, folding in with 15 fold-over strokes, turning bowl frequently. Pour batter into ungreased 10x5x3-inch loaf pan. Bake in moderate oven (375°F.) 25 minutes, or until cake springs back when pressed lightly. Remove from oven, invert pan on rack, and let stand 1 hour, or until cake is cool.

Place cake on serving plate. Using a sharp knife, cut a V-shaped wedge lengthwise from top of cake, about 3 inches wide and 1 1/2 inches deep. Cut wedge into 1-inch slices.

Combine raspberries with chilled heavy cream, and whip until stiff. Carefully spoon mixture into center of cake. Insert wedge slices on top of filling. Chill. Serve garnished with whole raspberries and sprigs of mint.

NOTE: 1. Remove eggs from refrigerator several hours before using. Egg whites beat up lighter and more easily when at room temperature and give increased fineness of grain and delicacy of texture to angel food cakes.



Pearls Please Celebrate June birthdays with foods to match the "Jewel of the Month" — in this case the pearl. Serve this "pearl" of a salad in suitable setting — with, of course, the June flower, a rose, to set the decoration theme.

Ice Cream Fills Almond Crisp Dessert

In most sandwiches it's the filling rather than the bread that is more interesting. But the filling and "bread" share the limelight in "Almond Crisp Ice Cream Cakes," a modern variation on old-fashioned ice cream sandwiches.

Slices of vanilla ice cream are placed between cookie-like crisps made with crunchy slivered almonds, sugar, butter and flour for an ideal warm-weather dessert.

Speaking of summer weather, almonds eaten out-of-hand on hot days are important energy-boosters, rich in B vitamins, calcium and iron and with as much body-building protein as lean meat, milk or eggs. Store them in the refrigerator.

Almond Crisp Ice Cream Cakes

- 1/2-cup toasted slivered almonds

- 1/4-cup sifted all-purpose flour
- 1/4-teaspoon salt
- 1/2-cup sugar
- 1/2-cup butter or margarine
- 2 tablespoons light cream
- 1 quart firm vanilla ice cream

Combine all ingredients except ice cream in saucepan. Cook until mixture begins to bubble; remove from heat and stir briskly for a few seconds.

Drop by teaspoonfuls, about 4 inches apart, on greased, lightly-floured baking sheet. Bake only 4 or 5 crisps at a time in 375-degree (moderately hot) oven 5 to 6 minutes. Cool 2 minutes on baking sheet before lifting with spatula to waxed paper-covered racks. (If crisps harden before they can be removed from sheet, reheat in oven a few seconds to soften.) Slice ice cream into 8 equal

parts. Sandwich one slice of ice cream between 2 crisps for each serving. Drizzle with chocolate syrup, if desired. Makes 8 servings (and 16 crisps).

Shading Sunshine

A bright summer sun can fade many fabrics, so it's a good idea to keep your furniture away from the window, or the shades drawn, during the long summer days. You needn't worry about your window sills or adjacent floors, however, if they're surfaced with ceramic tile. Real tile's colors are completely fadeproof and they can't be damaged, either, if pelted by a sudden summer shower.

Self Conscious?

Are you one of the many women or girls who shudder at the thought of how other people see you? Are you afraid you're not dressed correctly, that your hair is unflattering and you lack poise and self-assurance? Perhaps embarrassed about your figure, worried about your makeup, or how you stand, walk, speak?

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