

Bulletin FOOD News

The Bend Bulletin, Thursday, October 21, 1954

Here is Recipe For Glamorous No-Bake Dessert

If you dote on light, fluffy cheese cake, a no-bake type is the one for you.

Shiny red cranberries, a sure sign of the fall and holidays, give the no-bake cheese cake shown here a pleasant tart flavor. You'll want to try this cheese cake recipe now, and then file it for use during the holiday season. Small pieces will be just right served after big holiday dinners.

Versatile cottage cheese is an important ingredient in this cake and blends perfectly with the fruit used. As its name implies, cottage cheese probably originated with thrifty cottagers or small farm-holders who adapted soured milk for a dish on the dinner table.

Today's cottage cheese is made with skimmed milk and lactic acid cultures. Thus, it is possible to control the acidity so that a mild, fresh-tasting cottage cheese is produced. Just the opposite of all other cheeses, the fresher the better is the rule for cottage cheese. If possible, it should be used the same day it is purchased.

Refrigerator Cheese Cake
(10-12 servings)

2 egg yolks, beaten

1/2 cup milk
1 cup sugar
1/2 tsp. salt
2 T. plain gelatin
1/2 cup orange juice
2 T. grated orange rind
1 tsp. lemon juice
1 tsp. grated lemon rind
2 12-ounce cartons cottage cheese sieved (cream style)
1 cup whipping cream
2 cups sweetened, cooked cranberries
2 egg whites, beaten

Beat egg yolks in top of double boiler. Add milk, sugar and salt and cook over hot water until mixture thickens. Dissolve gelatin in orange juice and add to hot mixture. Stir until dissolved. Add lem-



on juice and lemon rind. Add sieved cottage cheese. Chill until the mixture is of a jelly-like consistency. Fold in stiffly whipped cream, beaten egg whites, and cranberries. Pour into 9-inch spring form pan which has been lined with a crumb crust mixture. Chill until firm. Unmold and serve.

Crumb Crust
2 cups finely crushed graham cracker crumbs
1/4 cup sifted confectioners sugar
1/2 cup melted butter
Mix all ingredients and press onto bottom and sides of spring form pan.

FADED GARMENTS
SCHENECTADY, N. Y. — If blue garments in your wardrobe turn a weak purple after hanging in the closet for a few months, better just re-dye the garments another color. Scientists at General Electric explain the usual reason for the color change—the garments were dyed with a combination of several dyes, at least one of which was not permanent. When it faded, the color of the more permanent dyes prevailed.

Copper can be cleaned by rubbing it with half a lemon that's been dipped in salt. Then rinse in hot water and use a soft cloth (like flannel) to polish.



TIME FOR "COFFEE AND" — Morning and afternoon "coffee breaks" in the field are a pleasant custom on the Lester Wick farm in Alfalfa, at potato harvest time. In the picture, from left, are Mr. and Mrs. Wick and Gene Grover, Mrs. Wick's brother. (Bend Bulletin Photo)



FIELD-TIME COFFEE TRAY—Mrs. Wick loads a laundry-basket with coffee things, to take refreshments to the field. (Bend Bulletin Photo.)

Mrs. Wick also gave us her French dressing recipe, which her boys call "Red Poison" and a recipe for American Chicken Chow Mein.

French Dressing
1-3 cup sugar
1/2 cup oil
1-3 cup catsup
1/4 cup vinegar
1 T. lemon juice
1 tsp. salt
1 tsp. pepper
1 T. grated onion
Mix all together in bowl with rotary beater. Add one clove of garlic if desired, and store in tightly covered jar in refrigerator.

Chicken Chow Mein
1 chicken
2 bunches celery
2 Bermuda onions
1 can brussels sprouts
1 can mushrooms
2 T. Soy sauce

Seasoning
Brown onions, add cooked celery and brown. Remove chicken from broth and thicken stock with cornstarch and water. Add boned chicken, mushrooms and seasoning and cook slowly for one hour, add Brussels sprouts and heat through. Serve over fried noodles or rice.

Fuel for Diesel engines is injected into the cylinders through holes as small as 5,000ths of an inch.

Wick Home in Alfalfa District Busy Place at Harvest Time

Wick home in alfalfa dist 13... joy There was a time when "cooking for harvest crews" was as much a part of the American scene as the quilting bee and the square dance. Revival of square dancing and quilting has been gaining momentum in recent years, and in some sections of the country, large-scale cooking for seasonal employes has continued to be the custom.

Here in Central Oregon, Mrs. Lester Wick of the Alfalfa community is one of the women who make a production of their cooking at harvest time. When the first heavy fall frost gives the signal that potato-digging time is approaching, Mrs. Wick starts preparations for the kitchen detail. The pickers gather in the Wick home for a big "sit-down" dinner at noon, and there are "coffee breaks" in the field morning and afternoon.

Last week 17 workers harvested the 60 acres of potatoes on the Wick farm. In addition to family members, 10 high school students and two college students got in the crop. Mrs. Wick kept busy in the kitchen, and we asked her for some of her recipes for harvest time and all year 'round. Some are designed especially for large quantity cooking, and some are family-size recipes which may be increased as necessary.

Makes Own Mixes
Mrs. Wick says that homemade ready-mixes mean economy and convenience in meal preparation. There is a saving of total time and labor in measuring and mixing, and the homemaker can make the mix when she has the time. She has a master-mix for biscuits, muffins, griddle cakes, corn bread, etc.; a cake-mix for two-egg cake and a pastry mix that are particular favorites. Recipes for these and other mixes may be obtained by calling Miss L. Mildred Wilson, Deschutes county home economics extension agent, and requesting Bulletin 3-407.

On the farm, as elsewhere, cookies are a standby for lunches and quick snacks, and Mrs. Wick gave us several of her favorite recipes, including Filled Cookies, Oatmeal Specials, Ten-Gallon Cookies, Stuffed Date Drops and Ranch Brownies. (Mrs. Wick says the brownies are not as rich as some, and can be eaten with a clear conscience.)

Raisin or Date-Filled Cookies
3 1/2 cups flour
2 1/2 tsp. baking powder
1/2 tsp. salt
1 1/4 cups sugar
2-3 cups shortening
1/4 cup milk
2 eggs
1 tsp. vanilla
Cream shortening and sugar, add eggs and vanilla, then sifted dry ingredients alternately with milk. Chill dough before rolling, and meanwhile, prepare filling.

Raisin or Date-Filled Cookies
3 1/2 cups flour
1/2 cup cream
1 package chocolate chips
1 package coconut

Ten-Gallon Cookies
1 qt. molasses
4 cups nutmeats
6 cups brown sugar
4 cups sour milk
4 cups melted lard
1/2 cup soda
1/2 cup mixed spices
2 lb. currents
2 lb. raisins
2 lb. citron or watermelon preserve
2 T. baking powder
8 eggs
Flour to a thickness of fruit cake
Mix in order given and drop from spoon on cookie sheet. Bake in moderate oven. These will keep for weeks.

Chocolate Nut Gingerbread
2-3 cup shortening
1 cup brown sugar
2 oz. chocolate
2 eggs
1-2 cups flour
1-2 tsp. baking powder
2 tsp. ginger
1/4 tsp. cloves
1/4 tsp. salt
1 cup milk
Cream shortening and sugar add melted chocolate and beaten eggs. Add sifted dry ingredients alternately with milk. For a rich gingerbread upsidedown cake, melt cup butter in bottom of skillet, sprinkle on 1/2 cup brown sugar and arrange apples or pineapple in glaze. Top with gingerbread batter and bake in moderate oven.

Stuffed Date Drops
1/4 cup butter or margarine
1/2 tsp. vanilla
3-4 cup brown sugar
1 egg
1/4 cup flour
1/4 tsp. salt
1/2 tsp. soda
1/4 tsp. baking powder
Cream butter, vanilla and sugar. Add egg then sifted dry ingredients alternately with cream. Stuff dates with walnuts and add to dough. Drop from spoon, picking up one stuffed date to each cookie. Bake at 375 degrees and frost with following icing.

Browned Butter Icing
1/2 cup butter
1 cup powdered sugar
1/2 tsp. vanilla
Hot water as necessary.
Brown butter but do not burn. Mix in sugar and vanilla and hot water a drop or two at a time until right consistency to spread.

Ranch Brownies
4 squares chocolate
1/4 cup butter or margarine
6 eggs
3 cups sugar
2 tsp. sifted flour
1/2 tsp. salt
1/2 cup chopped nuts
2 tsp. vanilla
Melt chocolate and butter. Add beaten eggs and sugar. Sift dry ingredients and add, then nuts and vanilla. Bake in shallow pan at 400 degrees, 15-20 minutes.

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