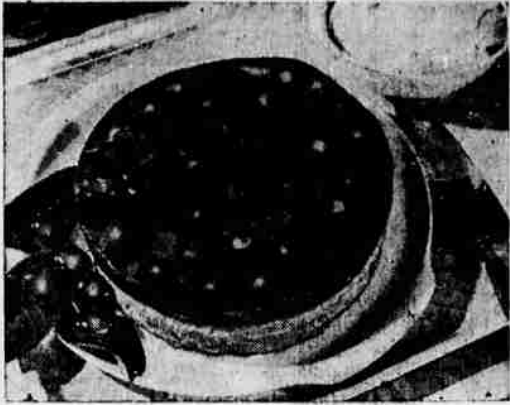


Bulletin FOOD News

The Bend Bulletin, July 21, 1955



UNUSUAL DESSERT — Cherry Top Hat is a provocative dessert. A layer of package-mix cake is topped with molded sweet cherries. Whipped cream is served alongside.

Fruit Desserts Are Elegant; Cookies, Cream, Add Snap

By ILA S. GRANT
Women's Director

These summer days, when the thermometer heads right straight up like a helicopter in flight, it's time for dessert recipes that call for cold cooking.

I'm a great one to wash a box of raspberries and open a box of store-bought cookies for dessert on a hot day. But with these same seasonal fruits and ready-made cookies, you can have a dessert as festive as any get-out. You know as well as I do that you can make a fancy dessert early in the morning and tuck it away in the refrigerator, but there are times when you want a company dessert quick — like. And that's where the berries or fruits and cookies can come to the rescue.

Remember when everyone was making elegant desserts with canned sweetened condensed milk? (You know the kind: it's syrupy, thick, and extra sweet.) These desserts are just as good today as they were when the miracle milk went on the market, and are a welcome change from the quick puddings that you can make with or without cooking. The quick puddings are good, too, understand. But you know what they say about variety being the spice of life.

So, right-off, here's a recipe for a miracle banana cream pie. This one won't heat up the kitchen, because the filling is uncooked and the crust is made with those delectable chocolate wafers, famous for the purpose.

Cookless Banana Pie

1 can condensed milk
1/2 cup lemon juice
2 bananas, sliced
Chocolate wafers
Line a 9-inch pie plate with chocolate wafers, cutting in halves to stand up around inside of plate. Cover bottom with wafers crumbled to fit. Blend milk and lemon juice; fold in sliced bananas, and pour into wafer-lined pie plate. Garnish with whipped cream or meringue. Chill. Serves 6.

Peanut Butter Dainties

Only five minutes cooking is required for these little peanut drops, which will glorify your summer lemonade.

1-3 cup milk
1 1/2 cups sugar
1 tsp. vanilla
4 tbsps. peanut butter
8 zwieback, rolled fine
Boil milk and sugar 5 minutes, or to soft ball stage (238 degrees F.) Remove from fire, add peanut butter and vanilla. Beat hard for 3 minutes; add zwieback and

Oatmeal Waffles Good Foundation

Good waffle recipes might be called one of the "ABC's" of cooking; they are so basic to quick main dishes, late evening snacks or tempting desserts.

Oatmeal waffles promise variety and good eating. That good old-fashioned flavor of oats gives a real taste treat and makes them especially hearty for supper or luncheon main dishes.

Here is the recipe, all ready to clip. Top the Oatmeal Waffles with butter and syrup or a creamed vegetable and enjoy them soon.

Oatmeal Waffles

Makes 6 servings
1 1/4 cups sifted enriched flour
3 tsp. baking powder
1/2 tsp. salt
2 eggs
1 1/2 cup milk
1 1/2 cup melted butter, fat or oil
1/2 cup oatmeal, uncooked
Sift together flour, baking powder and salt into a bowl. Add eggs, milk and melted butter Beat with a rotary egg beater until batter is smooth. Do not overbeat. Fold in rolled oats. Bake on a hot waffle iron. Serve with butter and syrup, creamed chicken or fish.

drop by spoonfuls on waxed paper. Makes 30 small dainties.

I'll never forget the first time I encountered whipped gelatin. I thought it was another wonder of the world. Now I know that whipped gelatin is a dessert standby. But when was the last time you dressed it up with cookies? This recipe combines orange and lemon flavors with whipped cream, and it's a good one to have around.

Garden West Gelatine

Prepare orange gelatine according to the directions on the package. When it begins to set beat with a rotary beater until foamy, then fold in a box of coarsely crumbled lemon snaps. Unmold and serve with whipped cream.

Walnut Torte

If it's torte your family craves make it this easy way. Your oven won't really heat up your kitchen because it's in use for only 10 minutes. Combine 4 beaten egg yolks with 1/2 cup sugar and beat; then add 1/2 pkg. of rolled zwieback and mix with a teaspoon baking powder, 4 stiffly beaten egg whites and 1 cup chopped walnut meats. Divide into 2 buttered layer cake tins and bake 10 minutes in moderate (375 degrees F.) oven. Put together with marshmallow whip.

This is the season for using the bright red cherries of the Pacific Northwest. You'll find that Bings or Queen Annes combine beautifully, both in color and taste, with golden canned pineapple. Here's another cookie quickie to give summer dinner a sweet ending.

Neapolitan Coups

1 cup cut pineapple
1 cup cream
16 butter cookies, crumbled
1/4 cup chopped cherries

Divide the pineapple in 6 sherbet glasses. Whip cream and fold in cherries and cookies, using store-bought cookies for speed and ease, then divide this mixture over pineapple. Chill and serve 6.

If you're not above doing a little cooking, you can delight the family with one of the most provocative ways to serve sweet cherries. I've run across in a long time. It's called Cherry Top Hat. Try it the next time you entertain.

Cherry Top Hat

2 cups fresh sweet cherries, pitted
1 package cherry-flavored gelatin
1 7-ounce bottle ginger ale or lemon or lime-flavored carbonated beverage

1 package orange cake mix
1/2 pint whipping cream
2 tablespoons sugar
Wash and pit cherries. Dissolve gelatin according to directions on package, using carbonated beverage in place of water. When gelatin begins to thicken, add cherries, mold in an 8-inch cake pan which has been brushed with salad oil. Chill in refrigerator until firm.

Meanwhile, prepare cake according to directions on package. Bake in 8-inch layer pan same size and shape as cherry mold. (1 package cake mix makes 2 8-inch layers). When cake is baked, remove from pan. Cool. When ready to serve, unmold cherry gelatin on top of cake layer. Serve with sweetened whipping cream. Makes eight servings.

ICED-DRINK SWEETENER

Here's a kitchen-made convenience for the hot summer. Simple syrup made of sugar boiled with water to a syrup, then stored in the refrigerator, to use for sweetening iced drinks.

Cut thin slices of refrigerator rye bread; spread with softened butter and sprinkle with Parmesan cheese. Toast until crisp and serve with soup or salads.

Meal in Skillet Cuts Down Work

You cook all of this supper in one skillet so there are no other pans to wash. Green, orange and white vegetables look mighty pretty arranged with the beef balls. You may wish to serve this meal from the skillet in which it cooks. With rolls and a salad, it's a complete meal. You might like to add apple pie a la mode for dessert.

Garden Fresh Skillet Supper

3 slices fresh bread
1/2 cup milk
1/2 pound ground beef
1/2 tsp. salt
1/4 tsp. black pepper
1 tsp. steak sauce
1/4 cup (1/2 stick) butter or margarine
3 to 4 carrots cut into strips 2 1/2" to 3 1/2" long
2 1/2 cups water
1 cup uncooked white rice
1 package frozen peas or 2 cups fresh, uncooked green peas
6 green onions, washed and trimmed
1 tsp. salt
1/4 teaspoon black pepper

Tear the bread into small pieces and place in a mixing bowl. Pour milk over the bread. Add the ground beef, 1/2 tsp. salt, 1/4 tsp. black pepper and steak sauce. Mix well. Form into six meat balls. Melt the butter or margarine in a 10-inch skillet. Add the meat balls and brown slowly. Turn often and shake the skillet to keep the balls from sticking.

Remove skillet from the heat. Add the carrots. Slowly add 2 cups of the water. Cover the skillet with a lid and return to heat to cook for 10 minutes. Water should not boil vigorously. Remove lid. Pour the rice into one section of the skillet. Place the peas in another section or around the meat balls. Arrange the green onions over the top. Sprinkle with the salt and pepper. Pour the remaining 3/4 cup of water over the rice. Push all of the rice under the water. Cover with lid and cook over low heat for 25 minutes. Midway during the cooking, remove the lid and stir some of the liquid in the skillet into the rice. At the end of the cooking time remove skillet from the heat but leave lid on until time to serve. This makes the rice even more tender. *This recipe makes 6 servings.

Cape Cod Also Has Good Recipes For Chicken

Most folks expect to find only sea food and fish recipes on Cape Cod. These you will find. But you will find particularly good chicken recipes, too.

The Yarmouth branch of the Cape Cod Hospital Aid Association has published "Cape Cod Kitchen Secret." It cost \$1 and is worth its weight in good eating suggestions. Here are two of them.

Baker Young Chicken Yarmouth Style (4 portions)

Two chickens (broilers up to 2 1/2 pounds), salt, pepper, paprika, flour for dusting, 1 cup vegetable oil, 1 medium onion finely chopped; stock made from giblets, backbone and neck reduced to 1 cup.

Clean and cut broilers in halves, wash and dry on absorbent paper. Sprinkle inside and out with salt; dust generously with flour. Dip in oil.

Place in baking pan, allowing oil to drip into pan. Spread onion over the chicken, sprinkle lightly with pepper and additional salt, then rather generously with paprika.

Put about 1/4 cup water in pan. Place pan in oven 450 degrees F. After about 10 minutes, baste with stock.

Reduce heat to 375 degrees F. and bake for about 25 minutes longer, the time depending on the weight of the chicken.

(The chicken, when done, should be a fine, golden brown color, plump and soft, and the bones of the legs should move freely.)

**Smothered Chicken in
Sour Cream Sauce**

Two broilers, split, 1/2 cup butter or margarine, salt and pepper, 1 cup sour cream, flour for dredging.

Melt butter or margarine in heavy kettle or Dutch oven. Sprinkle broilers with salt and pepper and sauté with flour. Brown on all sides.

Cover closely, lower heat and cook until tender (about 35 minutes).

Remove broilers, add cream to drippings in pan, whisk, net broilers back into the pan and spoon sauce over them.

Heat and serve, masking the broilers with the sauce.



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