FOOD & MARKET PAGE

Proof of the Pudding

This column is for the benefit of Capital Journal readers. Contributions of recipes will be gladly accepted and any queries as to recipes, party plans or menus should be addressed to Helena Eyre, Food Page Editor, Capital Journal.

Dear Miss Eyre: Would you please be kind enough to print a recipe for apricot and pineapple marmalade? Thank you. Mrs. G. S., Salem.

Ans.: The following recipe will make about 6 half-pint jelly glasses full: 1 pound dried apricots, a number 2 can of crushed pineapple and 2 pounds sugar. Wash the apricots, cover with lukewarm water and soak for at least 6 hours. Boil gently in the same water until very tender, or for about 40 minutes, stirring frequently to break the apricots. When tender, add the pineapple and the sugar and boil gently for about 45 minutes or until thick and glossy. Stir frequently while cooking to prevent scorching. When done pour into sterilized jelly glasses and seal with melted paraffin.

Food Page Editor: I have lost my recipe for Lemon Coconut Tarts and cannot remember some of the ingredients. This recipe was a favorite of mine and I'm wondering if you will repeat it for me in Thursday's paper. Thank you. L.E.C., Salem.

Ans.: Three-quarters cup sugar, 3½ tablespoons flour, ¼ teaspoon salt, 1 cup boiling water, 2 egg yolks, slightly beaten, 1 tablespoon butter, 3 tablespoons lemon juice, 1 cup shredded coconut, 8 baked 2½-inch tart shells, 2 egg whites, 4 tablespoons sugar. Combine sugar, flour and salt; add water gradually, place in double boiler and cook until thickened, stirring constantly. Pour small amount of mixture over egg yolks, return to double boiler and cook three to four minutes longer. Cool. Pour filling int tart shells. Beat egg whites until foamy. Add sugar, 2 tablespoons at a time, beating after each addition until sugar is thoroughly blended. After all sugar is added, continue until mixture will stand in peaks. Pile lightly on filled tarts. Bake in moderate oven 15 minutes.

Miss Eyre: Will you please tell me how to prepare potato dumplings from cooked potatoes? I find your recipe suggestions very helpful and look forward to your food page each week. M.N., Silverton.

Ans.: Peel and boil 3 pounds of potatoes, then drain and mash. When cold mix with 1½ cups soft bread crumbs, 3 tablespoons melted butter, 3 well-beaten eggs, ½ teaspoon grated onion, salt and pepper to season and about ½ cup flour. Fry cubes of bread until crisp and brown. Shape the mashed potato mixture into small dumplings with a piece of fried bread in the center of each, drop into boiling, salted water and boil for 15 to 20 minutes. It is best to try one dumpling first; if it falls apart, add a little more flour. Remove the dumplings from the boiling water as soon as done.

Woman's Editor: I am inexperienced at making jams and jellies and would like to have a standard and reliable recipe for gooseberry and raspberry jam. Do you have one that I could use? Thank you. Mrs. C.W., Albany.

Ans.: **Gooseberry Jam:** 4 cups (2 lbs.) crushed fruit, ¼ cup water, 7½ cups (3¼ lbs.) sugar, ½ bottle fruit pectin. To prepare fruit, crush thoroughly or grind about 2 pounds fully ripe fruit; measure into large kettle. Simmer, covered, 15 minutes. Add sugar, mix well, and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in fruit pectin. Skim; pour quickly. Paraffin hot jam at once. Makes about 11 glasses (6 fluid ounces each) **(Rosperry Jam:** Use 6½ cups (2¾ lbs.) sugar, 4 cups raspberry pulp, ½ bottle fruit pectin. Measure sugar and raspberry pulp, as prepared above, into large kettle, mix well, and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in fruit pectin. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Makes about 10 glasses (6 fluid ounces each).

Miss Eyre: Will you please print a recipe for custard served with strawberries? Thank you. Miss G.A., Salem.

Ans.: Beat 4 eggs until frothy, add ½ teaspoon salt, ½ cup sugar and 4 cups fresh milk or 2 cups evaporated milk and 2 cups warm water. Mix, pour into a buttered baking dish, sprinkle grated nutmeg over the top, place the dish in a pan of hot water and bake in moderate oven for 40 minutes or until the custard is firm. Do not let the water in the pan boil. When done, cool the custard, then chill and serve with crushed, sweetened strawberries. Do not break the custard until ready to serve, as it will quickly separate, or "whey."

Dear Miss Eyre: Kindly print on your food page a recipe for custard angel food cake. Also will you please tell me how to roll candy in chocolate and chopped nuts. I have never been abe to do this satisfactorily. Miss E. W., Jefferson.

Ans.: **Custard Angel Food cake:** 1 cup egg whites, ¼ cup egg yolks, 1 cup cake flour, 1¼ cups fine granulated sugar, ¼ teaspoon salt, 1 teaspoon cream of tartar, ½ cup milk, ½ teaspoon vanilla, ½ teaspoon lemon extract, ½ teaspoon orange extract. Scald the milk in double boiler, pour over beaten egg yolks, return to stove and stir until custard thickens. Remove and cool. Add salt to egg whites, beat fluffy, add cream of tartar and beat stiff. Sift flour, measure it, then sift 4 times. Sift sugar and fold into egg whites, adding 2 tablespoons at a time. Fold in the sifted flour in same way, add flavoring, fold in custard very carefully and pour into angel food pan that has been dipped into cold water and shaken out—not wiped. Bake at 275 degrees for 30 minutes and then raise to 325 for remaining time—about 30 minutes. Let hang inverted to cool. For another kind of Custard-Angel food combination the cake may be cut through the center and the custard placed between and on top of cake and sprinkled with blanched almonds. For dipping the candy in chocolate and nuts, melt confectioners' chocolate over hot water, beat with fork until light and smooth and, when slightly cooled, dip pieces of candy in chocolate and with a two-tined fork or bonbon dipper, remove, roll in nuts and place on oiled paper.

Grape Egg-Nog

Egg-nog made with grape juice is a new pick-me-up that is being served at tea time or to relieve afternoon fag. It resembles Italian zabaglione and is served hot, but in restaurants and homes it is called grape-nog. This recipe makes enough for four:

One quart grape juice, 4 tablespoons powdered sugar, 4 eggs, a dash of salt. Beat the egg yolks slightly, add the sugar and grape juice and heat slowly in the top of a double-boiler. Do not allow the water in the under pan to boil; stir constantly and cook until slightly thickened. Add salt to the egg whites and beat until they are stiff. Pour the stiffly beaten whites into the hot grape juice mixture and beat until blended. Serve hot with a grating of nutmeg.

Eggs And Noodles

Arrange cooked noodles in a vegetable dish and sprinkle with grated cheese, equal parts of Swiss and Parmesan. Cover with slices of hard-cooked eggs, then put in a layer of chopped fresh mushrooms that have been fried in butter and lightly seasoned with salt, pepper and nutmeg. Cover with white sauce, sprinkle with grated cheese and bake in a hot oven.

GOES TO DENVER

Monmouth—Miss Beth Partridge left this week for Denver to enroll in the summer session of the university there. Miss Partridge is a daughter of Mr. and Mrs. G. M. of this city and a teacher in the Roseburg schools.

JUNE MEALS EASY TO FIX

June days develop in every housewife a real come-out-of-the kitchen complex and then she begins to cast about for satisfying menus that will almost prepare themselves.

Canned meats, ready at a moment's notice, and quickly prepared fresh fruits and vegetables are the answer to her need. Here is a June meal, planned for repeated use during this or any other warm month that has the desired "presto" feature.

BAKED CORN BEEF HASH SLICE

Chill a can of corned beef hash in the refrigerator. Open both ends of the can and push the contents out whole onto a cutting board. Slice in 3 or 4 thick slices. Place slices into an oiled baking pan, top each with a small piece of butter and place in a 350 degree F. oven. Let bake 15-20 minutes. Remove with a wide spatula to a hot platter and top each slice with a slice or quarter of tomato. If desired, the slices of tomato can be dotted with butter and baked on top of the hash slices.

FRESH STRAWBERRY TARTS

2 cups pastry flour
¾ teaspoon salt
⅓ cup lard
6 tablespoons ice water
1 box strawberries
Whipping cream
Powdered sugar

Make pastry as follows: Sift and measure 2 cups pastry flour and re-sift with salt. Cut in the lard with two knives or a pastry blender, then add the ice water, a little at a time, pressing the dough together with a knife. Divide into 6 parts and roll out each piece into a small circle. Fit into large muffin tins, crimping the edges as for pie. Prick each tart several times with a fork. Bake in a 450 degree F. oven for 12-15 minutes or until crisp and lightly browned. Cool and fill each tart heaping full with fresh strawberries sweetened with powdered sugar. Top with whipped cream.

Sausage, Apples And Sweet Potatoes

Six sweet potatoes, 3 apples, 1 pound link sausage.

Boil the potatoes until soft and place in a greased dripping pan; pare, core and slice the apples and place between the potatoes. Place the sausage across the potatoes and bake in a hot oven (450 degrees F.) until sausage is crisp.

Calf's Liver

One pound of calf's liver, ⅓ cup flour, 1 medium onion, ½ cup white wine, ½ cup thick gravy (demi-glace), 2 ounces butter, salt and pepper to taste. Cut the liver in thin slices and short lengths. Fry in butter with the chopped onion and season. Cook five minutes, then sprinkle flour over it. Cook another minute and add the wine and demi-glace.

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Fancy ORANGES	2 doz.	49c

CATSUP	Del Monte 14 oz. bottles	12c
Malted Milk	1 lb. can	35c
	Thompson Chocolate—with FREE shakers	
WHEATIES	pkg.	10c
FLOUR	Fisher Blend, Crown, Drifted Snow 49's	$1.79
COFFEE	Economy lb.	15c
VINEGAR	Jones Pure Cider, bring your own containers gal.	17c
PAROWAX	New wax 1 lb.	8c
CERTO	bottle	21c
PECTIN	Porto Fruit 2 bottles	25c

COCOA	Mother's	2 lb. cans 17c
OATS	Crystal Wedding	lge. pkg. 23c

Black Pepper—High grade, 8 oz. 10c; 1 lb.	19c	Blue & Gold Peas—No. 2's, can	15c
Clabber Girl Baking Powder, 2 lb. cans	17c	Nature Gift Soaked Peas—No. 303's, 2 cans	15c
Rex Sliced Beef—2½ oz. glass	10c	Florida Gold Fancy Grapefruit, 300's, 2 cans	19c
Potato Chips—Large package	15c	Del Monte or Swt. Treat Fancy Sliced Pineapple—2½'s, 2 cans	33c
Nally Mayonnaise—Pints	28c	White Star or Del Monte Tuna, ¼'s, can 10c; ½'s, can	15c
Nally Salad Time Dressing—Pints	23c	Pink Salmon—Ocean caught, 1's tall, can	10c
U. S. Jar Rubbers—High grade rubbers, 3 Pkgs.	10c	Lifebuoy Toilet Soap—2 bars	13c
Hershey Chocolate Syrup—16 oz. cans	10c	Liberty White Soap—10 bars	19c
Green Spot Cut String Beans, No. 2's, 2 cans	15c		

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FRESH MEATS

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Leg o' Lamb	lb. 12c		
Lamb Roast	lb. 8c		
Lamb Chops	lb. 10c		
Lamb Stew	lb. 5c		
Shortening	2 lbs. 25c		
Salt Pork	lb. 18c		
Halibut lb. 16c		Salmon lb. 20c	

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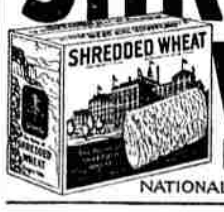

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