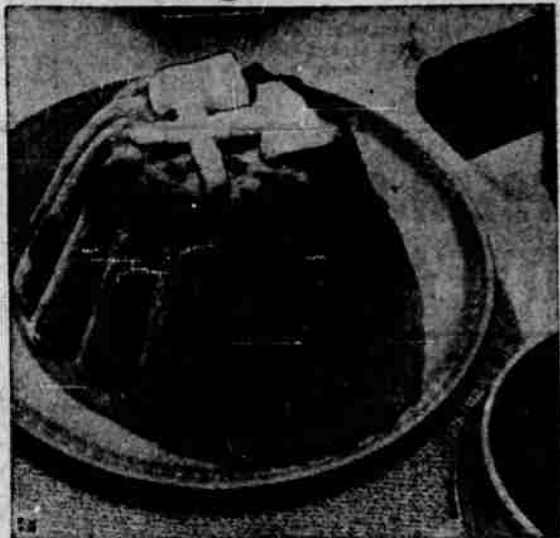


Edited by Marian Lowry Fischer

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Washington Birthday Time



Cherry Pudding . . . Add hatchets just before serving.

Steamed Cherry Pudding

(AP Newsfeatures)
Serve a special dinner dessert on George Washington's birthday — rich with cherries, of course.

A hearty and delicious steamed pudding should hit the spot on a February night. The pudding we recommend is made of a white cake-like batter, studded with whole red cherries. It's pretty to look at when it's sliced. The pudding itself calls for only a modest amount of sugar, because with it goes a double delight—a thick hard sauce and a delectable thin cherry sauce, the latter with just the right undertone of tartness. You use part of a can of cherries for the pudding, the rest goes into the sauce. It's fun to shape the hard sauce for the pudding into small hatchets by molding it on a pattern cut out of cardboard. But if the pudding is piping hot—as all well-bred steamed puddings should be—the hatchets will melt. So pass your hard sauce fancies separately on a pretty plate, the cherry sauce in a matching bowl, and there will be festivity aplenty. Here are the recipes:

Cherry Puff and Cherry Sauce
Ingredients: 1½ cups sifted flour, 2 teaspoons baking powder, ¼ teaspoon salt, ¼ cup vitaminized margarine, ½ cup sugar, ¼ teaspoon grated lemon rind, 2 eggs, ½ cup milk, 1 No. 2 can (1 pound, 4 ounces) red sour pitted cherries (packed in extra heavy syrup), 1 tablespoon cornstarch, 2 tablespoons sugar, 2 tablespoons water.

Method: To Make Cherry Puff—Sift together the flour, baking powder and salt. Cream the margarine, ½ cup sugar and lemon rind; add eggs one at a time, beating until light and fluffy after each addition. Add the sifted dry ingredients alternately with the milk in four additions, beginning and ending with the flour. Drain cherries thoroughly, reserving liquid and ¼ cup cherries. Fold remaining drained cherries lightly into batter. Grease a 1-quart mold (including the cover) and pour in batter. Put cover on mold. Place on rack in large pan containing enough boiling water so that at least one-half of the mold is immersed; cover pan; bring water to boil rapidly, then turn down heat just enough to keep steaming time, and steam 1 hour or until cake tester inserted in center of pudding comes out clean. Turn out on serving plate and serve with Cherry Sauce and Hard Sauce.

To Make Cherry Sauce—Mix cornstarch and 2 tablespoons sugar in saucepan. Add water and stir until smooth. Add liquid drained from cherries; cook and stir over moderate heat until thickened and clear; cook and stir 2 more minutes. Add remaining ¼ cup drained cherries and serve.

Hard Sauce
Ingredients: ½ cup vitaminized margarine (at room temperature), 1½ cups confectioners' sugar, ½ teaspoon vanilla, 1 tablespoon milk.

Method: Cream margarine; cream in sugar gradually; beat in vanilla and milk until fluffy. Pile lightly in serving dish and chill. If hard sauce is to be shaped, omit the milk and chill enough to handle before molding.

Fish, Vegetables And Fruits Among Best Market Buys

With the Lenten accent on fish and shellfish the markets have reacted with a promising array to tempt both your pocket book and your taste-buds. Frozen fish and shellfish are more plentiful than the fresh product. However, you'll find both fresh and frozen halibut, sole, rockfishes, mackerel, cod, salmon and crabs. Lobster and shrimp are in shrimp sized supply with correspondingly high prices.

Vegetable Best Buys
In the vegetable department you will find cabbage, carrots, cauliflower, celery, broccoli and bunched vegetables as the best buys. Lettuce continues plentiful. Bell peppers are abundant with prices considerably lower than normal for this time of year.

Fruit Best Buys
Rhubarb may not be the best buy where price alone is concerned, but to give one that feeling of spring it fills the bill. Apples, grapefruit, oranges and avocados are in good supply. Lemons, limes and bananas are in moderate supply.

Try This For TV Lap Supper

Her is a good suggestion for Sunday night supper when you just can't tear the family away from the television set. Serve a hot casserole dish, in individual ramekins, all on a dinner plate with crisp cucumber slices, radishes and buttered corn muffins. This tuna and mushroom casserole is delicious and so easy to make you'll find yourself relying on it for all sorts of emergencies. Clip it for your Lenten menus, too.

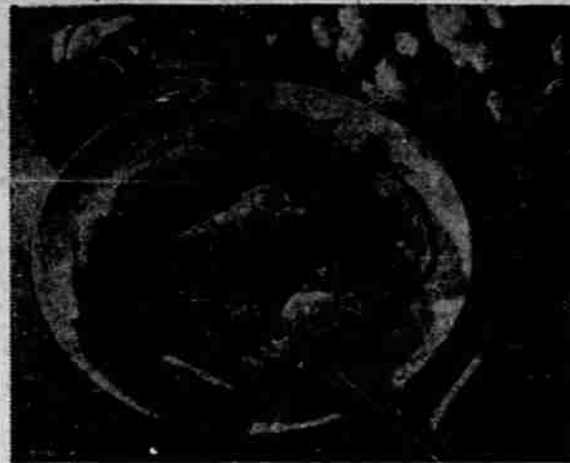
Tuna and Mushroom Ramekins
3 tablespoons fat
1 tablespoon minced onion
2 tablespoons minced green pepper
3 tablespoons flour
½ teaspoon salt
½ teaspoon pepper
½ teaspoon nutmeg
¾ cups milk
¾-ounce can sliced broiled mushrooms
7-ounce can tuna fish
1½ cups hot precooked rice
Paprika

Melt fat in saucepan. Add onion and green pepper. Cook 5 minutes over moderate heat. Stir in flour, salt, pepper and nutmeg. Add milk and contents of can of mushrooms. Bring to boil, stirring constantly. Drain tuna fish and separate into small chunks. Add tuna fish and rice to mushroom sauce. Mix gently and place in greased individual baking dishes. Sprinkle lightly with paprika. Bake in moderately hot oven, 375 deg., until thoroughly hot, about 25 minutes. Serve immediately with crisp green salad relishes. Yield: 4 servings.

Toothsome Duo

For a grand good spaghetti dinner, to serve during Lent, fix this. Brown ¼ cup minced onion and 2 tablespoons minced green pepper in ¼ cup hot shortening. Stir in about 1 cup cooked or canned shrimp, and 2 cans (15½-ounce size) spaghetti in tomato sauce with cheese. Season with ½ teaspoon vinegar, 4 drops Tabasco sauce, ½ teaspoon salt, and pepper. This makes dinner for 4. Goes well with buttered Italian bread, and salad of lettuce, green pepper and cucumber.

West Coast Lucky with Supplies of Fish; Many Ways to Serve This Food



Lenten Dish—Broiled halibut steaks and fruit are a fine combination. Here we top fish steaks with orange slices, surround them with bananas. One of many good new suggestions for Lenten meal planning.

By ZOLA VINCENT
(Food Writer)

It's lucky when you live on the west coast . . . for so many reasons! The wealth of fish and shellfish that beckons from fish displays makes it possible to serve the family a new variety every few days for months on end. Makes Lenten Meal planning easy.

Fish and shellfish have high nutritive value. An average portion provides nearly all the animal protein you need each day to help build and repair body tissue. In addition, fish are valuable sources of iodine, calcium, iron, copper and phosphorus; and also supply essential vitamins. Since fish is easily digested, it is particularly good for children and elderly people.

Broiled Halibut and Fruit
Everyone who can't afford steak as often as Halibut steak—and it's just as rich in complete protein, just as meaty and flavorful in its own delicious fish

fashion. Wipe halibut steaks with a clean damp cloth or paper towel. Place on greased, preheated broiler pan about 2 inches from heat. Brush with melted butter and squeeze juice of half a lemon over steaks. Sprinkle with salt, pepper and paprika.

Broil 5 to 8 minutes or until slightly brown. Turn carefully. Arrange bananas around steaks and one or more slices of orange on each steak. Brush steaks and fruit with melted butter, squeeze juice of lemon over all. Sprinkle with salt, pepper and paprika. Broil 5 to 8 minutes or until fish flakes easily when tested with a fork. Allow ¼ large steak or 1 small steak for each person, ½ banana for each. Better make that a whole banana each for the men of the family.

With National Canned Salmon Week February 18 to 25 there will be some exceptionally good

buys to be found of this tasty high-protein fish. Why not team up an old favorite with a new friend by serving curried salmon in a buttery rice ring. It's ideal for Lenten menus, pretty enough to share with guests, and a real winner of the family's praise! Easy to fix, too, because all the goodness of fresh salmon from clear cold Alaskan waters is brought to us conveniently packed in cans.

Meal success is assured with a refreshing salad bowl of chilled and mixed canned fruits, buttered whole green beans (altered), almonds add a gourmet touch; rye bread, and cup cakes with coffee and milk.

Curried Salmon in Rice Ring
1½ cups uncooked rice
¼ cup melted butter
4 tablespoons butter or margarine
4 tablespoons flour
1 teaspoon grated onion
¼ teaspoon salt
¼ teaspoon pepper
1 teaspoon curry
2 cups milk
1 tablespoon lemon juice
1 1-pound can salmon, drained and flaked

Rice Ring. Cook rice in boiling water until tender; drain, but do not rinse. Add the ¼ cup melted butter and pack firmly into a well-greased 9-inch ring mold. Let stand 10 minutes; turn

out on warm platter. Curried Salmon. Melt the 4 tablespoons butter or margarine; add flour, onion, and seasonings, blending thoroughly. Stir in milk slowly and cook, stirring constantly, until thick and smooth. Add lemon juice and salmon and reheat. Serve in rice ring. Six servings.

Pork Chop Casserole

Here's a hearty casserole that joins pork chops and noodles. Brown the chops well, then season them. Place cooked wide noodles in a casserole, and top with diluted tomato soup. Add a bit of grated onion, season, then arrange the browned chops over the noodles. Cover the casserole and bake in a moderate oven (350 degrees F.) for 1 to 1½ hours.

Bacon Cookery

For best results in cooking bacon, place a single layer in the frying-pan. Cook slowly, turning frequently. Pour off or with a spoon remove excess fat as it accumulates in the pan. Continue cooking slowly until the bacon is a light golden brown.

Crab-Rice Casserole Rates High

All the "fleet" (your family) will be in and on time for the meal if they are given notice that this sumptuous Rice and Crabmeat Casserole is coming from the "galley". This sea-worthy rice treat won first place honors in the rice and fish division of the Creole Cookery Contest at the 1952 International Rice Festival! It is really good!

Ingredients:
½ cup butter or margarine
½ cup flour
2 cups milk
1 cup crabmeat
1 cup cooked rice
4 hard cooked eggs, chopped
¼ cup finely chopped onion
½ cup finely chopped parsley
1 teaspoon salt
½ teaspoon pepper
¼ cup bread or cracker crumbs

To make 3 liberal cups of fluffy rice, put 1 cup of uncooked rice, 2 cups of cold water and 1 teaspoon of salt into a 2 quart saucepan and bring to a vigorous boil. Turn the heat as low as possible. Cover saucepan with a lid and leave this low heat for 14 minutes. Turn off the heat. Do not remove lid nor stir rice while it is cooking. After rice has cooked, remove saucepan from heat—but keep the lid on until rice actually is served.

Method—
Melt butter or margarine in a saucepan. Add the flour and blend thoroughly. Gradually add the milk and continue stirring until the mixture thickens. Add the crabmeat, rice, eggs, onions, parsley, salt and pepper to this sauce. Mix thoroughly. Place in a greased casserole. Cover with the crumbs. Bake in a 350 deg. F. oven for 30 minutes.

This recipe makes 7 generous servings.

Eggs, Condensed Soup for This Dish

That can of condensed soup will go a long way in this hearty main dish that will serve four adequately. Always hard-cook eggs by simmering gently remembering that "boiling" toughens them, turns egg yolks greenish and unattractive.

Eggs in Soup Sauce
4 tablespoons butter or margarine
4 tablespoons flour
1 can cream of green pea soup
1 can evaporated milk
4 hard cooked eggs, sliced
4 slices toast
Chopped green onion tops or chives

Melt butter or margarine, add flour and cook until bubbling. Add soup and milk. Cook, stirring until thickened. Place egg slices on toast cut cross-wise into toast points and cover with sauce. Sprinkle with chopped green onion tops or chives. Four servings.

Breakfast Special

Broiled lamb kidneys on toast is an epicurean choice for breakfast. Remove membrane from kidneys and split them in half. Wrap a slice of bacon lengthwise around each half and fasten with a wooden pick. Place on broiler rack about 2 inches from heat. Broil until bacon is brown, then turn and brown on second side, for a total of approximately 10 minutes. Serve on hot buttered toast.

Broccoli Note

Serve washed and chilled raw broccoli flowerets on the relish tray or toss a few flowerets into your next vegetable salad.

Spicy Pie For Dessert

Washington's Birthday is next week—how about a cherry pie?

SPICY CHERRY PIE
Crust:
22 ginger snaps rolled fine (1½ cups crumbs)
¼ cup softened butter or margarine
¼ cup sugar

Blend together ginger snap crumbs, butter or margarine and sugar. Pour mixture into 9-inch pie plate; firmly press into an even layer against bottom and sides of plate. Bake in moderately hot oven (375 degrees F.) about 8 minutes. Cool.

Cherry Filling:
½ cup sugar
4 tablespoons cornstarch
1 teaspoon cinnamon
½ teaspoon nutmeg
½ cup cherry juice
2 No. 2 cans pitted cherries, well drained

Thoroughly mix together sugar, cornstarch, cinnamon and nutmeg in a saucepan; blend in cherry juice. Cook over medium heat; stir until sauce thickens and clears. Fold in cherries; cool. Pour into ginger snap crust; chill. Top with whipped cream before serving if desired.

This Rarebit Is Different

Not strictly a rarebit in the Welsh meaning of the dish but a fine dish for all of that when a light meal is wanted with some substance to it—something that you can get your teeth in.

Baked Cheese Rarebit
3 Shredded wheat biscuits
2 tablespoons butter or margarine
2 eggs
1½ teaspoon salt
½ teaspoon dry mustard
½ teaspoon paprika
1½ cups milk
1 teaspoon Worcestershire sauce
2 cups (½-lb.) grated American cheese

Split shredded wheat biscuits. Spread split sides with butter and lay butter side down in shallow glass baking dish (10x6 in.) Beat eggs and combine with remaining ingredients. Pour over shredded wheat. Bake in moderate oven (350° F.) for about 30 minutes. Serve at once. Yield: 6 servings.

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