

Edited by Marian Lowry Fischer

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Many Colorful Salads and Desserts for St. Valentine's Day



February Offers Good Buys

West coasters are especially fortunate in variety of foods available in February compared with other parts of the country. Meal planning is made easy when one merely scans the list of February plentiful available in local markets at reasonable cost.

Broilers-Fryers make good eating at least once a week at lowest prices in a long time. Eggs continue to increase in supply with seasonally lower prices encouraging two eggs at breakfast and the making of more custards, cakes and other good egg-rich things.

Beat Situation. A little less beef than in recent months but low prices continue on hamburger and all cuts requiring long, slow cooking methods. Watch for good buys in pork and in western lamb. Breast of lamb, a genuine bargain, is delicious when simply seasoned and roasted a couple of hours, turning occasionally, in a 275-degree oven. A barbecue sauce spooned over during cooking gives you another inexpensive lamb dinner.

Dairy Products
American Cheddar cheese in macaroni and cheese, rabbit, sou-

fle or fondue makes a fine low-priced main dish. Enjoy cottage cheese more often. Nonfat dry milk solids are extremely plentiful; cost less than half the price of regular milk.

Fruits and Vegetables. Winter pears continue to lead the list of plentiful fruits with grapefruit and small oranges bargain-priced. Best vegetable buys continue to be potatoes, onions, cabbage, celery, carrots, winter squash, root vegetables and most bunched vegetables with a half dozen other seasonal vegetables at reasonable cost.

Other Plentiful
Pick up bargains in the legumes; that means dried peas and beans. High in protein, good in flavor, satisfying large dry lima beans and pinto beans for soup, main dish, vegetable dish.

Peas and peanut butter are in over-supply and that means bargain prices. Combine plentiful peanut butter with plentiful honey more often in sandwiches. Raisins and nuts are good buys. Combine them with some of that plentiful cottage cheese with a little mayonnaise for a salad certain to please the family.

After all the years of high-cost

For Valentine Meal

Chilled glasses of cocktail vegetable juices set supper off in a pleasant mood. And the bright red beverage looks just right for Valentine meals. If it's a Valentine supper, spread crackers with pimiento cream cheese to go with the juice. You can buy this garden-flavored beverage in a large 46-ounce can (5 3/4 cups). Or get the 12-ounce can (1 1/2 cups) or the 6-ounce (3/4 cup). The small can makes a good serving for one. Keep some small cans chilled in the refrigerator—for self-service breakfast or snacks.

CHOCOLATE WAFFLES

Chocolate waffles are an easy quick dessert to make. In fact make your butter ahead of time and then bake the waffles at the table. A delicious topping is whipped cream sprinkled with chopped salted nuts.

cooking and salad fats and oils, it is a pleasure to continue to comment on their ready availability at reasonable prices.

Peach Tortoni Special Dessert

The very name Tortoni calls to mind gala occasions with special dessert. So for Valentine supper make a special "Stuffed Peach Tortoni." It's a double joy in that it's as easy to make as it's delicious to eat. Crumbs of coconut macaroons and chopped maraschino cherries are folded into stiffly whipped cream. Drained peach half beauties are then heaped with the crunchy cream filling.

Stuffed Peach Tortoni

1/2 cup whipping cream
1/2 cup coconut macaroon crumbs
4 maraschino cherries
6 canned peach halves
Whip cream until stiff. Fold in crumbs and chopped cherries. Drain peach halves thoroughly and heap with cream mixture.
Serves 3 to 6.

FOR VALENTINE SALAD

With a couple of lengthwise slices of avocado you can make a perfect heart shape. Top individual bowls of tossed green salad with an avocado heart for your Valentine's Day menu.

Festive Valentine Cake...

Valentine's Day is a wonderful reason for baking the most compliment-catching, delectable dessert imaginable. So, for sheer effectiveness plus mouth-melting chocolate flavor, we recommend a Cupid's Chocolate Cake. This heart-shaped creation is topped with the fluffiest of pink peppermint frostings and is outlined with dark chocolate shavings. Your admirers will never guess this impressive beauty was baked in regular cake pans and not in a special heart-shaped one! One simple slice of the knife divides a round cake, which, judiciously placed beside a square layer, form a perfect heart. Easy as can be!

Perfect for tea refreshments on the day of the kindly saint, this luscious charmer might also be served at engagement parties or showers later in the Spring. It may be cut into 40 small cakes, all with that true chocolate flavor that's a heart warmer any time.

Cupid's Chocolate Cake
3 squares unsweetened chocolate
2 cups sifted cake flour
1 teaspoon soda
1/2 teaspoon salt

1/2 cup shortening
1 1/2 cups sugar
2 eggs, unbeaten
Milk*
1 tablespoon vanilla
Fluffy Peppermint Frosting
1 square unsweetened chocolate, shaved
*With vegetable shortening, use 1 cup plus 2 tablespoons milk. With butter or margarine, use 1 cup milk.

Melt 3 squares chocolate over hot water. Sift flour once, measure, add soda and salt, and sift together three times. Cream shortening, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating well after each. Blend in melted chocolate. Then add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla; blend.

Divide batter between one 9x9x2-inch square pan and one round 9-inch layer pan which have been lined on bottoms with paper. Measure and make depth of batter the same in each pan. Bake in moderate oven (350 F.) 25 to 30 minutes, or until done. Cool.

Place square cake diagonally

on a large tray, cardboard, or wooden board. Cut round cake in half. Place half circles with cut edges against two upper sides of square cake, to form a heart. Trim, if necessary.

Frost with Fluffy Peppermint Frosting. Decorate cake with outline of heart, using shaved chocolate.

To serve, cut heart down the center and in lengthwise strips. Then cut each half of heart in diagonal strips, parallel to upper edge of square cake, to form diamond-shaped petits fours. Makes about 40 small cakes.

Fluffy Peppermint Frosting
Combine 2 egg whites, 1 1/2 cups sugar, dash of salt, 1/2 cup water, and 2 teaspoons light corn syrup in top of double boiler. Beat about 1 minute, or until thoroughly mixed. Then place over rapidly boiling water and beat constantly with egg beater (or at high speed of electric beater) 7 minutes, or until frosting will stand in stiff peaks. (Stir frosting up from bottom and sides of pan occasionally with rubber scraper, spatula, or spoon.)

Remove from boiling water. For a very smooth and satiny frosting, pour at once into a large bowl. Add 1 teaspoon vanilla, 1/4 teaspoon peppermint extract, and enough red coloring to give a delicate shell-pink color. Then beat 1 minute, or until thick enough to spread.

Brightening Up Kitchen

Any day now, homemakers will take a look around the kitchen and resolve to brighten it up "for Spring." When that day comes in your life, you'll figure first on rearranging all the pantry shelves and putting in fresh shelf lining and edging papers that harmonize with the rest of the room.

Today's home decorator utilizes these same colors and designs for further kitchen decoration.

Color Choosing

Easy rule for choosing kitchen color schemes is to "follow the sun." For windows facing east,

choose warm tints which are predominantly red-orange. For windows facing west choose cool tints which are predominantly blue. For windows facing south with a strong light, choose cool, restful blue or blue-green. For windows facing north which means a poor light, use pale color or tint to make up for lack of light; warm colors such as coral, pink, maize or cream.

Kitchen Decoration

There's a wide range of colors and designs in shelf edgings. To name a few, red apples, trellis, flowers of various kinds, polka dots, country folks, potted plants and even empress lace designs. After the shelf edging job is done, kitchen artists can use these same papers colors and designs to make frills for tacking at top of window curtains, for pasting on top sides of wastebaskets, decorating a mirror, fixing up a shelf on the wall.

Even the flower pots may be covered with a square of shelf-lining paper brought up in points and tied around the top.

You'll probably think of other interesting ideas. Few things give greater satisfaction than living in a gay, harmonious kitchens.

Round Steak For Dinner

To please a hungry family what could be better than tender round steak? For a subtle flavor, in this recipe the beef steak is cut into rectangular pieces, then wrapped around carrot sticks and slowly cooked, along with potatoes and onions, in mushroom soup.

Skillet Steak Dinner

1 1/2 pounds beef round steak, cut 1/2 inch thick
1/4 cup flour
1 teaspoon salt
1/4 teaspoon pepper
1/4 cup lard or drippings
4 or 5 small carrots, cut in strips
4 small potatoes
4 small onions
1 can mushroom soup
Cut steak into pieces about 3 x 5 inches. Combine flour, salt and pepper. Dredge meat with seasoned flour. Place 3 or 4 carrot sticks on each piece of steak. Wrap steak around carrots and fasten with a wooden pick. Brown rolls slowly on all sides in lard or drippings. Add potatoes and onions to steak and pour mushroom soup over all. Cover closely and simmer in a slow oven (300 degrees F.) or on top of range 1 1/2 to 2 hours, or until meat is tender and vegetables are done. 4 servings.

Party Dessert

February is party month, and a pretty dessert that would be perfect for any festive occasion would be hard balls of vanilla ice cream topped with cherry almond sauce. Stir blanched roasted almonds into the sweet red cherry sauce just before spooning over the ice cream.

Raisin Pie Top Rater With Family

Raisin pie is a popular variation for the run of desserts.

Raisin Pie
2 cups boiling water
2 cups seedless raisins
1 egg, beaten
1 1/2 cups sugar
4 tablespoons flour
1/2 teaspoon salt
3 tablespoons lemon juice
1 tablespoon margarine or butter
1/2 teaspoon grated lemon-rind
Pie crust

Pour water over raisins and let stand until raisins are plump and water lukewarm. Mix egg, sugar, flour, salt, raisins with the water, lemon juice and margarine or butter. Cook over hot water, stirring constantly, 15 to 20 minutes, or until mixture is thickened. Add rind. Cool and pour into pastry-lined pie pan. Cover with pastry and bake in a hot oven (450 F.) 10 minutes. Reduce heat to moderate (390 F.) and bake 35 to 40 minutes longer. Yield: one 9-inch pie.

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