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# Many Ways to Serve New Fruits and Vegetables Listed Today

## Fresh Fruit Tray with Sauces Fine Array for Light Refreshment Time..

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A "do-it-yourself" fruit tray with fruit sauce is a delightful repast to serve with your cool summer drinks—iced tea, punch, etc.

Arrange any combination of available abundant fresh fruit, berries and/or melon balls in any attractive way on any large tray or platter with a "sauce" dish on same plate or nearby. Family and guests help themselves. A soft custard or pudding sauce is also very good with fresh fruits, requiring of course a considerably larger container.

Fruit sauces can be made with fresh, canned or dried fruits. Fruits most used are apricot, blackberry, cherry, cranberry, peach, raspberry and strawberry.

**Ideas Given**

No. 1: Beat 2 egg whites until stiff, fold in 1/2 cup powdered sugar, add 1/2 cup fruit juice and 1/2 cup fruit pulp beating all until well blended. Strawberries, raspberries, blackberries and oranges are all good for this. Makes 1 1/2 cups of sauce.

No. 2: Boil 1 cup granulated sugar and 4 cup water together until it spins a thread; about 8 minutes. Let cool a little then add 1 egg white beaten stiff. Mix well. When sauce is cold, add 2 cups crushed berries or cut-up fruit. Makes 2 cups.

No. 3: For this, use 2 cups blackberries, raspberries, strawberries or any soft fresh fruit. Crush and press through fine sieve or cheesecloth. Mix with 1 1/2 cups sugar and 2 tablespoons water; let stand about 1 hour. Before using, stir thoroughly. Makes 1 1/2 cups.

No. 4: This recipe uses one 8-ounce package dried apricots, finely ground. In a saucepan, simmer apricots in water to cover for 10 minutes, stirring occasionally until liquid is absorbed and apricots tender. Remove from heat, add 2 tablespoons lemon juice, 1 teaspoon grated lemon rind, 1/4 cup light corn syrup. Chill. When time to serve, thin with a little water if apricot sauce is too thick to spoon easily.

And now for some of the cool drinks.

Here is a variation on iced tea, Frosted Spice Tea, to give a "different" taste.

**Frosted Spiced Tea**

Simmer 3/4 cup water, 1/2 cup sugar, dash of salt, 3/4 teaspoon whole cloves, 6 cinnamon sticks two inches long, dash of nutmeg over very low heat for 20 minutes; strain. Pour 5 cups boiling water over 6 teaspoons tea or 6 teabags; steep 4 minutes; strain or remove bags. Add spiced syrup and pour over ice cubes in glasses. Serve with slice of lemon. Makes 6 servings.

**Tea Lemonade**

For 10 servings, pour 6 cups boiling water over 9 teabags or 9 teabags; steep 4 minutes; strain and cool. Make sugar syrup by cooking together 1/2 cup sugar, 3/4 cup water for 10 minutes; add to tea. Add 3/4 cup fresh lemon juice and serve over ice.

**Collegiate Tea Punch**

Young folks are said to prefer this. Serve in usual tall glasses or double recipe for a very good punch to pour over ice in a punch bowl for serving maybe 25 persons. Pour 1 cup boiling water over a teabag or 2 teabags and steep 5 minutes; strain or remove teabags. Add 3/4 cup sugar and stir until dissolved. Cool. Add 1 cup orange, pineapple, loganberry or grape juice and 1/4 cup lemon juice. Pour over ice in tall glasses and fill with 1 pint ginger ale or sparkling water. Garnish with orange or lemon and sprig of mint.

**Baked Beans Hits Spot for Picnic**

For a "filler-upper" picnic dish, there's nothing quite like baked beans. Here's a recipe for easy-to-prepare baked beans which have the same good flavor as long-cooked home-made baked beans. Carry the dish out to the backyard or off to the picnic, covered with a lid or two layers of waxed paper or aluminum foil. Wrap in several thicknesses of newspaper.

**Quick Home-Baked Beans**

6 slices bacon  
2 16- or 18-oz. cans pork and beans in tomato sauce  
1 tablespoon prepared mustard  
1/2 cup brown sugar (preferably dark)  
1/2 cup chopped onions (optional)

With kitchen scissors, cut up 1/2 cup of the bacon into small pieces. Place in a 1 1/2 quart casserole and mix with remaining ingredients. Cut rest of bacon into pieces and lay on top. Bake at 375 degrees F. for 1 1/2 hours. Let stand 5 to 10 minutes before serving. 6 servings.



**Fruit-Flavored Beverages Handy**



Many summer coolers possible in combinations of flavored beverages.

Those summer drinks can be such a simple matter and you can delight your friends with a variety to choose from if you have a supply of fruit-flavored carbonated beverages existing in the refrigerator. Just by itself, with plenty of ice, each flavor is a cooling treat. You will find that some flavors blend with others, such as orange and grape. Black cherry and lemon combine well with fruits, fresh canned or frozen, and you will concoct many combinations of your own that make delicious refreshers.

For those who are watching the glamor line figure, you can serve the same fine flavors in low-calorie beverages.

Canned black cherries and true fruit black cherry soda teamed up make a drink for any occasion. Be sure all ingredients are thoroughly chilled before mixing.

**Cerises a la Creme**

1 No. 303 can pitted sweet dark cherries  
Black walnut flavoring  
1 cup heavy cream  
True fruit black cherry beverage

Drain cherries. Put through sieve or food mill. Add a few drops black walnut flavoring. Whip cream; fold in flavored cherries. Divide among 6 tall glasses. Fill glasses with ice cold black cherry beverage. Stir gently to mix.

**Hot Roll Treat**

Here's something too good to miss, so get a package of hot roll mix ready for business! Prepare dough, roll out and spread with melted butter. Then sprinkle over generously, brown sugar, shredded coconut and cinnamon. Roll up dough, slice, let rise and bake according to package directions. Serve warm or cool on request.

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**Dry Lima-Cheese Casserole Liked**

A filling, satisfying casserole for a back-yard or pot-luck shindig? Here's a good one. Season hot cooked large dry lima beans with a little grated onion and mix with a generous amount of grated cheddar cheese. Place in shallow baking dish and add undiluted evaporated milk to almost cover limas. Now top with well-drained solid pack tomatoes or peeled and thick-sliced fresh tomatoes and sprinkle with some more cheese. Bake 30 to 40 minutes in a moderate oven. For "holding" heat, wrap generously with old newspapers.

**USE OF SALTED ALMONDS**

Salted almonds whether vacuum packed or home roasted add glamor to dozens of foods. For instance, slice almonds thin and serve with clear or cream soups, sprinkle over top of fruit salads or buttered vegetables; serve over ice cream or with fresh fruits.

**Chowders that you'll really love!**

They're SNOW'S of Course

TRY SNOW'S MINCED CLAMS

**Vanilla Flavors This Pie**

For a rich and delicately flavored pie try this Vanilla Refrigerator Pie. It is an elegant dessert for summer time.

**Vanilla Refrigerator Pie**

1 envelope unflavored gelatine  
1/2 cup cold water  
1 1/2 cups milk  
3 tablespoons sugar  
3 eggs, separated  
1/2 teaspoon salt  
1 teaspoon pure vanilla extract  
1/2 cup chopped nuts  
3 tablespoons sugar  
9-inch graham cracker pie crust  
1/2 cup heavy cream, whipped  
1/2 teaspoon pure vanilla extract  
1/2 square unsweetened chocolate

Soften gelatine in cold water. Beat milk, 3 tablespoons sugar, egg yolks and salt together. Cook over low heat until mixture coats a metal spoon, stirring constantly. Chill until mixture begins to thicken. Stir in the 1 teaspoon pure vanilla extract and nuts. Beat egg whites until they stand in soft peaks; gradually beat in remaining sugar. Fold into custard mixture. Pour into the Graham Cracker pie crust. Chill until firm and ready to serve. Combine whipped cream and the 1/2 teaspoon vanilla extract. Spread over pie. Shave bitter chocolate over the top. Yield: 6 servings.

**Markets Show Abundance**

So many good things to talk about that it is difficult to pick the headlines. Peak of the watermelon season is here and they were never sweeter. It seems usually sliced and served fresh and cold; they're increasingly popular in colorful melon balls in fruit cups, dessert speciality often combined with other melons and offered guests from scooped-out melon half. Never add ice to melon balls or fill melon centers with ice because it dilutes their delicate and perfect flavor.

Cantaloupes are plentiful, reasonable. Honeydews, honeyballs, Cranshaws and Persians are available; cost more. Ice Cream Special. Ice cream, America's favorite dessert is unusually plentiful due to high milk production. Now available at practically all grocery stores as well as at drug store fountains, confectionery stores and all eating places, vanilla, chocolate and strawberry flavors continue to represent nearly 3/4 of all ice cream produced. Of major interest to homemakers is fact that about one-fourth of all ice cream manufactured today is sold in the half-gallon unit. Plain or fancy, the family will enjoy ice cream any time of day or evening.

Broilers and fryers are more plentiful than usual at this time of year; of generally high quality, they make mighty good eating indoors or outdoors, freshly

**An Old Favorite**

A reminder of this long-time favorite. Break a head of iceberg lettuce in bite-size pieces into a salad bowl. Cut 6 slices bacon into small pieces and fry until crisp. Remove bacon pieces from fat. To bacon fat, add 4 green onions, finely cut, 1 teaspoon sugar, 1/2 cup wine vinegar and black pepper to taste. Allow to come to simmering point. Pour over lettuce; toss lightly. Sprinkle with crisp bacon bits. Serve at once. Four to 6 servings.

**Fresh Plum Time Is Here; Try This Pie**

July, August and September finds plump luscious plums available for fine out-of-hand eating and for dessert making. California produces many of the principal plum varieties with Washington, Oregon and Idaho notable for their Italian variety, among others.

**Plum Pie Delight**

Pastry for 2-crust pie  
4 cups pitted plums  
1 cup sugar  
4 teaspoons flour  
1/2 cup teaspoon salt  
1 tablespoon butter

Fit lower crust into 9-inch pie pan. Blend sugar with flour and salt and mix with plums. Fill pie pan and dot with the butter. Roll one top crust and place over filling. Trim and press down edge.

**EASY BIRTHDAY CAKE**

Everyone appreciates a birthday cake—and now it's so easy to make one! Use a cake mix for the layers and cover generously with an instant fluffy frosting mix, which may be tinted and flavored.

**While on Vacations Freezing Dairy Items**

Families going off on summer-time vacation trips often ask if it is possible to put milk, cream or butter in home freezers to insure having a supply on hand when they return. They ask too about saving any of these foods they happen to have in the refrigerator by transferring them to a freezer.

Department of Agriculture say that butter and homogenized milk or cream freeze very successfully. But the cream or milk should be frozen in waxed cartons or freezer containers; not in glass bottles. Milk which has not been

homogenized is unappetizing because the fat separates from the liquid.

Heavy whipping cream also may be frozen. Tests at Michigan State College show that 40 per cent cream, sweetened, whipped or unwhipped, may be frozen and stored for future use as a topping for salads and desserts. Drainage from frozen whipped cream proved very slight. The cream should be completely detested but still cold for whipping. Long frozen storage is not recommended for dairy products because quality deteriorates.

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