

Edited by Marian Lowry Fischer

Salem, Oregon, Thursday, June 21, 1956

Published Thursday Each Week

Early Summer Produce Abundance Makes Shopping, Cooking Interesting



Delicious is this lemon chiffon pie made with a new butter crunch crust.

New Crunch Pie for Summer

A new recipe developed by Betty Crocker presents a light, refreshing and not-too-filling dessert. It is Butter Crunch Lemon Chiffon Pie. The crust is composed of sweet buttery crumbs, nut-like in appearance and crunch in taste. Crumb crusts usually are made with crackers, wafers or rolled crumbs, but in this recipe the makings start from the beginning. The ingredients are flour, brown sugar, butter and nuts, all mixed by hand and spread in a pan and baked. The mixture is then stirred to form crumbs, the warm crumbs then being pressed into a pie plate. Some of the mixture is saved to sprinkle over the top of the pie filling.

The pie should be chilled before serving.

Butter Crunch Pie

Butter Crunch Crust:
1/2 cup butter
1/2 cup brown sugar (packed)
1 cup flour
1/2 cup chopped pecans, walnuts, filberts, or coconut
Heat oven to 400 degrees (moderately hot). Mix all ingredients with hands. Spread in oblong pan, 13 x 9 1/2 x 2 inches. Bake 15 minutes. Take from oven, stir with spoon. Save 1/4 cup for topping. Immediately press rest of mixture against bottom and sides of 9-inch pie pan. Cool. Pour in filling. Sprinkle reserved crumbs over top. Chill 1 hour. Makes 8 servings.

Lemon Chiffon Filling:

1 envelope unflavored gelatin (1 tablespoon)
2 1/2 cup water
1 1/2 cup lemon juice
4 egg yolks, slightly beaten
3 tablespoon creamed lemon rind
4 egg whites
1/2 teaspoon tartar
1/2 cup sugar
Blend sugar, gelatin, water, lemon juice, slightly beaten egg yolks thoroughly in saucepan. Cook over low heat, stirring constantly, just until mixture comes to a boil. Stir in grated lemon rind. Place pan in cold water. Cool until mixture mounds slightly when dropped from a spoon. Then fold into a meringue made of egg whites, cream of tartar until frothy. Gradually beat in sugar, a little at a time, until stiff and glossy.

Delicious Pudding

Here's a quick dessert which bakes in a hurry.
Beat together 2 egg yolks. Add 1 cup milk. Stir in 1/4 cup beet or cane sugar, 3 cups cooked white rice and 1 teaspoon vanilla. Grease a 2-quart baking dish. Place 1 cup peach slices on the bottom of the baking dish. Add half the rice-milk mixture. Add 1 cup peach slices to the rest of the rice mixture. Pour the top of the rice mixture over the peaches. Sprinkle with bread crumbs. Bake at 350° F. until the rice has absorbed most of the milk. Serve hot or cold with cream, whipped cream, ice cream or a sauce.

Guide on Care of Butter, Cheese, Milk, Ice Cream

With June as Dairy Month still on, the foods section today tells more about use of essential milk and its care.

There is no waste in milk. Every drop can be used and cost is low in proportion to food value. Government nutritionists say that, in terms of money value, from 1/5 to 1/4 of the allowance for the family's food should be spent for milk and milk products.

Cook's Buying Guide
Dairy foods have an important place in meal planning. When you're shopping or cooking, keep these facts in mind and avoid puzzling moments.

One pound of American (cheddar) cheese makes 2 cups, grated. One pound of bitter mellow cheese makes 2 cups. One-half pint (1 cup) coffee cream makes 8 coffee servings. One-half pint (1 pint) whipping cream makes 2 cups, whipped. One quart of ice cream makes 6 to 8 servings.

Care of Milk
Celebrate June Dairy Month by checking up on these items and your habits for making the most of milk:

Wipe the bottles or cartons with a damp cloth and hustle them into the refrigerator. Milk needs a cool, dark place. Precious vitamins are destroyed by light. Cover milk to protect its delicate flavor. Other odors easily creep in when milk is left uncovered.

Pour out the milk you plan to use at any one time and return rest to refrigerator.

Steamed Lemon Fluff

This version of a steamed lemon dessert is light and flavorful.
Steamed Lemon Fluff
1/2 cup (1 1/2 prints) margarine or butter
Juice of 1 lemon
1 cup sugar
1 cup water
1 1/2 cups sifted flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup sugar
2 eggs
1/2 cup milk
Rind of 1 lemon
Coconut (optional)
Bring margarine, lemon juice, sugar and water to a boil. Remove from heat and pour half the

Easy and Flavorful

syrup into a 9 inch skillet. Sift flour, baking powder, salt and sugar together. Separate 1 egg and reserve white. Combine yolk, whole egg, milk and lemon rind. Stir gently into flour until all dry ingredients are moistened. Beat syrup in skillet just to simmering point. Drop dough by tablespoons on top of syrup. Cover and cook over low heat 15 minutes. Mix 1 teaspoon cornstarch with 1 tablespoon cold water. Add to reserved syrup and cook until thickened and clear. Cool. Beat egg white stiff. Fold into cool syrup. Serve over warm puddings. Sprinkle with coconut, if desired. Yield: 6 servings.

worth CHIR-R-PING about it really GOES FARTHER, TOO!



Many Good Buys Are Listed

With milk production at the year's highest levels, we find an abundance of cottage cheese for frequent offering on family menus "as is" and in combination with seasonal tomatoes, cucumbers, green peppers, shredded lettuce as well as with berries and fresh, frozen or canned fruits. Plentiful sour cream has been growing in popularity right along; is superb with fruits and berries. Sour cream simply seasoned or in combination with mayonnaise goes into and onto many greens and mixed vegetable salads; tops tomato soup. Cheddar cheese is a good buy, chock full of high quality protein for making of main dishes. Remember to step up the milk order now that the children are not getting that extra milk at school. Give the family ice cold buttermilk to drink for a change. Step up family nutrition by adding non-fat dry milk to soups, main dishes, baked items. Ice Cream, of course!

Poultry Plentiful

Broilers and fryers will tempt many shoppers as markets offer specials. Stock the home freezer; keep plenty of poultry handy for eating, broiled or fried, hot or cold. There's no finer supper eating than cold fried chicken with bread, butter and cucumber sandwiches.

Vegetable Buys

Cabbage, cauliflower, carrots, corn, lettuce, onions, zucchini, radishes, green onions. Potatoes are higher. There's also cucumbers, squash and eggplant.

Fresh Fruit. Enjoy strawberries while you can. Cantaloupes, watermelons increasing; a few cherries; early peaches increasing along with apricots with prices seasonally high of course. Good marketing!

Refrigerator Dessert

20 shortbread cookies coarsely crumbled (about 2 cups)

1 cup heavy cream
2 teaspoons sugar
1 teaspoon vanilla
2 cups chopped fresh peaches, sweetened to taste
OR
2 pkgs. frozen peaches, drained and chopped
1/4 cup chopped pecans
Sprinkle 1 cup shortbread crumbs on bottom of rectangular baking dish (about 6 1/2" x 11"). Whip cream stiff; stir in sugar and vanilla. Fold in peaches and pecans; pour over crumbs. Top with remaining shortbread crumbs. Cover with waxed paper; refrigerate overnight. Serves 6 to 8.

Petal Tarts

Coffee flavoring is liked by most and these pecan petal tarts are especially good.

Pecan Petal Tarts
2 pkgs. pie crust mix
1 egg
1/2 cup brown sugar
2 teaspoons instant coffee
Few grains salt
1 tablespoon melted butter or margarine
1/2 teaspoon vanilla
1/2 cup coarsely broken pecan meats
Prepare pie crust as directed on package, and divide in half. Roll out each half 1/2-inch thick. Cut pastry into 72 2-inch circles. Place one circle in bottom of each of 12 muffin cups. Arrange 5 overlapping circles around inside of each muffin cup, pressing securely. Beat egg just enough to blend yolk and white. Combine sugar, instant coffee and salt and add gradually to egg, beating well after each addition. Add melted butter and vanilla. Sprinkle pecans evenly into muffin cups. Spoon filling over pecans, filling cups not quite to top. Bake in moderate oven, 350 degrees F., 20 minutes or until set. Garnish with whipped cream. Makes 1 dozen.

Potato Soup Always Favorite of Family

Potato soup with meat is a fine luncheon or supper specialty certain to be enjoyed by growing boys and girls.

Potato Soup

Cook 2 cups diced potatoes and 1 small sliced onion in boiling water until soft. Put through a ricer or mash slightly. Cut 2 frankfurters into 1/4 inch slices; add frankfurters, salt, pepper and 2 cups of milk to potato mixture. Heat thoroughly, garnish with dash of finely chopped parsley and serve. Four servings. For variety, salami or other luncheon meat, cut in pieces, may be used instead of frankfurters. Or sprinkle with chopped cooked ham or with cooked sausage meat that has been fried crisp, then crumbled.

White Sauce Used In Many Ways; Points On Preparing Told

There's good nutrition in white sauce which combines milk and butter with a bit of flour for use in ways beyond numbering. Everyone knows how to make white sauce so we're going to remind you only of good nutritious uses.

Thin white sauce is ideal for soups.

Thin and medium white sauces are used for cream soup, gravy, creamed and scalloped vegetables, hard-cooked eggs and practically any cooked fish or meat.

Thick white sauce makes a binder for croquettes, souffles.

Milk gravy is just white sauce made with pan drippings from meat instead of butter.

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7 DAYS' TRIAL. YOUR CONVINCE YOU...BUY A LOAF OF NUTRO-LIFE BRAND AT YOUR OWNERS' STORE!

Milk Ideal In Summer Beverages

As summer time comes, cool beverages take the spotlight—and right along with them, milk as a fine ingredient to use in those drinks.

Nutritionists agree that the two nutrients most often found short in children's diets are calcium and ascorbic acid (vitamin C). Milk and citrus fruits or fruit juices are high in these nutrients; can be combined in countless ways attractive to Junior and Junior Miss.

Tomato-Milk Appetizer

Before dinner or between meals, offer this relaxing and enjoyable cocktail. For 4 servings, combine 4 cups chilled milk, 1/2 cups chilled tomato juice, 1/2 teaspoon celery salt, 2 teaspoons onion salt, 2 teaspoons Worcestershire, dash of salt; blend thoroughly, pour into glasses and garnish with minced chives or parsley sprigs.

Pineapple Mint Punch

Combine 3 cups chilled milk, 2 cups pineapple juice, 1/4 cup coffee cream, 1/2 drops peppermint extract, 1/2 cup sugar, 1 1/2 teaspoons lemon juice and a pinch of salt; shake in shaker or beat with egg beater until foamy. Pour into tall glasses; garnish with sprig of mint and serve immediately. Six servings.

Buttermilk Shake

Combine 3 cups chilled buttermilk, 1/2 cup cold lemon juice, pinch of salt, 1/2 cup sugar, 1/4 teaspoon lemon rind, 2 small

ABOUT WHIPPING CREAM

To whip cream have bowl and whipper chilled and cream at refrigerator temperature. To get a fine product that will hold its stiffness, whip rapidly with an efficient beater. To sweeten, add the sugar when the cream is partially whipped.

servings of ice cream: shake

thoroughly or beat to blend. Dash of ginger. Four servings.

Line Flip

Combine 6 tablespoons fresh lime juice, 1/4 cup sugar, dash salt, 6 cups buttermilk and shake or mix thoroughly. Add green food coloring if you like. Garnish with mint sprigs. Six servings.

Molasses Milk Nog

For each serving, combine 1 cup chilled milk, 2 tablespoons molasses, dash of salt. Pour into glass. Top with vanilla ice cream (2 tablespoons) and a little brown sugar combined with a dash of combined cinnamon and ginger.

Arden "Country Cousin" ICE CREAM

LIP-SMACKIN' GOOD!

Arden "Country Cousin" ICE CREAM

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Cheese Fondue

In fondue, milk and cheese combine in the simplest of all fondue recipes; packed with good nutrition, good eating.

Cheese Fondue
Beat eggs well. Mix 2 cups hot milk, two cups soft bread crumbs, 1/2 pound finely cut cheese (2 cups), 1 tablespoon butter and dash of salt. Stir this mixture into the beaten eggs. Pour into a well-greased shallow pan and bake in a moderate oven for about 25 minutes or until set and lightly browned on top. Serve at once. Six servings.

Serve Cooked Celery For Vegetable Dish

Celery is a very good buy and you're missing a treat if you're not cooking it occasionally. For this flavorful, crispy and different vegetable dish, cook 3 cups finely sliced celery in about 1 inch of boiling salted water in a tightly covered saucepan until tender, 15 to 20 minutes.

Spanish Celery

Cook together for 10 minutes the following ingredients: 2 8-ounce cans tomato sauce, 1/4 teaspoon salt, 1 teaspoon sugar, 1 medium onion, sliced fine, 1/2 of a seeded green pepper, minced, 1 tablespoon butter or margarine and pepper to taste. Combine with cooked celery. Serve hot. Makes 8 servings.

next time try

Arden "Country Cousin" ICE CREAM

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NEW! Fluffy Mashed Potatoes Instantly!

HERE'S ALL YOU DO!



1. Pour potatoes into boiling water. Moistens evenly—do not cook!



2. Season to taste with butter and salt and whip with fork. Serves 4.

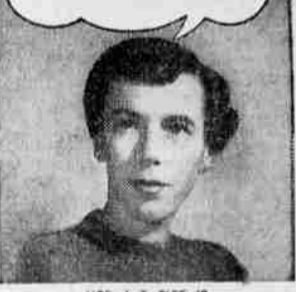
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Baked by Longwood.