

## Betty Kaiser's Cook's Corner

Easter is coming on April 1. No fooling! I laughed when I saw the above quote on a church bulletin board. "Wow, Easter is early this year. So, my mind started wandering down the path of wondering why Easter Sunday falls on a different day and is often in a different month. I looked it up and of course, the explanations were complicated. I chose the following because I could understand it. It is from the Roman Catholic church's Loyola Press:

"In the early days of our Church (like today), there were many different beliefs. The society was agricultural and many religions used the seasons to celebrate special feasts. It was important, in teaching about Jesus, to have people connect the Gospel message to their daily lives. Since Jesus' resurrection was the beginning of a whole new life and occurred so near the spring feasts, it was determined that Easter would always be calculated as the first Sunday after the first full moon after the

vernal equinox (that is, the first day of spring)."

Got it? Me too. Now we can start thinking about what we'll be serving for Easter dinner. Most of us don't vary the entrée and side dishes that we serve on that day. Some families enjoy baked ham, others eat prime rib. Vegetarians might enjoy a grilled vegetable platter with Portobello mushrooms. Still others may choose not to cook and go out to dinner at a restaurant instead.

After a big meal, my family looks forward to a nap and then something special for dessert. Spring has sprung and our tastes have lightened up but we all crave a sugary treat. Our tummies may be full from dinner but we all want to know—what's for dessert?

Now, take it from me. If you're having company, try any new recipe before you have company. Friends recently invited us to dinner and I offered to bring dessert. I tried a quick lemon cheesecake. I still don't know where I went wrong but it

didn't set up and was tasteless. It was too late for a do-over, I took it, we ate some and threw the rest away. Embarrassing? Yes.

Following are two tried-and-true recipes. My husband's grandmother and her sister were great cooks. They owned a German bakery in Milwaukee,

Wisconsin. Their maiden names were "Butter." (That's the truth.) Following is a Schaum Torte recipe, one of their family's favorite desserts. Also, if you want to feed cheese cake to a crowd, try the Philadelphia Mini-Cheesecake recipe. Delicious. Enjoy!

### MILWAUKEE SCHAUM TORTE

Torte shell:  
6 egg whites  
1 1/2 cups sugar  
1 teaspoon cream of tartar  
1 tablespoon vinegar  
1 teaspoon vanilla or almond flavoring.

Preheat oven at 250° for one hour.  
Butter a 9-inch spring form pan

In large mixing bowl, beat room temperature egg whites until foamy. Add cream of tartar and vinegar. Beat on medium speed until soft peaks form. Add sugar, 2 tablespoons at a time, beating on high speed until very stiff peaks form.

Pour into pan, place in oven and bake for one hour. Turn off oven, leave door shut and let stay in the oven for another hour. Remove from oven to cool.

### Betty's Pineapple filling:

1/2 cup sugar  
3 tablespoons cornstarch  
3/4 cup pineapple juice  
1 cup crushed pineapple, well drained  
1 tablespoon butter  
1 teaspoon lemon juice  
Mix sugar and cornstarch in saucepan. Gradually stir in pineapple juice. Bring to boil, stirring constantly. Boil 1 min. Remove from heat, stir in butter and lemon juice. Cool thoroughly.

Whipped cream:  
1 cup whipping cream  
1/4 cup powdered sugar, sifted  
1 teaspoon vanilla

Beat cream until nearly stiff, gradually add sugar and vanilla, beating until stiff.

To assemble:

Remove torte from pan. Spread filling across top and finish with whipped cream. Slice and serve 10 lucky guests.



### EASTER MINI-CHEESECAKES

Kraft recipe

1 cup graham cracker crumbs  
3/4 cup plus 2 Tablespoons sugar, divided  
3 tablespoons butter, melted  
3 packages cream cheese (8 ounces each), softened  
1 teaspoon vanilla  
3 eggs  
1 cup plus 2 Tablespoons coconut  
54 speckled chocolate eggs

Heat oven to 325° F.

Mix graham crumbs, 2 tablespoons sugar and butter; press into the bottoms of 18 paper lined muffin cups.

Beat cream cheese, vanilla and remaining sugar with mixer until smooth. Add eggs, one at a time, mixing on low speed after each just until blended. Spoon onto crusts in pan.

Bake 25-30 minutes or until centers are almost set. Cool completely. Refrigerate for 2 hours.

Top each cheesecake with 1 tablespoon toasted coconut shaped into a nest. Fill each nest with 3 speckled chocolate eggs. Serves 18.

## WE DELIVER!

Within the Cottage Grove city limits - only \$3.00



"Customers Are Our Priority - Service Is Our Passion"

RETAIL & COMPOUNDED PRESCRIPTIONS  
PET MEDS  
IMMUNIZATIONS  
FAST & FRIENDLY



Sat. Mar. 31  
12 am - 1:30 pm  
Creswell Health Mart Pharmacy

175 E. Oregon Ave., Creswell • 541-895-2413  
[www.oregonhealthmart.com](http://www.oregonhealthmart.com)

*Saturday Market*

OPENING DAY IS APRIL 7TH!

EUGENE, OREGON'S  
WEEKLY HANDCRAFTED MARKETPLACE  
Arts Festival. Music Festival. Food Festival. All in one place!

Every Saturday • 10 AM-5 PM • 8th & Oak • Rain or Shine

UNIQUE EUGENE [eugenesaturdaymarket.org](http://eugenesaturdaymarket.org)



# Poison Prevention RX

## National Poison Prevention Month MARCH 2018



Gov. Kate Brown has proclaimed March 20-26 Poison Prevention Week in Oregon. In recognition of this important observance, the [Oregon Poison Center](http://OregonPoisonCenter.org) at Oregon Health & Science University is sharing the following tips to help keep you and your loved ones safe:

- **Properly store and dispose of medicines and household cleaners**
  - Keep medicines and cleaners out of reach in high cabinets, or in cabinets with properly installed child-resistant latches.
  - Thoroughly clean up after working around the house, car or garden, and carefully dispose of leftover cleaners, sprays and kerosene right away.
  - Contact your local pharmacist to appropriately dispose of expired medications.
- **Opt for child-resistant packaging**
  - When purchasing medicines and household cleaning products, choose options with child-resistant caps.
  - It is important to remember that child-resistant does not mean childproof. Therefore, proper storage of medicine and household cleaners is imperative.
- **Keep marijuana products out of sight**
  - All marijuana products, medicinal or recreational, should be locked up and kept away from children. This is especially important with marijuana edibles because they are easily mistaken for regular baked goods or candy.

- Educate your family about various marijuana products, even if you do not use them. A friend or neighbor may inadvertently leave their belongings within a child's reach.
- **Contact the Oregon Poison Center**
  - If you believe you, or a loved one, may have come in contact with a poisonous substance, immediately contact the Oregon Poison Center at **1-800-222-1222**.

"Accidental poisonings and medicine mishaps can happen to anyone, anywhere, and at any time. The good news is that many of these instances are preventable by simply taking a few extra precautions to protect your friends and family members from unnecessary exposure," said **Fiorella Carhuaz**, public educator, Oregon Poison Center at OHSU.

In addition to these tips, the Oregon Poison Center will release a series of free online resources throughout Poison Prevention Week to help further educate community members about medicine safety for children, teens and adults; household safety; and the benefits of utilizing national poison center services. The [Tom Sargent Safety Center](http://TomSargentSafetyCenter.org) at OHSU Doernbecher Children's Hospital also will display poison prevention information during the week. For additional information about Poison Prevention Week events and resources, please visit [www.oregonpoison.org](http://www.oregonpoison.org).

[National Poison Prevention Week](http://NationalPoisonPreventionWeek.org), established in 1961 by the United States Congress, is dedicated to raising awareness about poisoning in the U.S. and highlighting specific ways to prevent it.



This message  
sponsored by:

**Addus Healthcare**  
1144 Willagillespie Rd STE 32,  
Eugene  
541-342-5567

**Coast Fork Nursing**  
515 Grant Ave, Cottage Grove  
541-942-5528

**Caregiver Network Cottage Grove**  
541-942-3108

**River Road Health Mart Pharmacy**  
884 River Road, Eugene  
541-636-3522

**Cottage Grove Sentinel**  
116 N. 6th St, Cottage Grove  
541-942-3325