



Betty Kaiser

## Betty Kaiser's Chatter Box: Cakes for Capricorns (and friends)

waiting. I would have been very disappointed if grandmother's buttermilk cake with boiled coconut frosting wasn't decorated with candles for me to blow out after dinner.

My favorite cake recipes (chocolate, coconut and lemon) follow. In my so-called golden years, I have simplified the recipes. I no longer spend hours assembling 40-plus ingredients to enjoy a piece of German Chocolate cake.

Therefore, the base for two of my favorite birthday cakes is a Duncan Hines box mix. In my opinion, a good white cake mix is hard to find. So, today's recipes begin with my grandmother's from-scratch buttermilk cake and her yummy White Mountain frosting. Don't be intimidated by the boiled frosting. It's easier than it sounds and well worth the effort.

Enjoy and happy birthday 2019 to all!

### CORA MAE'S BUTTERMILK CAKE

3/4 cup butter  
1-3/4 cups sugar  
3 eggs  
1-1/2 cups buttermilk  
1 teaspoon baking soda  
3 cups flour  
2 teaspoons baking powder

1/4 teaspoon salt  
1 teaspoon vanilla  
Cream butter and sugar together until smooth. Add eggs one at a time, beating thoroughly after each addition.

Dissolve soda in buttermilk. Sift remaining dry ingredients and add alternately with the buttermilk mixture. Add vanilla. Pour into two well-greased pans (round, 8-9").

Bake at 350° F. for about 35 minutes.

Cool slightly and turn out onto a wax paper covered wire rack.

### BOILED FROSTING

Set aside:  
2 egg whites  
Moist, flaked coconut

### Then mix in saucepan:

1/2 cup sugar  
2 tablespoons water  
1/4 cup light corn syrup

Cover saucepan; bring to rolling boil. Remove cover and cook to 242° or until syrup spins a 6-8-inch thread.

Just before syrup is ready, (in separate bowl) beat 2 egg whites until stiff enough to hold a point.

Pour hot syrup very slowly in a thin stream into the beaten egg whites. Continue to beat until frosting holds peaks. Blend in 1-teaspoon vanilla.

Spread frosting thinly between cake layers. Swirl frosting onto cake and sprinkle thickly with moist, flaked coconut. Serves 8-10  
*Option:* Spread strawberry jam between the cake layers and frost as above.

### LEMON SUPREME POUND CAKE

• Cake:  
1 Duncan Hines Lemon Supreme Cake Mix  
4 eggs  
1/2 cup canola oil  
1 cup water  
1 small package instant lemon pudding mix  
• Glaze:  
2 cups powdered sugar  
4+ Tablespoons lemon juice

Preheat oven to 350° F.  
Grease and flour 10-

inch tube pan

Combine cake mix, pudding mix, eggs, water and oil in large mixing bowl. Beat at medium speed for 2 minutes. Pour into pan.

Bake for 50-60 minutes or until toothpick comes out clean. Cool in pan 25 min. Turn out on wire rack.

Cool completely.

Combine glaze ingredients (should be thin) and drizzle over cooled cake.

Serves 12

### GERMAN CHOCOLATE CAKE

• Cake:  
1 package Duncan Hines Swiss Chocolate Deluxe Cake Mix

• Frosting:  
2/3 cup sugar  
2/3 cup evaporated milk  
2 egg yolks  
1/3 cup shortening  
1/2 teaspoon vanilla  
1-1/3 cups flaked coconut  
1 cup chopped pecans

Cake:  
Preheat oven to 350° F.  
Prepare two 8 or 9" round layer pans. Follow instructions on cake box and pour batter into the pans. Cook and cool as directed.

Frosting:  
In the meantime, prepare the frosting. In a sauce pan, combine sugar, evaporated milk, egg yolks and shortening.

Cook and stir over medium heat until mixture comes to a boil.

Remove from heat. Add vanilla, coconut and pecans. Beat until thick.

Cool 15 minutes. Spread only between layers and top of cake.

Serves 12

Contact Betty Kaiser's  
Chatterbox at 942-1317 or  
email [bchatty@bettykaiser.com](mailto:bchatty@bettykaiser.com)



## Pet tips 'N' tales

By Mary Ellen  
"Angel Scribe"

### What the fluff? Cat yoga

Cat yoga — Yes, you read that right! Everyone knows that cats and yoga go together so this idea is brilliant! Imagine an exercise class where you can butt heads with adoptable cats, have cute kitties walk under your downward dog, or a fluffy tail swishes your face and tickles your nose making you giggle mid-plank.

Greenhill Humane Society's (GHS) last Cat Yoga class was instructed by Eugene Yoga teacher, Valerie Morris — Yes, her real name, just like the famous Morris The Cat! You can't plan this magic. Her gentle guidance was beneficial for humans' health while socializing cats.

During class, felines roam, groom, and watch from on-high cat posts and recline on yoga mats snoopervizing and judging how humans stretch and do the cat pose. This inter-cat-ion and relaxing FUN-d raiser is total Zen!

All class purr-ceeds go towards replacing the society's 75 year old building improving the lives of homeless, abandoned and neglected animals.

Greenhill is a non-profit shelter and was built in 1944 and by all accounts was "falling apart." Their new-half finished \$5.6 million state of the art facility will continue assisting needy animals that travel through their doors.

Last year, 2,176 animals were adopted: 701 dogs, 1,382 cats, 93 small animals. They reunited 830 pets with their families - 729 dogs, 86 cats, 15 small animals, and spayed/neutered 2,522 pets. Foster families, 127 of them, cared for 776 animals and the society distributed 7 tons of pet food to families in need.

Currently, their veterinarians travel to two different shelters to treat animals. Their new clinic will cut costs while allowing the vets access to their supplies and medicines for treating animals faster and more efficiently.

"Searching for a little feline motivation to exercise and strike a pose with a cat?" asked Megan, GHS's spokes purr-son. "Yoga calms people and our bright-sunny cattery's atmosphere helps



COURTESY PHOTO BY BRIAN BULL/KLCC

As it should be, humans doing the prayer yoga pose, paying aumage to the leader of the cat kingdom, Mutttons.

our cats feel safe. The warm fuzzy environment helps people and felines center. The event opens our doors and creates a community feeling for new visitors to see what we are doing."

Megan explained that she doesn't expect participants to adopt, but they might meet a kitty that a friend or family member can't live without.

These events purr-mote our lovely kitties in a paws-itive energy!

"We are volunteer based and always looking for more help. Our shelter is run completely on donations and grants," said Megan, who added that they need short-term fostering for young or shelter-stressed pets. When an animal arrives with no purr-evious hiss-tory, the foster parent informs them of the feline's true paws-sonality facilitating a faster adoption.

"We also appreciate everyone who visits the shelter just to talk to and pet the animals. Let us know how you want to be involved," said Megan. "The Yoga paw-ticipants have an hour of fun as cats roam the room, rubbing heads and bumping their bodies up against whichever human extremities are stretched within their range. There is a lot of petting and laughter during class."

Some Yoga-ites comments were, "I accidentally adopted a cat!" "It was so much fun!" "What a blast!" "I plan on attending each class and going back for weekly cat petting therapy sessions for me!"

"The Humane Society of Cottage Grove works with Greenhill," said Janetta Overholser, president of H.S.C.G. "They take in our animals to rehome and we fully support this event."

Begin your New Year right! Meet new friends, have fun and come home with a kitty or happy cat fur on your yoga pants! The cattery has limited room for mats, stretching, visiting, petting, meditation and catnaps so reserve early for their next furry-fun events.

Meow-Namaste!

• Cat Yoga Classes

Sunday: Jan. 13, March 10, May 12.

BYO matt and purr-register at [www.eugeneyoga.us](http://www.eugeneyoga.us)

10 to 11 a.m. — Yoga

11 to 11:30 a.m. — Kitty Cuddle time.

Price: \$20. Proceeds go to GHS

Location: 88530 Green Hill Rd., Eugene, Or.

Humans must be 15 years and older. 2-7

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6-day weather forecast

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58° | 38°

Cloudy

FRIDAY

54° | 37°

Cloudy

SATURDAY

53° | 40°

Cloudy

SUNDAY

51° | 38°

Rain

MONDAY

51° | 39°

Cloudy

TUESDAY

51° | 41°

Rain

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