



COMPANY DINNER — Chicken breasts, flavored with wine and herbs and sauced with sour cream, are ideal for chafing dish dinner. Have both red and white dinner wines and let

Girls who have glasses—

Glassware, blender, provide fun; wine cookery claims attention

By Ila Grant Hopper

Bulletin Staff Writer

Santa Claus got the message at our house this year, and among the loveliest presents under the tree were an electric blender, a fancy ice-blue wine decanter with six crystal-footed glasses, and 18 other additions to the glass cupboard — six each of hollow-stemmed champagne glasses, Irish coffees and beer pilsers.

We've been having fun whipping up goodies and tasting, and experimenting with new and different uses of all the glasses in the collection, both old and new.

Favorite early — morning or late — evening bracer is a non-alcoholic banana milkshake, which isn't as calorie-loaded as you might think. We use one peeled banana, 1 teaspoon vanilla and about a cup of small ice cubes for each two cups of skim milk. There's no sugar, you notice. The banana does the business, and the blender slithers the ice and whips up the milk to make it look and taste as tempting as the ice-cream concoction at the lunch counter.

We like to serve the milkshakes in tall footed goblets, with a sprinkle of nutmeg on top. We found that a jigger of light cream de cocoa didn't hurt a bit. (That was a present, too, along with a bottle of cream de menthe.)

Use Lots of Ice

We experimented with grasshoppers, in lieu of dessert, and discovered that they're just as tasty with milk as with cream, and of course, not as fattening. My neighbor, who knows her way with a blender, says to use two or three parts of half-and-half, one part cream de menthe, one part cream de cocoa and lots of ice. The more ice you use, the thicker the drink. In fact, you can end up with a very tasty snow cone, with very little snow.

The blender was the hero on New Year's Eve, when cheese dips were requested as our contribution for watch party refreshments. I used nearly a quart of cottage cheese, one large package of cream cheese and one cup of commercial sour cream, blending half at a time. One half got a can of drained clams, juice of a lemon, salt, Worcestershire and Tabasco. The other half got a handful of

crumbled Bleu cheese, Worcestershire, garlic sauce and a green onion.

The small proportion of cream cheese, and the larger amounts of cottage cheese and sour cream, cuts down on calories. I took a big bowl of assorted raw vegetables, instead of sliced turnips. There were radishes, celery sticks, carrot curls stabbed with toothpicks, cauliflowerettes and half-circles of sliced turnips. The colors were pretty together, I thought, and left on a few of the celery and radish leaves, for green.

But back to the glasses. We use the hollow-stemmed champagnes for daiquiris, Irish coffees for eggnog, sherbets for grasshoppers, fish cocktails for wine and beer pilsers for beer.

Any Shape Goes

The size of the wine glass is more important than its shape, say the experts. A good utility clear glass for all wine types has a 9-ounce capacity, slender stem and tulip-shaped bowl. Fill it under half full for appetizer and dessert wines, and fill it just over the half-way mark for dinner wines and sparkling wines.

Experts say never to fill a wine glass to the brim. There should be sufficient room for the bouquet, according to wine connoisseurs, who know that the sense of smell is a big factor in the enjoyment of all wine and food.

POT-ROASTS IN THE OVEN

You can cook pot-roasts and other braised meat dishes and stews in the oven as well as on top of the range. If you wish, first brown the meat on top of the range. Then place in an oven — proof baking dish and cover tightly. Cook in a slow oven (300 degrees F.). The time will be approximately the same as that recommended for top-of-the-range cookery.

CITRUS FRUIT TREAT

Drizzle sweet Sherry on a mixture of orange slices and grapefruit sections. Dot with butter and sprinkle lightly with brown sugar. Broil until tinged with brown. Serve hot either plain or topped with a bit of dairy sour cream. Serve for dessert.

guests choose their favorite, or compromise with all-purpose Rose, the pink dinner wine that pleases so many Americans. The chicken dish is ideal for buffet service.

School lunch menu given for the week

Four hot meals featuring meat or fowl main dishes, and a soup and sandwich luncheon, are on the menu for the Bend Public Schools next week. Complete menus follow for the period, January 20-24.

Monday: Barbecued wieners, mashed potatoes, buttered green beans, yeast roll with butter, applesauce cake, milk.

Tuesday: Farmer Jones special, buttered spinach, bran muffin with butter, cherry cobbler, milk.

Wednesday: Sloppy Joe, tossed salad, yeast roll with butter, fruit cocktail, milk.

Thursday: Turkey pot pie, cranberry sauce, Hawaiian cole slaw, cheese biscuit with butter, iced chocolate cake, milk.

Friday: Tomato soup, egg salad sandwich, cheese wedge, celery and carrot sticks, pumpkin custard, milk.

Fruit pork chops are sweet, spicy

There will be lots of pork chops and roast loin around in coming months, and millions of bushels of apples to make sauce to serve with them. Here's a variation from the usual.

Fruited Pork Chops

4 pork chops (about 1 pound)
4 slices apple
4 slices orange
Dash ground cinnamon
Dash ground cloves
1 can (10 1/2 ounces) condensed beef broth
1 tablespoon brown sugar
2 tablespoons orange juice
1 tablespoon cornstarch
In skillet, brown chops on both sides; pour off drippings. Place an apple and orange slice on each chop; sprinkle with cinnamon and cloves. Add soup and sugar. Cover; cook over low heat 35 minutes.

Mix orange juice and cornstarch until smooth; gradually blend into soup. Cook, stirring constantly, until slightly thickened. Continue until sauce is desired consistency; baste chops now and then. Makes 4 servings.

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Zesty chili powder enlivens stews, spreads, bean salad

Chili powder as a spice blend is as uniquely American as the silver dollar. It was invented less than a century ago in the Southwest. It was created from a fruit (a chili pod); a leaf (oregano); a bulb (garlic, and sometimes onion), a mineral (salt), and a seed (cumin). Other spices such as allspice or cloves are often added.

Here are three zesty recipes that owe their success to the familiar combination of the pungent seasonings which make Mexican foods so flavorful.

Chili Beef Stew

2 lbs. lean beef stew meat
2 1/2 cups hot water
1 1/2 cups diced potatoes
1 cup sliced fresh carrots
1 cup celery, cut in 1-inch pieces
1 cup canned tomatoes
3/4 cup instant minced onion
2 1/2 teaspoons salt
3/4 teaspoon ground black pepper
1/4 teaspoon garlic powder
3 teaspoons chili powder
Trim excess fat from meat. Cut beef into 1/2-inch cubes and

brown on all sides in some of the fat trimmed from the meat. Add water and cook over moderate heat, covered, 50 to 60 minutes or until meat is tender. Add potatoes, carrots, celery, tomatoes, instant minced onion and salt. Cook, covered, 10 minutes or until vegetables are tender. Add black pepper, garlic powder and chili powder. Cook 5 minutes. Yield: 6 servings.

Chili Egg Sandwich Spread

6 hard-cooked eggs
3/4 cup finely diced celery
1 teaspoon salt
3/4 teaspoon ground black pepper
2 teaspoons chili powder
1 teaspoon instant minced onion
1 teaspoon cider vinegar
3/4 cup mayonnaise
Peel eggs and chop fine. Add celery, salt, black pepper and chili powder. Soften onion in vinegar and add to the mixture along with mayonnaise. Mix well. Spread between slices of buttered bread. Yield: 2 cups.

Chili Bean Salad

2 cans (1 lb. each) kidney beans
2 cups diced celery
2 cups diced left-over cooked beef or pork
1 teaspoon salt
1/4 teaspoon black pepper
1 teaspoon chili powder
3/4 cup instant minced onion
3/4 teaspoon instant minced garlic
1/4 cup water
1/4 cup mayonnaise
Head lettuce
3 fresh tomatoes
Drain liquid from beans. Add to the beans celery, meat, salt, black pepper and chili powder. Soften instant minced onion and garlic in water and add to beans along with mayonnaise. Toss lightly, being careful not to mash beans. Serve on head lettuce. Garnish with tomatoes, cut into wedges. Yield: 8 servings.

Paprika gives color, taste

Most of us use paprika because it makes so many dishes look and taste much better. Here, from the test kitchens of the American Spice Trade Association, are two recipes you'll enjoy.

Paprika - Cheese Roll

1/2 lb. processed American cheese, finely shredded
3-oz. package cream cheese
1/2 cup finely chopped stuffed olives
1/2 teaspoon instant minced onion
1/16 teaspoon cayenne
1 tablespoon sour or heavy sweet cream

Paprika
Have cheese at room temperature and mix together until cheeses are well blended. Add olives, instant minced onion, cayenne and sour or heavy cream. Mix well. Shape into 3 rolls, each 4-inches long and 1 1/2 inches diameter. Roll in paprika. Wrap in foil.

Chill several hours or overnight. Cut into slices 1/4-inch thick. Serve on rounds of melba toast or on round crackers as an accompaniment to salads, or as a tea sandwich or with beverages as appetizers.

Paprika Fish Ragout

4 medium potatoes
1 1/2 cups water
1 small bay leaf
3 teaspoons salt
12-oz. package perch fillets
1/2 cup onion flakes
1 tablespoon paprika
1/16 teaspoon ground red pepper
1 tablespoon butter or margarine
1/2 cup sour cream
Wash, peel and slice potatoes. Place in saucepan with water, bay leaf, and salt. Cover and cook 15 minutes or until potatoes are tender. Add fish and onion flakes. Cover and cook only until fish is flaky. Add paprika, red pepper and butter or margarine. Cook 5 minutes. Stir in sour cream. Heat but do not boil. Serve hot as the main dish. Yield: 6 servings.

LEFTOVER BEEF

Here are a few suggestions for leftover beef. Use cubed cooked beef in cream sauce over toast or biscuits, in curry sauce over rice, in casseroles with noodles or macaroni. Serve leftover meat loaf cold or reheated with canned mushroom soup or tomato soup poured over the top. Cooked beef could also be used for cold plates, cold sandwiches, or heated in a barbecue sauce or brown gravy.

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Bread dressing encases kidneys

Once upon a time the variety meats were considered delicacies only by the epicure. But in recent years, after research discovered the extraordinary food value of these meats, home-makers have taken interest in them in providing nutritious meals for their families.

Although liver is the best known variety meat, several others make pleasing menu additions. For instance, have you discovered kidneys and the tasty ways they can be served? Here is one delectable suggestion.

Kidney Rolls

1 pound lamb, pork or beef kidneys
Water
Bread dressing
1/2 pound sliced bacon
Wooden picks
Remove membrane from kidneys. Split lamb or pork kidneys in half or cut beef kidney in 1 1/2 inch cubes. Remove the hard white portion in center. Cover with water and cook slowly until tender. Lamb and pork kidneys will require about 35 minutes and beef kidneys 1 hour.

Drain. Cover kidneys with 1/4 inch coating of Bread Dressing and wrap with a slice of bacon. Fasten each with a wooden pick. Bake in a moderate oven (350 degrees F.) 30 minutes or until bacon is crisp. 4 servings.

Bread Dressing

3 cups fresh bread crumbs
1/4 cup grated onion
2 tablespoons chopped parsley
1 egg, beaten
1 1/2 teaspoons salt
1/4 teaspoon pepper
Stock or water
Combine bread crumbs, onion, parsley, egg, seasonings and enough stock or water to make a dressing which will hold together.

Writer advises wine know-how

"If you aren't cooking with wine, you're just barely cooking."

So says Kay Martin in her new book "The Bachelor Girl," just published in paperback.

The chapter on cooking is titled "Who Says You Aren't a Gourmet Cook?"

Miss Martin, whose home is in Granada Hills, Calif., has been an actress, advertising executive and jewelry manufacturer in addition to writing 16 books plus magazine article and radio and TV scripts.

She advised her readers to "by all means glom onto" literature on wine issued by the Wine Advisory Board and the Wine Institute in San Francisco, as well as that published by many individual California wineries.

"With chicken," she writes, red or white wines are equally acceptable, providing they're dry; try Burgundy, Riesling, Pinot Chardonnay.

She recommends California Sauvignon Blanc or Traminer with fish and Mosele with crab.

"Oysters cry for Chablis, but almost any good dry or semi-dry white wine will complement them as well."

"Roast beef calls for robust Burgundy."

"Italian dishes involving a tomato sauce are luscious when you have Zinfandel, Grignolino or Chianti on hand," Miss Martin writes.

"What few haven't discovered is that the delicate flavors of Chinese foods can also be enhanced by wines," she says. "Rhine and Chablis are fine."

For dessert go-alongs she recommends rich sweet wines — Muscatel, cream Sherry, Tokay. "A simple rule; if confused, use Champagne or Vin Rose; you can't miss. And, conveniently, you serve with dinner the same wine you used for cooking."

Ham chunks, cooked rice, mix saucily

Meat cooked in barbecue sauce goes over in a big way with almost everyone. Barbecued ham with rice is simply delicious! You could mix the spicy sauce with either uncooked or cooked ham. With cooked ham, you have a wonderful way of using leftovers.

Barbecued Ham Chunks — Rice

1 1/2 pounds smoked ham
1 cup tomato juice
1/4 cup brown sugar
1 bay leaf
Few grains cayenne pepper
1 tablespoon diced onion
1 tablespoon diced celery
1 tablespoon diced green pepper
1/4 cup lemon juice or vinegar
1/2 teaspoon chili powder
1 tablespoon prepared mustard
1/4 teaspoon ground cloves
3/4 teaspoon allspice
3 to 4 cups cooked rice
Cut ham into 1-inch cubes. Combine remaining ingredients, with the exception of rice, for barbecue sauce. Cover ham with barbecue sauce. Cook slowly on top of range or bake in a slow oven (300 degrees F.) 1 hour or until done. Serve on rice. 6 servings.

BREAKFAST TREAT

Meat and pears combine for unusual breakfast entrees. For instance, serve cooked sausage links in baked pear halves. To bake pears: wash, halve and core. Place cut side down in baking dish with enough lemon juice and water to cover bottom. Cover and bake in a moderate oven 1/2 hour or until tender.

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French toast has new treatment

Apricot-Honey French Toast

2 eggs, beaten
1/2 cup apricot nectar
2 tablespoons honey
8 slices enriched bread
Combine beaten eggs, apricot nectar and honey in a pie plate. Dip each bread slice into apricot mixture, turning it to coat both sides. Grill or pan fry bread on both sides in hot fat. Serve immediately with honey. Yield: 4 servings — 2 slices toast per serving.

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