



SWEETS FOR THE SWEET—These yummy oat cookies are good any time, and a perfect suggestion for Valentine's Day refreshments. Flaked coconut gives interesting flavor.

Roses are red—

Coconut-maple cookie kisses attractive Valentine Day treat

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Bulletin Staff Writer

From Vermont comes this special recipe for a delightful maple-flavored oat cookie. Whip up a batch of these for your special someone, on Valentine's Day. (For grown-ups, the slipping material in the picture is cherry-flavored brandy.)

Coconut - Maple Cookie Kisses
1/2 cup shortening
1 cup sugar

1 egg
1 1/2 cups flour
1 teaspoon baking powder
1/2 teaspoon soda
1/2 teaspoon salt
1/2 cup oat cereal
1/2 cup milk
1/2 cup flaked coconut
1/2 cup nut meats if desired
1 teaspoon maple flavoring or vanilla
Cream shortening and sugar; add egg slightly beaten. Sift

flour, soda, baking powder and salt together. Add to oat cereal and then combine with creamed mixture, alternating with milk. Add flavoring and fold in coconut and nut meats.

Drop by teaspoon on buttered cookie sheet. Bake 10 to 12 minutes at 400 degrees. Remove from cookie sheet to waxed paper to cool. Makes about 30 two-inch cookies. Top with pecan halves or other favorites, as shown.

This cheesecake draws plaudits on three counts

Here's a three star cheesecake — (1) It "bakes" in the refrigerator. (2) It is relatively low in calories. (3) It is low in cost. Most important, it is delicious. So let's go:

No-Bake Cheesecake
1/2 cup graham cracker crumbs
1 tablespoon sugar
1 tablespoon melted butter
1 package (4 ounces) chocolate pudding mix
2 envelopes unflavored gelatin
2 cups water
1/2 cup sugar
2 egg yolks, slightly beaten
1 cup creamed cottage cheese
1/2 cup instant nonfat milk crystals
1/2 cup ice water
2 tablespoons lemon juice
1/2 cup sugar
2 egg whites, stiffly beaten
1/2 cup chopped almonds
1/2 cup flaked coconut
Mix together crumbs, 1 tablespoon sugar and butter. Press in bottom of 8-cup mold. Combine pudding mix, gelatin, 2 cups water, 1/2 cup sugar and egg yolks in saucepan. Cook over low heat, stirring constantly, until thickened. Cool thoroughly.

Beat cottage cheese and pudding mixture until blended. Combine instant crystals with ice water and whip until soft peaks form (3 to 4 minutes). Add lemon juice and continue whipping until stiff peaks form (3 to 4 minutes longer). Grad-

Cider tenderizes rolled potroast

This rolled rump pot - roast takes cider as its liquid and adds dried apricots plus nutmeg and cloves for seasonings. What an imaginative combination to serve!

Fruited Pot-Roast Special
3 to 4-pound rolled beef rump pot-roast
2 tablespoons flour
1 teaspoon salt
1/2 teaspoon pepper
3 tablespoons lard or drippings
1/4 pound dried apricots
4 whole cloves
1/2 teaspoon nutmeg
1 cup cider
Flour for gravy
2 cups cooked rice

Combine flour, salt and pepper. Dredge pot-roast in seasoned flour. Brown in lard or drippings. Pour off drippings. Add apricots, cloves, nutmeg and cider.

Cover tightly and cook slowly 3 to 3 1/2 hours or until meat is tender. Thicken cooking liquid with flour for gravy. Serve pot-roast on buttered rice. 6 to 8 servings.

ually add 1/2 cup sugar.

Fold whipped instant crystals, egg whites, almonds and coconut into pudding mixture. Pour into mold over crumb mixture. Chill until set (at least 3 hours). Unmold. Garnish with additional almonds and coconut, as desired. (8 to 10 servings.)

Polynesian touch accents dessert

A slight Polynesian accent gives frozen desserts a special attraction for Sunday and special dinners. Here's one with a cooked custard base that increases smoothness.

Polynesian Ice Cream
1 (1 pound 4 1/2-ounce) can crushed pineapple
1/2 cup sugar
1 tablespoon cornstarch
2 eggs
1 cup milk
1 cup heavy cream
2 drops lemon extract
3/4 cup flaked coconut.
Set refrigerator for fast freezing. Drain pineapple, reserving 1 cup syrup. Mix sugar and cornstarch; add eggs, milk and 1 cup pineapple syrup; mix well. Cook over medium heat, stirring constantly until smooth and thickened. Cool.

Whip cream with lemon flavoring until thick. Fold into cooled mixture. Pour into refrigerator tray and freeze until firm. Put in bowl, and beat until creamy. Fold in pineapple and coconut and return to tray. Freeze firm. (1 quart.)

REWRAP MEAT

When you prepare meat for freezing, remove the meat market wrapping, and wrap meat closely in moisture - vapor-proof material. The store wrap is not intended for freezing and probably is not moisture-vapor proof.

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REACH FOR THE BIG RED 3

Corned beef balls delicious served in ring of rice

Canned corned beef combined with eggs and bread crumbs makes quick, hearty and interesting meat balls. Because the corned beef is precooked, all you have to do is brown the balls in a hot oven.

As a family dinner treat, serve these Corned Beef Balls in a festive, easy-to-prepare Rice Ring. Accompany with a quick cheese sauce made from condensed soup.

Corned Beef Balls
1 can (10 1/2 oz.) condensed cheese soup
3/4 cup milk
2 cans (12 oz. each) corned beef, unchilled
2 slices white bread
2 eggs, slightly beaten
6 tablespoons butter
4 cups hot cooked rice
1 package (10 oz.) frozen peas, cooked and drained
1/2 cup diced pimiento
Blend soup and milk; heat, stirring often. Flake corned beef with a fork. Separate bread into soft crumbs; add with eggs to corned beef. Mix well; shape into small balls.

Melt 1/2 cup butter in baking pan. Add corned beef balls; brown in 400-degree oven. Meanwhile, combine rice, peas, pimiento and remaining butter. Press into 5 1/2-cup ring mold. Unmold onto hot serving plate, or cover with foil and set in pan of hot water in 250-degree oven until ready to serve. To serve, fill center of rice ring with meat balls. Accompany with cheese sauce. (8 servings.)

Dark cherries glamorize pie

Here's a dark dessert with a bright outlook. It combines pitted dark sweet cherries with vanilla ice cream and makes a very festive surprise.

Cherry Ice Cream Pie

2 tablespoons softened butter or margarine
1 cup flaked coconut
1 can (1 pound) pitted dark sweet cherries
1 pint softened vanilla ice cream
2 tablespoons sugar
1 tablespoon cornstarch
Spread bottom and sides of 8-inch pie plate with butter or margarine. Press coconut into butter or margarine. Bake in 350-degree (moderate) oven 10 minutes; cool.

Drain cherries; reserve syrup and 1/4 cup cherries. Fold remaining cherries into ice cream. Spoon ice cream mixture into cooled pie shell. Decorate top of pie with 1/4 cup reserved cherries. Freeze 2-3 hours.

Meanwhile, combine sugar and cornstarch; add reserved syrup, stirring constantly, until blended. Cook over low heat, stirring constantly, until thickened and clear. Cool. Serve with pie.

Flavors blend in casserole

This chili rice and beef casserole is one of those meal-in-a-dish recipes that every home-maker treasures. It is nice served with an assortment of crisp Melba toast, which comes in varied flavors.

Chili Rice & Beef Casserole
1 tablespoon shortening or salad oil
1 pound lean ground beef
1 small green pepper, seeded and diced
3 medium-sized onions, thinly sliced
1 1/2 cups diced celery
1 1/2 cups long grain rice
1 tablespoon salt
1/2 teaspoon dried basil
2 tablespoons chili powder
1 can (1 lb. 3-ounces) tomatoes (2 cups)
2 cups water
1/4 cup sliced pimiento stuffed green olives

Heat shortening in a Dutch oven. Add beef, breaking it up into bits. Stir to brown beef lightly, about 2 minutes. Add green pepper, onion and celery. Cover and cook over low heat 5 minutes.

Stir in rice, salt, basil, chili powder, tomatoes, water and olives. Heat oven to 375 degrees (moderately hot). Pour rice mixture into a 2-quart casserole. Cover and bake in preheated oven 30 minutes or until all moisture is absorbed. (6 generous servings.)

Try deluxe sauce on baked apples

With so many fine apples in the market now, let's try this deluxe variation on the old-fashioned baked apple. Actually, it is a party dessert with a cool, vanilla-flavored creamy sauce.

Almond Baked Apples
6 medium-large baking apples
1/4 cup (4 tablespoons) butter or margarine, melted
1/4 cup fine dry bread crumbs
4 tablespoons sugar
1/4 cup very finely chopped, blanched almonds
1 tablespoon water
6 tablespoons butter or margarine
Vanilla sauce
Peel apples and remove cores. Roll whole apples in melted butter or margarine and then in bread crumbs mixed with 2 tablespoons of the sugar. Mix almonds and remaining sugar to a paste, adding a little water until well blended. Spoon into the cavities of apples.

Place in a baking pan and dot each with 1 teaspoon butter or margarine. Cover with foil and bake in a preheated 350-degree oven (moderate) 40 minutes. Remove cover and bake 45 minutes or until apples are tender. Baking time depends upon size and type of apple. Serve cold with Vanilla Sauce. (6 servings.)

Vanilla Sauce
1/4 cup sugar
1 teaspoon cornstarch
1/16 teaspoon salt
2 egg yolks
1 cup milk
1/2 cup heavy cream, whipped
1 teaspoon pure vanilla extract
Combine sugar, cornstarch and salt in the top part of a double boiler. Blend in egg yolks and 1/4 cup of the milk. Add remaining milk. Stir and cook over hot water (not boiling) until custard thickens and coats a metal spoon. Remove from hot water and cool. Fold in whipped cream and pure vanilla extract. Serve over Almond Baked Apples. (2 pints.)

Canned foods go in new casserole

Here is an easy casserole, created with cans of stew, beef gravy and seasonings, and wreathed in a crust of cornbread. It would be a fine do-it-yourself feast for hungry teenagers, home from sports or a dance.

Casserole Mohican
2 1-lb., 14-oz. cans meat ball stew
1 10 1/4-oz. can beef gravy
1 teaspoon basil
2 tablespoons chopped parsley
1/4 cup finely chopped onion
1 teaspoon Worcestershire sauce
1 10-oz. box corn bread mix
1 egg
Spoon meat ball stew into a 3 1/2 to 4 quart casserole. Add beef gravy and seasonings, mixing in gently.

Prepare corn bread mix with egg and milk as directed on the package. Squeeze mixed batter from plastic bag to form a border around edge of stew.

Bake in a 425-degree (hot) oven for 30-40 minutes. Makes 6 to 8 servings.

CARVE IT THIN

Roast pork is most tempting when slices are cut fairly thin. Cut closely against both sides of each rib, alternately making one slice with a bone, one without. In a small loin each slice may contain a rib. If the loin is quite large, it is possible to cut two boneless slices between ribs.

PROTEIN LIFT

Give your favorite buffet potato salad a "protein - lift" by adding creamy cottage cheese. Fold in about 2 cups of cottage cheese for each 4 cups of potato salad.



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School lunch menus given for the week

The birthday of George Washington, on February 22, is observed with a special dessert for next Friday, in the lunch program of the Bend Public Schools. Cherry Cobbler is the choice.

Complete menus follow for the week, February 17-21.

Monday: Corned beef hash, buttered corn, green salad, yeast roll with butter, apple-sauce cake, milk.

Tuesday: Meat blanquet, mashed potatoes, buttered spinach, cornmeal yeast roll with butter, peach upside-down cake, milk.

Wednesday: Chicken pot pie, Hawaiian cole slaw, cheese biscuit with butter, pumpkin custard, milk.

Thursday: Chiliburger, sunset salad, yeast roll with butter, cookie, pears, milk.

Friday: Salmon loaf, mashed potatoes, creamed peas, whole wheat roll with butter, cherry cobbler, milk.

Pickles spark festive ring

Did you ever use sweet pickle relish and sweet gherkins in a ham loaf? Try it. Gives the loaf a surprisingly good extra flavor. Actually turns it into a party dish.

Pickle Ham Ring
2 cups soft bread crumbs
1 1/2 cups milk
2 eggs
1/2 teaspoon salt
Dash seasoned pepper
1 teaspoon Worcestershire
1 1/2 pounds ground cooked ham (about 4 cups)
1/2 cup undrained sweet pickle relish
1/4 cup firmly packed brown sugar
8 small sweet gherkins
4 canned pineapple slices, halved

Blend together bread crumbs, milk, eggs, salt, pepper and Worcestershire in bowl. Add ham and pickle relish; mix thoroughly. Sprinkle sugar in bottom of greased 6 1/2-cup ring mold.

Arrange gherkins on bottom and pineapple slices around side of mold; turn in ham mixture, packing lightly. Bake in 350-degree (moderate) oven 1 hour; unmold. (Makes 8 servings.)

Note: Place aluminum foil under mold when baking.

Economy steak elegant eating

Economy is the keynote for meals in most homes, come January. This needn't mean drab meals. For instance, try budget beef arm or blade steak, cooked slowly with tomatoes and onion slices.

Spanish Steak
1 arm or blade steak, cut 1 1/2 inches thick
2 tablespoons flour
1 teaspoon salt
1/4 teaspoon pepper
3 tablespoons lard or drippings
1 large onion, sliced
1 can (16 ounces) tomatoes
Flour for gravy

Combine flour, salt and pepper. Dredge meat with seasoned flour and brown in lard or drippings. Pour off drippings. Add onion and tomatoes.

Cover tightly and cook slowly about 2 hours or until tender. Thicken cooking liquid for gravy. Additional seasonings may be added, if desired. 4 to 6 servings.

MILK IMPORTANT

Adults require fewer calories as they grow older. However, adults as well as children, need milk every day, both as a beverage and in cooked dishes — adults 2 or more glasses, children 3 to 4 glasses and 4 or more glasses for teenagers.

Vanilla improves chocolate drink

Here's a particularly good recipe for hot chocolate. The addition of vanilla gives it a delightful difference.

Swiss Chocolate
2 squares unsweetened chocolate
1/2 cup sugar
1/16 teaspoon salt
1/2 cup hot water
3 cups top milk or light cream, scalded
1 teaspoon pure vanilla extract

Vanilla Whipped Cream

Melt chocolate in top part of double boiler. Add sugar, salt and water. Mix well. Bring to boiling point over direct medium heat, stirring constantly. Add hot top milk or light cream. Heat thoroughly. Stir in pure vanilla extract. Serve hot in mugs or coffee cups, with Vanilla Whipped Cream. (8 servings.)

Vanilla Whipped Cream

1/2 cup heavy cream
1 1/2 teaspoons sugar
1/2 teaspoon pure vanilla extract
Whip cream until almost stiff. Add sugar and pure vanilla extract. Top each cup of hot chocolate with 1 teaspoonful.

Cranberries perk muffins

Like muffins for breakfast? Then try this simple recipe using fresh or frozen cranberries:

1 1/2 cups coarsely ground fresh cranberries
1 tablespoon grated fresh orange rind
1/4 cup sugar
2 cups sifted all-purpose flour
1/2 teaspoon salt
1 1/2 teaspoons double-acting baking powder
1/2 teaspoon soda
1 teaspoon pure vanilla extract
1/4 cup shortening, melted
1 egg
1/2 cup milk

Combine cranberries, orange rind and 1/4 cup of the sugar. Set aside. Sift together flour, salt and baking powder. Set aside. Blend soda and pure vanilla extract with shortening. Gradually mix in remaining 1/2 cup sugar. Beat in egg. Add flour mixture alternately with milk. Stir in cranberries.

Line 2 1/2-inch cupcake pans with paper cupcake liners or use well-greased lightly-floured cupcake pans. Add batter, filling pans 3/4 full. Bake in a preheated moderate oven (375 degrees) 25 minutes or until done. Serve for breakfast, lunch, supper or tea. (15 muffins.)

GLAMORIZE SAUCES

Cream mushrooms in a sauce made with Sauterne or Chablis. Serve on top of cooked noodles for a different Friday supper. A good proportion for the sauce uses 1/2 cup of the white dinner wine to 1 1/2 cups rich milk. A bit of grated fresh lemon rind is a delicate flavor note.

WHOLE MILK STRETCHER

A cup of whole milk can be replaced by 1 cup of skim or buttermilk plus 1 medium-size pat of butter.

Onion, apple, go together

A baked ham served with a casserole of sweet red onions and tart apples is a happy Sunday dinner suggestion.

Onion-Apple Casserole

3 large Bermuda or sweet red onions
1/2 inch boiling water
1 teaspoon salt
4 tart medium apples
3 tablespoons sugar
1 teaspoon ground cinnamon
1/4 teaspoon ground black pepper

1/2 cup onion liquid

1/2 cup butter or margarine

Peel onions and slice about 1/4 inch thick. Cook 10 minutes in covered saucepan in 1/2-inch boiling water and 1/2 teaspoon of the salt. Peel apples and cut them into slices 1/4-inch thick.

Drain onions, reserving the liquid to use later. Fill a 1-quart casserole with alternating layers of apples and onions, sprinkling each layer with the sugar, cinnamon, black pepper and remaining 1/4 teaspoon salt. Add onion liquid.

Melt butter or margarine and pour it over the casserole. Cover. Bake in a preheated 350-degree (moderate) oven 45 minutes or until apples are done. Serve with pork, ham or turkey. (6 servings.)

LOW-CALORIE DRESSING

Dairy sour cream is an ideal low calorie salad dressing. One tablespoon of sour cream contains only 30 calories, while mayonnaise has about 90. Try sour cream as a dressing for either fruit or vegetable salads, plain or seasoned with herbs.

DESSERT IDEA

Cottage cheese is a most versatile dairy food. It's ideal as the protein source in a main dish salad, and can also add flavor and nutrition to hot casseroles. Try cottage cheese for dessert too, spiced with ginger or topped with jelly and served on pancakes.

DEDICATION SET

PORTLAND (UPI)—The \$54 million Cougar Dam and reservoir on the McKenzie River's south fork will be dedicated May 9, Army Engineers said today.

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