

Feeding the Family

By ZOLA VINCENT
Food Editor

Desserts Easy to Make With These Techniques

Discovering last week that lemon meringue pie is a top favorite with the entire family brought the realization that chiffon type desserts are tremendously popular. We went straight to the test kitchens of the country's leading maker of unflavored gelatine; asked them the newest word in the preparation of Snows, Spanish Creams, Bavarians, Charlottes, Mousses and Chiffon Pies. Here are surprises for old-timers in gel-cookery; newest techniques for new-timers.

Egg Whites Unbeaten

The familiar method for preparing gelatine snows calls for the addition of beaten egg whites to a whip of unflavored gelatine, fruit juice and the desired amount of sweetening. Today's method calls for egg whites added "as is." When the whole mixture is beaten, the eggs give the gelatine pudding the same light and airy texture; eliminates one mixing bowl. Of course you must beat the eggs to be beaten should be at room temperature.

Meringue Technique

Where beaten egg whites are folded into the thickened custard or mixture in chiffon-type desserts, part of the sugar called for in the recipe should be beaten into the egg whites as in meringue. The air cells are less rigid and the egg whites can be folded more evenly and thoroughly throughout the whole mixture.

REALLY GOOD!
like home made



ture. In recipes with one-third or less cups of sugar, however, this meringue technique may not be possible.

Softening Gelatine

One envelope of gelatine will gel two cups of liquid. First step in gel-cookery is softening the gelatine. Modern method suggests that we "sprinkle" one envelope of unflavored gelatine on one-half cup cold liquid to soften rather than the one-fourth cup formerly suggested. In the larger amount, gelatine absorbs the liquid more quickly.

Gelatine in Milk

Unflavored gelatine plus milk or milk and eggs creates the base for fluffy custards such as Spanish Cream, Bavarians, Charlottes, Mousses and Chiffon Pies. Streamlined technique speeds the softening process. Stir the gelatine into the cold milk; or first, mix the gelatine with the sugar or part of the sugar called for in recipe.

Pineapple Chiffon Like the Picture

Glamorous and with a company of festiveness, this recipe for molded pineapple squares uses evaporated milk, crushed pineapple; gets checkerboard topping of chocolate cookie crumbs rather than whipped cream. Though you can have whipped cream too if you wish.

Drain one No. 2 can crushed pineapple. Soften one envelope unflavored gelatine in pineapple syrup; place over boiling water and stir until gelatine is dissolved. Add one-fourth cup sugar and one-fourth teaspoon salt; stir until dissolved. Add crushed pineapple, one teaspoon grated lemon rind, two tablespoons fresh lemon juice. Chill until mixture is consistency of unbeaten egg white.

Beat one cup evaporated milk and one tablespoon lemon juice until stiff; fold in gelatine mixture. Line bottom of an 8x8x2 inch pan with waxed paper. Turn in gelatine mixture and chill until firm. Combine one-third cup chocolate cookie crumbs and one tablespoon melted butter or margarine, tossing lightly.

To unmold, loosen dessert from sides of pan with tip of paring knife; invert on plate. Remove wax paper; mark gelatine into nine squares. Top alternate squares with cookie

crumbs in checkerboard effect. Additional cookie crumbs may be passed if you like.

Bavarian Cream

This satisfying dessert may be served with fruit, berry or chocolate sauce topping. Or it may be used as the filling for a nine inch crumb or baked pastry crust. Eight servings.

Mix one envelope unflavored gelatine, one-fourth cup of sugar and one-eighth teaspoon salt in top of double boiler. Stir in 1 1/4 cups cold milk. Place over boiling water and stir until gelatine is dissolved. Separate two eggs. Beat egg yolks slightly; add small amount of the hot mixture slowly, stirring rapidly. Return to double boiler and cook, stirring constantly, until mixture coats the spoon. Remove from heat; add one-half teaspoon pure vanilla.

Chill until mixture is slightly thicker than the consistency of unbeaten egg white. Beat egg whites until stiff but not dry; gradually beat in one-fourth cup sugar. Fold in beaten egg whites and one cup of heavy cream, whipped. Turn into a five cup mold or individual molds or spoon into dessert dishes. Chill until firm. Unmold.

Applesauce Snow

A low calorie dessert of surpassing goodness; a snow pudding made with plentiful, low-cost apple sauce. Eight servings; 72 calories per serving.

Mix one envelope unflavored gelatine, one-fourth cup sugar, and one-fourth teaspoon salt thoroughly in top of a double boiler. Add three-quarters cup water. Place over boiling water and stir until gelatine mixture is thoroughly dissolved. Remove from heat; add one-half teaspoon grated lemon rind, one tablespoon lemon juice and 1 1/4 cups (one pound can) of sweetened apple sauce. Chill until mixture begins to hold its shape. Turn into a five-cup mold or individual molds. Chill until firm.

Custard Sauce

Egg yolks remaining when you make chiffon-type desserts might immediately be made into this custard sauce. Scald 1 1/2 cups milk in top of double boiler. Beat one whole egg and two egg yolks; stir in three tablespoons of sugar and one-eighth teaspoon salt. Gradually add small amount of hot milk at a time, stirring constantly. Return to double boiler and cook, stirring constantly over hot, not boiling, water until mixture coats the spoon. Remove from heat; cool. Stir in one teaspoon pure vanilla extract.



APRIL DESSERT—It's your move toward a gay April dessert when you serve these molded pineapple squares. A gelatine chiffon or crushed pineapple with fresh lemon flavor has checkerboard topping of chocolate cookie crumbs. This and other good recipes are included in today's food columns.

Why Worry About Beef? Enjoy Caliente Chicken

The beef growers simply produce enough fancy beef to supply the demand so prices are temporarily high. The poultry growers are producing more chickens and turkeys than we can eat so the prices are very low. Solution for budgeteers is to enjoy this amazingly good Mexican-inspired recipe using a roasting chicken. Ripe olives give it new texture and flavor interest.

Have meat man cut four to five pound roasting chicken into serving pieces. Brown chicken in one-fourth cup hot California olive oil in a large skillet. Add one cup chopped fresh or canned tomatoes, one-half cup chopped onion, one-half cup chopped green pepper, one minced clove garlic, two whole cloves, one bay leaf, one pinch oregano, two teaspoons salt and one-half teaspoon pepper. Simmer five minutes. Pour into large casserole.

Heat two tablespoons olive oil in same skillet; add one cup uncooked rice and cook, stirring, until rice is golden brown. Add 2 1/2 cups water and bake in moderate oven, 350 degrees, an hour longer until chicken is tender and rice is cooked. Gently stir

in one cup ripe olives that have been cut into large pieces, one-fourth cup chopped canned pimiento and one cup cooked peas. Bake 15 minutes longer. Eight servings.

Bake Perch Fillets

Ocean perch is a white-meat fish with a definite flavor; is one of the lowest

Three Persons Get Sentences In Circuit Court

Three persons received suspended sentences during appearances Tuesday in circuit court before Judge Edward Kelly.

Anita Lorraine Weeks, 36, Talent, pleaded guilty to charges of uttering and publishing a false check. She was sentenced to two years in the Oregon state penitentiary, suspended if she abides by parole and probation rules and makes full restitution of the bad check, the court reported.

James Corbett Smith, 28, route 3, Medford, received a six months' sentence to the county jail after pleading guilty to a charge of using a motor vehicle without permission of the owner. The term also was suspended on

good behavior.

Fred W. Jasser, 27, of Idaho pleaded guilty to charges of uttering and publishing a false check, was sentenced to two years, six months in the penitentiary. He was released on condition he observe immediate restitution of the check.

Charged With Grand Larceny

Pleading guilty Monday before Judge Kelly was Theodore Crosby, 22, of Florida,

who was charged with grand larceny involving car theft. The case was continued awaiting sentencing.

The case of Donald Conrad Hansen, 21, Brookings, charged with burglary not in a dwelling, was continued awaiting Hansen's plea. Bruce Manley was appointed as his attorney by the court.

Hansen was arrested by deputy sheriffs in connection with the entry of O. K. Rub-

ber Welders, Ashland, Feb. 14.

Carl Weiss Jr., 24, 808 East Ninth st., pleaded guilty to a charge of burglary not in a dwelling and the case was continued awaiting sentence. The charges involve the entry of Hal "K" Appliances store April 4.

Earliest route to the West led through the Cumberland gap instead of the more convenient Hudson valley, principally because the hostile Iroquois Indians lived there.

JIM'S MEATS

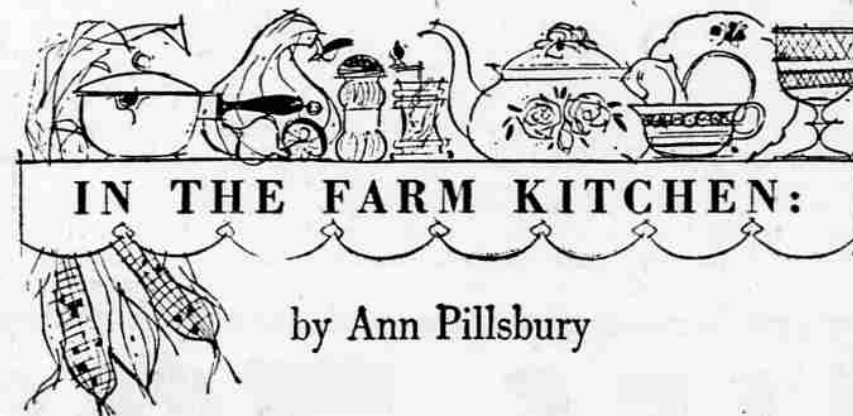
838 W. McANDREWS RD. PHONE SP 3-1666

LEAN TENDER BEEF ROASTS 49¢ lb.	LEAN TENDER T-BONE STEAKS (Trimmed) 79¢ lb.	LEAN TENDER SIRLOIN STEAKS 69¢ lb.	RIB STEAKS (Trimmed) 69¢ lb.
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PORK LOINS 1/2 or Whole **59¢** **CHOPS** **79¢ lb.**

Cut and Wrapped LOCKER MEATS Northern Stamps, Too

1/2 Beef	49c Lb.	FAMILY BUDGET ORDER 24 lbs. BEEF \$12.45
Hind Quarter	55c Lb.	
Front Quarter	45c Lb.	



IN THE FARM KITCHEN: by Ann Pillsbury

2 New Yeast-raised baked foods win top "Bake-Off" prizes!

Prize winners combine Red Star's Special Active Dry Yeast with Pillsbury's new, higher protein flour!

What excitement these baked foods caused at Pillsbury's BEST 9th Grand National Bake-Off! We tested them and tasted them—they're wonderful. Thrill your whole family with these exciting new baked foods as soon as you can—they'll love you for it.

CHUNK O'CHEESE BREAD \$5000 WINNER

Second Grand Prize, Mrs. R. W. Ojakangas, Duluth, Minn. Adapted by Ann Pillsbury

BAKE at 350° for 45 to 55 minutes. MAKES 2 loaves.

Combine... 1 1/2 cups warm water, 1/2 cup corn meal and 2 teaspoons salt. Bring to boil, stirring constantly; cook until slightly thickened. Remove from heat.

Add... 1/2 cup molasses and 2 tablespoons butter. Cool to lukewarm.

Soften... 1 package Red Star Special Active Dry Yeast (or 1 cake Red Star Compressed Yeast) in 1/2 cup warm water in mixing bowl. Add the corn meal mixture; blend thoroughly.

Add gradually... 4 to 5 cups sifted Pillsbury's BEST All Purpose Flour to form a stiff dough.

Knead... on well-floured surface until smooth and satiny, about 5 minutes. (To knead, fold dough over on itself and push with palms of hands. Repeat this process rhythmically, turning dough one quarter way around each time.)



Place in greased bowl and cover. Let rise... in warm place (85° to 90° F.) until light and doubled in size, 1 to 1 1/2 hours. Cut... 1 lb. American cheese into 1/4 to 1/2 inch cubes. Line two 8 or 9-inch round pans with 12-inch squares of aluminum foil, edges extending over pan; grease well. Place... dough on surface sprinkled with corn meal. Work cheese into dough, 1/4 at a time, until cubes are evenly distributed. Divide into two parts. Shape... into round loaves, covering cheese cubes. Let rise... in warm place until light and doubled in size, about 1 hour. Bake... in moderate oven (350°) 45 to 55 minutes until deep golden brown.

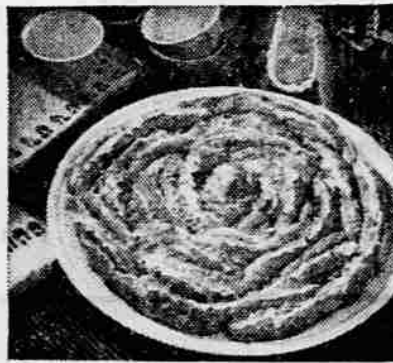
SWEET PETALS

Senior Winner by Mrs. Grace Autrey, Denver, Colo. Adapted by Ann Pillsbury

BAKE at 350° for 25 to 30 minutes. MAKES 1 coffee cake.

Soften... 1 package Red Star Special Active Dry Yeast (or 1 cake Red Star Compressed Yeast) in 1/2 cup warm water.

Combine... 1/2 cup hot scalded milk, 3 tablespoons shortening, 2 tablespoons sugar and 1 1/2 teaspoons salt; stir to melt shortening. Cool to lukewarm. Stir in... the softened yeast.



Add gradually... 2 1/2 to 3 cups sifted Pillsbury's BEST All Purpose Flour to form a stiff dough.

Knead... on floured surface until smooth and satiny, 3 to 5 minutes. Place in greased bowl and cover.

Let rise... in warm place (85° to 90° F.) until light and doubled in size, about 1 hour.

Place... a 15-inch sheet of aluminum foil on baking sheet. Grease; turn up edges to form a 12-inch round pan. Pinch off... small piece of dough, enough to roll into a 6-inch strip, 1/2-inch thick. Dip in melted butter (1/2 cup in all), then in Cinnamon-Sugar Topping. Continue making strips, placing them close together to make a round flat coffee cake. Cover.

Let rise... in warm place until light and doubled in size, 45 to 60 minutes. Bake... in moderate oven (350°) 25 to 30 minutes until golden brown. Cool slightly. Drizzle with a glaze of 1/4 cup sifted confectioners' sugar and 1 to 2 teaspoons milk.

Cinnamon-Sugar Topping: Combine 1/4 cup sugar, 1/4 cup firmly packed brown sugar, 2 teaspoons cinnamon and 1/4 cup chopped nuts.

Editor's Note: To be sure of prize-winning results with these recipes, use only official ingredients: Red Star Yeast and new higher protein Pillsbury's BEST Flour in 25 and 50-pound sacks.

How do you dare send a child to the store?

How is it you know you're taking no chances when you let a youngster take your shopping list? Isn't it for the same reason that you buy 70% of your family's food without actually seeing it? You know that.

A good brand is your best guarantee... and that the name on the label is your best buying guide. You have learned to count on good

brand names. You know the company stands back of them. You know they protect you.

The more good brands you get to know, the fewer buying mistakes you'll make. Get acquainted with those brands in this newspaper. You'll get more value for your shopping money if you do.

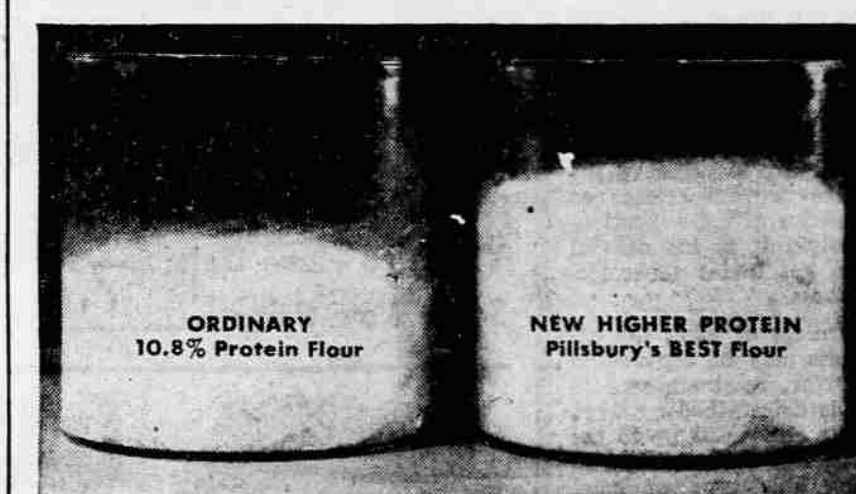
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A GOOD BRAND IS YOUR BEST GUARANTEE

Medford Mail Tribune



See the difference Pillsbury's new higher protein flour plus Red Star Yeast can make



You see it in the dough...springier, faster rising



You see it in the bread...larger and firm textured because the flour's milled from more expensive, higher protein wheat and because Red Star Yeast is special active. What a wonderful bread-baking team—new Pillsbury's BEST and Red Star Yeast. (The yeast that rises quick to give you that springy, "lively" dough that bakes up a dream.) You'll feel the difference in every noble loaf—about one inch higher, even textured and golden crusted. Pillsbury and Red Star promise your favorite bread will look, feel and taste better than ever. See free offer below.

Official 9th Grand National Ingredients



Get 2 pkgs. Red Star Yeast **FREE**

in specially marked 25 & 50-lb. bags of Pillsbury's BEST Flour