



**POPULARITY INCREASING**—Dessert soufflés are increasingly popular because they give a light ending, a dramatic touch to a meal. This orange dessert soufflé is easily and quickly made; depends on plentiful oranges for delicate flavor. Recipes are included in today's food columns.

a pleasing crust color, among other virtues.  
3 tablespoons butter  
3 tablespoons flour  
3/4 cup milk  
1/2 cup granulated sugar  
Dash of salt  
1/4 cup fresh orange juice  
1 tablespoon grated orange rind  
4 eggs, separated  
Sprinkling sugar

Melt butter in a saucepan over low heat; add flour and stir until blended smooth. Slowly add milk, stirring constantly to avoid lumps. Cook; stir until smooth and thickened. Add sugar, salt, orange juice and grated orange rind; blend well and cook three to four minutes.

Remove from heat; cool slightly. Beat egg yolks until light and lemon colored. Stir into first mixture. Beat egg whites until stiff but not dry; fold into orange mixture.

Pour mixture into an un-buttered 1 1/2 quart casserole or baking dish. Set baking dish in pan of warm water and bake at 350 degrees for 45 to 50 minutes. Five minutes before cooking is completed, sprinkle some granulated sugar over soufflé.

**Parsley Butter:** For seasoning potatoes, noodles, shellfish and fish, combine one-fourth pound (one stick) butter, melted, with one tablespoon lemon juice and one-fourth to one-half cup finely minced parsley or fresh or fresh frozen chopped chives.

**Dairy Sour Cream Salad Ways Galore**

Rocketing popularity of dairy sour cream is attested by recent announcement that California leads the nation in appreciation of this piquant product; consumed 1,846,000 gallons of it last year, only a trifle less than all other creams combined.

To keep the rich, spoon-thick consistency of dairy sour cream, do not stir too much in mixing.

**Blue Cheese Dressing.** A fine dressing for mixed green salads, fruit salads and for topping the very popular tomato aspic. Add one-fourth cup crumbled bleu or blue cheese and a dash of Worcestershire sauce to one-half cup dairy sour cream. Mix gently but thoroughly. Makes about two-thirds cup.

**Creamy Currant Dressing.** Especially good with fruit salads. Whip three tablespoons currant jelly with fork until smooth; add one-half cup dairy sour cream. Mix gently.

**Chutney Dressing.** Especially delicious with egg salads or fruit salads. Add one-fourth cup East Indian chutney to one-half cup dairy sour cream. Mix gently but thoroughly.

**Celery Seed Dressing.** Superb with mixed green salads, egg salads, sliced tomatoes. Add one-half teaspoon celery seeds, one-fourth teaspoon onion salt, one-half teaspoon dry mustard and one-half teaspoon tarragon vinegar to one-half cup dairy sour cream. Mix gently but thoroughly.

**Milk-Made Desserts**  
Make any of the many interesting flavors in packaged pudding mixes with milk according to package directions. For an exciting crunchy topping, melt two tablespoons butter in a small saucepan and stir into it two tablespoons brown sugar. Turn off heat, stir in one-half cup crumbled corn flakes and two tablespoons chopped nuts or coconut. Cool. Sprinkle over pudding at serving time. A very good topping for vanilla or strawberry ice cream, too.

**NUTCRACKER SUITE**  
Torquay, England—The hotel rooms where the British Medical Association will hold a meeting of brain surgeons has been dubbed "the nutcracker suite" by local residents.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Convenience Food Sales Zoom; Consumers Glad To Pay for Services

To the best of our memory it all began with a woman's figuring there should be a better way than home-sieving of food for baby and a man's evolving a way to use up a lot of surplus molasses by putting it in a gingerbread mix. That was a brief three decades ago. Of course we could go back to the first canning process but it's more fun this way.

Today myriad items with built-in conveniences fill our supermarket shelves and shoppers, both men and women, seem glad to pay the extra price for this maid service.

The look ahead offers many promising views for food shoppers; many new kinds of food that will be more attractive, nutritious and convenient to use. Along with this surge is every evidence that our diets are going up in grade and quality. We see this in increases in the per capita use of high protein foods, fruits, vegetables.

**New Leads in Food**  
The demand for marketing services moves upward as consumer incomes continue high, domestic help continues scarce and more women go to work outside the home.

The typical new supermarket now devotes 80 feet of space to frozen foods, carries as many as 100 different mixes for cakes, cookies, biscuits, puddings and pie fillings, offers about 50 kinds of baby foods and has many shelves of easy-to-prepare products.

Potato products, concentrated and instant fruit and vegetable juices, instant nonfat dry milk, quickly prepared beverages, soluble coffee head the parade of new convenience foods; mostly items that were unknown, even undreamed of, a decade ago.

Last year, Americans ate more than \$500 million worth of frozen prepared dishes, mostly in convenient containers that could be discarded after use. Newest of these meals, discovered this morning, is a sugar cured ham dinner complete with raisin sauce, whipped sweet potatoes, peas and carrots.

Almost one in three cups of coffee now is made "instantly." Baby foods are a billion dollar industry; frozen foods tote up \$2.7 billion while sales of cake and other prepared flour mixes have passed the \$253 million mark.

As one industry spokesman so well said "the possibilities are infinite." Cost-wise, it's really quite simple. Each food product is composed of two parts - food value itself and the services built into the product. We do it ourselves or pay for having some one else do it for us.

**Fresh Asparagus Very Versatile Vegetable**  
Fresh asparagus is a very versatile vegetable. Lemon, almond, garlic, onion or curry butter, Hollandaise, mushroom or cheese sauce are among favorite companions.

Sautéed onions, mushrooms, crisply fried bacon, chopped hard-cooked eggs; all are delightful when sprinkled lightly over cooked green asparagus spears.

Fresh asparagus soufflés, omelets and other combinations of asparagus with ham, turkey, chicken, eggs and dairy products are easily prepared, delicious, nutritious.

For a time saver, cook enough asparagus for two meals at one time; one to be served hot and the other to be served as a salad the next day. The season for fresh asparagus is so short that one seldom tires of it.

**Anybody Can Make This Orange Dessert Soufflé**  
Have you ever tried to make a fancy, delicate dessert soufflé but hesitated because of the notion it required special skill? If so, take heart and try your hand at making the delectable soufflé we've pictured. Simply add sugar and flavorings to a basic combination of thick cream sauce and eggs. We served it warm. Six servings.

Everyone expects a dessert to be sweet and Sugar Information, Inc., reminds us that sugar increases tenderness, contributes to volume, improves texture and develops

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# We're up Spring appetites with these!!! Taste-tempting foods



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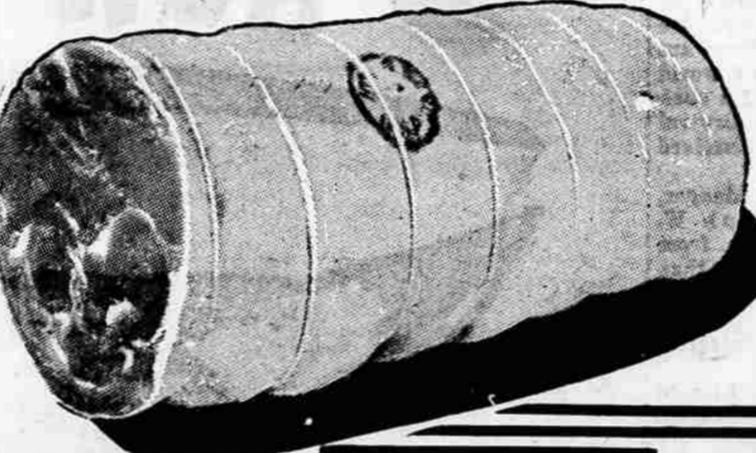
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