

With Mother in Mind

Family Weekly Cookbook
MELANIE DE PROFT
Food Editor



This "Kiss the Cook" Cookbook, Which Brings You the Distinctive Cuisine of the Happy Scandinavian People, Will Add Exciting Variety and New Taste Appeal to Your Meals



If you know the festive Smorgasbord but not the distinctive Scandinavian soups, meat and fish dishes, and desserts, these wonderful recipes are sure to please you and every member of your family. Here is the cookbook that says, "Skool!"

THE SCANDINAVIAN COOKBOOK

YOURS FOR ONLY 50¢ EACH Postpaid

TO: FAMILY WEEKLY BOOKS
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Enclosed find \$_____ for which please send me postpaid _____ copies of "The Scandinavian Cookbook" @ 50¢ each. (No stamps or C.O.D. orders, please; satisfaction guaranteed or money refunded.)

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■ Here's a menu created especially for Mother. Serve her these tempting foods, using her favorite china and linens on her day, next Sunday. May we also present our bouquet of good wishes for a wonderful day.

Smothered Chicken Rosemary

TO PREPARE AND COOK: ABOUT 1 HR.

- 3 large chicken breasts, halved
- 1/4 cup flour
- 1 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1/4 cup butter or margarine
- 1 tablespoon crushed rosemary
- 1/4 cup chopped green onions with tops
- 4 oz. fresh mushrooms, sliced
- 1 7-oz. bottle lemon-lime carbonated beverage
- 1 cup thick sour cream

1. Coat chicken with a mixture of flour, salt, and cayenne pepper.
2. Heat butter in a large, heavy skillet. Place chicken, skin side down, in skillet. Turn pieces to brown evenly.
3. Sprinkle rosemary over chicken. Add onion and mushrooms; pour the lemon-lime carbonated beverage into skillet.
4. Cover and cook over low heat until chicken is tender, 35 to 45 min.
5. Remove chicken to a heated serving platter.
6. Stirring constantly, gradually add sour cream to sauce in skillet and heat thoroughly; do not boil. Spoon sauce over chicken and serve immediately.

6 servings

Whole Carrots De Luxe

TO PREPARE AND COOK: ABOUT 30 MIN.

- 12 small whole fresh carrots
- 1/4 teaspoon salt
- 2 to 3 tablespoons melted butter or margarine
- 1/4 cup finely crushed thin sesame-seed crackers (about 15)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/16 teaspoon paprika

1. Cut off tops of carrots; wash and pare.
2. Put carrots into a saucepan with 1/2 teaspoon salt; add boiling water to almost cover. Cook, covered, 15 to 25 min., or until just tender.
3. Drain carrots and roll in butter. Coat with a mixture of the remaining ingredients.
4. Place carrots on a broiler rack or on a heat-resistant platter. Broil about 3 in. from source of heat, carefully turning to brown evenly. Serve at once.

4 servings

Violet-Crystal Pear Salad

Prepare a stiff gelatin by softening 1 tablespoon (1 env.) unflavored gelatin in 1/2 cup cold water. Heat contents of a 6-oz. can frozen boysenberry juice concentrate until very hot. Add softened gelatin and stir until dissolved. Chill until firm. Chop or grind gelatin to form crystal-like pieces. Generously fill cavities of chilled, well-drained pear halves with gelatin crystals. Arrange pears on crisp salad greens. Serve with a sweet French dressing spooned over the pears.

Artichokes with Melted Butter

TO PREPARE: 10 MIN. TO COOK: 25-45 MIN.
(allow time for artichokes to stand in cold water)

- 4 medium-sized globe or French artichokes
- 1 tablespoon lemon juice
- Hot melted butter or margarine

1. Using a sharp knife, cut 1 in. from tops of artichokes. Cut off stems about 1 in. from base and remove lower outside leaves. With scissors, clip off tips of remaining leaves.
2. Allow artichokes to stand in cold, salted water 20 to 30 min. Rinse thoroughly in clear water and transfer to sauce pot of boiling water.
3. In a large sauce pot or kettle, bring enough water to boiling to cover vegetables; add 1 teaspoon salt per quart water; stir in lemon juice.
4. Cook artichokes, uncovered, 25 to 45 min., or until a leaf can be easily pulled from artichoke. (Cooking time depends on size of vegetables.) If necessary, add more boiling water to keep artichokes covered during cooking.
5. Remove and drain upside down. Remove stems.
6. Serve artichokes immediately in heated sauce dishes. Accompany with individual servings of hot melted butter.

4 servings

To Eat Artichokes—Pull off each leaf and dip in melted butter or margarine. Eat only the tender base of leaf by drawing it between teeth. Discard less tender tip. Continue until choke or fuzzy part in center is reached. Remove choke with knife and fork and discard. The heart or base may be eaten by cutting it with a fork and dipping each piece into the melted butter.

Smothered Chicken Rosemary is sauced with subtly flavored sour cream.

Party-Perfect Salad Mold

TO PREPARE: 20 MIN. TO CHILL: 2-3 HRS.

- 1 12-oz. pkg. frozen sliced peaches, thawed
- 1 3-oz. pkg. orange-flavored gelatin
- 1 cup ginger ale
- 1/4 cup lemon juice
- 1/2 cup maraschino cherries, halved
- 1/4 cup toasted blanched almonds, chopped

1. Drain peaches and reserve sirup. Add enough water (if necessary) to sirup to make 3/4 cup liquid. Heat liquid until very hot.
2. Empty gelatin into a bowl. Add hot liquid and stir until gelatin is completely dissolved. Blend in the ginger ale and lemon juice.
3. Chill until mixture is slightly thicker than consistency of thick, unbeaten egg white; if chilled over ice and water, stir frequently; if chilled in refrigerator, stir occasionally.
4. Lightly oil a 1-qt. mold with salad or cooking oil (not olive oil); set aside to drain.
5. Blend the peaches, cherries, and almonds into the gelatin mixture. Turn into mold; chill until firm, about 2 hrs.
6. Unmold onto a chilled serving plate. If desired, garnish with sprigs of water cress.

6 servings

Butterscotch Chiffon Pie

TO PREPARE: 25 MIN. TO CHILL: ABOUT 3 HRS.

Pastry for 1-crust 8-in. pie (your favorite recipe or a prepared mix)

- 1/2 cup cold water
- 2 teaspoons unflavored gelatin
- 1/2 cup milk
- 3/4 cup firmly packed dark brown sugar
- 1/4 teaspoon salt
- 2 egg yolks, slightly beaten
- 1 teaspoon vanilla extract
- 3/4 cup chilled whipping cream
- 2 egg whites

1. Prepare and bake pastry shell; set aside to cool.
2. Sprinkle gelatin evenly over water; let stand 5 min. to soften.
3. Scald milk (heat just until a thin film appears) in top of double boiler over simmering water; remove double-boiler top from heat and gradually add the sugar and salt, stirring until sugar is completely dissolved.
4. Return double-boiler top to simmering water and heat thoroughly. Vigorously stir about 3 tablespoons hot mixture into the egg yolks. Immediately blend into mixture in top of double boiler. Cook, stirring constantly, until mixture thickens slightly, about 10 min.; immediately remove from simmering water.
5. Stir the softened gelatin and add to hot mixture, blending until gelatin is completely dissolved. Stir in the extract.
6. Chill until mixture begins to gel (gets slightly thicker). If chilled over ice and water, stir frequently; if chilled in refrigerator, stir occasionally.
7. Using a chilled bowl and beater, beat whipping cream until of medium consistency (piles softly). Using a clean beater, beat egg whites until rounded peaks are formed. Spread whipped cream and egg whites over gelatin mixture and fold together until well blended.
8. Turn mixture into pastry shell. Chill until firm.

One 8-in. pie

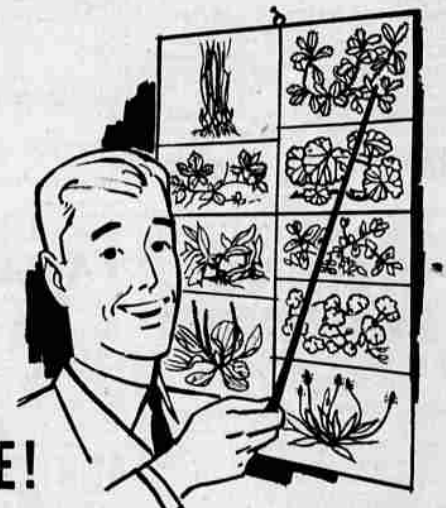
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