



LEROY (ROY) F. CARTER (left) and Ronald L. Carter, copartners in the operation of Carter's Fine Foods market, 1420 Esplanade, suggest a fine spring health cocktail: Combine and chill equal parts sauerkraut juice, tomato juice and clam nectar, salt and pepper to taste. To a pitcher serving six generously, add 2 tablespoons lemon juice and 1 teaspoon onion juice. A dash of ground celery seed is a nice garnish for each tall, cold cocktail.

upstairs and downstairs In Milady's Kitchen

FLORENCE JENKINS, Editor
Herald and News

Potato Parade

While potatoes will be included in every menu and meal across the nation during the national "Potato Parade," April 1-10, if consumers will heed the appeal of potato growers, farm organizations, food chains and all segments of the industry that are cooperating with the National Potato Council in a giant effort to reduce the supply of potatoes now on hand.

Apptly called the national budget balancer and dollar stretcher, potatoes are the universal food, according to the Potato Council.

Potatoes have been the old reliable standby for many generations. They are one of the great energy-producing foods as well as one of the so-called protective foods that should be used every day, especially by active children and working men and women. One medium white potato gives you no more calories than one baking powder biscuit or one large apple or a 7-ounce glass of orange juice, or 1 1/2 tablespoons of French dressing.

TO BAKE POTATOES

Scrub potatoes and dry thoroughly. Rub well with fat if a soft skin is desired. Bake in a hot oven (425 degrees) about 45 minutes to an hour or until potatoes are soft when pressed together with fingers. Remove from oven and make two gashes in top of potato in form of a cross; press potato with fingers. Insert a large piece of butter and season with salt and pepper. Serve piping hot.

SCALLOPED POTATOES

Potatoes may be cooked or uncooked for this method. Since milk is such an essential food in our daily diet, its combination with potatoes makes an ideal dish for body-building. There are many seasonings which may be added to the milk to give a wide variety of flavors, such as thyme, bay leaf, paprika, parsley, lemon juice, pimientos, green pepper, onion, crisp bacon, ham and cheese. Evaporated milk may be used instead of milk or cream, but dilute half and half with water. Slice potatoes into greased casserole, sprinkle first layer with flour, salt and pepper, then another of sliced potatoes, sprinkle with flour, salt and pepper, then another layer of potatoes. Fill casserole with milk to cover potatoes. Cook until done.

For variation, place pork chops or slice of ham on top of the potatoes when placing in the oven. Turn chops or ham when potatoes are half-cooked. Salt and pepper chops. Ham will have enough salt that less should be added to the potatoes when cooked with ham.

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But certain as morning success seems to come to those chosen people who have a Green Thumb."

Women's Wear Daily recently showed pictures of garden gloves decorated with polka dots, pompons and strawberries. The magazine says: "A giddy yet practical glove for gardening or driving is one of several in the new line of cotton work gloves styled by Betsy Ross Glove Casuals. Non-shrink cotton is trimmed with gay pompons or embroidered in colorfast wool."

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The slumber party crowd will like nighties from dad's old shirt. Tint a worn white shirt a spun sugar pastel. Remove sleeves and collar, leaving neckband. Adjust size with pleats or tucks if necessary. Tint edging to match, for a finishing touch.

Give snapshots a sepia tint by dipping finished prints in a lukewarm solution of tin tint until they are desired shade. Dry in the usual way.

Tint chicken or turkey feathers in several brilliant shades and sew feathers to tinted strip of unbleached muslin to make youngster's Indian headdress.

Rope trick. Dunk ordinary clothes line in tint bath to make gaily colored jump rope—or lariats for Ho-Along Cassidy, Jr.

Tint your plastic shower curtains or plastic window curtains by filling bathtub or a larger container with hot tap water, adding solution and your curtains. Rinse thoroughly and hang on clothes line. Do not wring or twist.

Refresh Venetian blinds by dyeing tapes and cords in decorative tones. Wooden slats can be tinted by dunking in solution in laundry tub or sink.

Revive worn or faded rugs. You can spray the entire carpet with dye, using the sprayer attachment of your vacuum cleaner—or touch

HIGH ALTITUDE CAKE

Here is the first recipe turned in for Mrs. Cody May who had good success with Mrs. Foley's Burnt Sugar Cake but wanted a recipe for a white cake as well.

- 2/3 cup shortening
- 1 1/2 cups sugar
- 3 eggs
- 1 t. vanilla
- 2 1/2 cups flour
- 3/2 t. baking powder
- 1/2 t. salt
- 1 cup milk

Cream shortening and sugar; add eggs one at a time and beat until smooth. Stir in vanilla. Sift and measure dry ingredients and add alternately with milk, beginning and finishing with dry ingredients. Pour into 8-inch cake pans and bake at 350 degrees for about 25 minutes.

For a variation, take half the batter and add to it 1/2 cup cocoa mixed with 1/4 cup hot water and 1/4 t. soda, 1 t. each of cinnamon and nutmeg. Alternate the plain and chocolate batters by spoonfuls in the pans for a marble cake. Ice with chocolate icing or easy caramel icing, made by boiling 1/2 cup brown sugar, 6 T. butter or margarine, 6 T. vanilla, 6 T. cream. Add powdered sugar, which has been sifted, until icing is the right consistency to spread.

POTATO CAKE

Mrs. Marion Barnes of Olene, super Klamath Basin cook, was as good as her word and brought in the recipe she has had for years and years of the "original" Potato Cake.

She says this is not supposed to be a fluffy cake, so don't be disappointed if it is a little heavy. It should be.

ORIGINAL POTATO CAKE

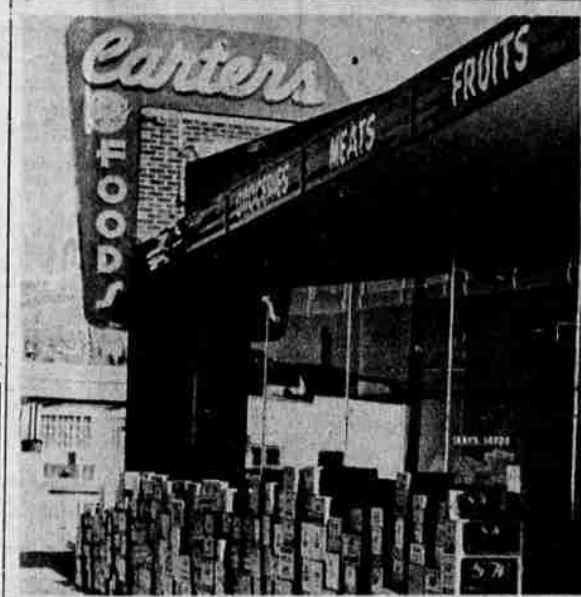
- (From Mrs. Marion Barnes)
- 2-3 cup butter
- 2 cups sugar
- 2 cups flour
- 1 cup mashed potatoes (hot)
- 1/2 cup sweet milk
- 2-3 cup cocoa
- 2 teaspoons baking powder
- 4 eggs, beaten separately
- 1 teaspoon nutmeg & cinnamon each
- 1/2 teaspoon cloves

1 cup chopped nut meats

Cream butter and sugar, add egg yolks, then add mashed potatoes which have been mixed with the milk. Then add other ingredients reserving beaten egg whites until the last. Mix by hand instead of with electric beater. Cake should be fairly heavy to be authentic. Bake in a loaf pan or stem pan, in slow oven (350 degrees) from 45 to 60 minutes.



Kyle Morgan plays four Baldwin deSile 1025 Main



MORE THAN 50 DIFFERENT ITEMS were represented by the 229 cases of S&W Fine Foods unloaded Tuesday noon in front of Carter's Fine Food market. The new red and orange paint job on the exterior of the store was done by Roper & Roper, local painting contractor firm.

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Make it from me... Bessy's Dairy Dishes

By BESSY, The Basin Bessy

Boss 'o the kitchen! Let's get together on some real sharp dairy dishes, the kind that will give you a balanced diet every time. Starting with this little column, we'll try to do this once a week. Our meeting is with the best wishes of the Klamath Basin Grade "A" Producers Association—the people who produce your milk. 'Course, I've got something to do with that, too.

Buster, my bull friend who lives on the next place, just loves this delicate dairy. Maybe the man in your house—big and little—will like it, too. It's a real dessert:

SURPRISE CUSTARDS
6 egg whites
1/2 cup granulated sugar
1/2 teaspoon salt
2 CUPS FRESH MILK
1 teaspoon almond extract

TOPPING: Chocolate sauce and nuts; mint jelly with coconut or semi-sweet chocolate pieces; apricot halves or banana slices with currant jelly; butterscotch sauce and nuts.

Start heating oven to 350 degrees F. Butter 5 to 6 custard cups. In large bowl, beat egg whites with egg beater or electric mixer until blended. Add sugar, salt, FRESH MILK and extract. Beat again 'til thoroughly combined. Pour 1/2 cup of fine strainer into custard cups, filling each to about 1/4-inch from the top and set in pan of water. Bake about 40 minutes, or until knife inserted in top comes out clean. Remove from water, cool on cake rack. Chill thoroughly. Unmold. Serve each with different topping.

Perhaps YOU have a favorite recipe using FRESH MILK! Or perhaps a good, healthy dairy menu. We would like to share it with you and all Klamath folk. Merely write it out plainly on paper and mail it to: Bessy, The Basin Bessy, Post Office Box 541, Klamath Falls, Oregon

Keep your MILK covered to protect its delicate flavor. Other refrigerator odors easily creep in when it is left uncovered.

Do-It-Yourself

Spring Gloves

Today a new classified feature started in the Herald and News—Classification 11, Do-It-Yourself.

Through it, many things to do yourself in building, repairing, remodeling at home will be suggested.

A release from RIT products Corporation, a subsidiary of The Best Foods, Inc., tells of the teenage fad of tinting the sleeves of transparent plastic rain coats in school colors. Credit for starting the fad is given to Portland—where they really know what rain is. From Oregon the fad has spread eastward.

The girls from one New Jersey school whose colors are blue and white, applied masking tape on the coats to form the school letters, then dipped their coats in a solution of blue RIT, rinsed them and removed the tape when the coats were dried. Then they dyed their rain boots, too, but only half way to the top to make a two-tone effect.

Among the do-it-yourself uses for this all purpose tint are suggestions for dozens of ideas. Here are some of them:

Tint costume jewelry in rainbow hues in a double-strength warm water solution. Just add simulated pearl, white or plastic jewelry (buttons, too); lift and turn with kitchen spoon until desired color is reached.

Tint plastic eyeglass frames. Dunk clear or flesh-colored frames in warm (not hot) double-strength tint bath. Also clear plastic combs, barrettes, buckles may be tinted the same way.

Dye fabric shoes with hot water solution for rayon or silk, crepe, linen or canvas shoes. Stroke the color on with small brush. Let color dry and brush off excess dye. Do not rinse.

Tint washable white gloves for wear with pastel shades.

Tint fresh flowers. Swish daisies, Queen Anne's Lace, almost any white flowers in a cool tint solution.

Color the water in the fish bowl by adding jade green or turquoise tint. Won't injure fish, the manufacturers say.

Tint tennis balls in bright colors for identification on crowded court. Or tint your old ones for the youngsters.

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Hand protection for gardeners and while doing yard work is essential—both to the grooming of your hands and comfort. There are few things more irritating than rough hands. So start the spring season right and get yourself a pair of garden gloves that are washable and just loose enough not to bind when you use your hands.

Garden gloves have gone glamorous, anyway. For several years they have been available in cotton fabric that is printed with tiny spring flowers in pink, blue and green.

There are, also, the Green Thumb gloves, made of a special vinyl-treated fabric that keeps dirt from coming through to reach your hands, yet permits your hands to breathe while you work. The treatment prolongs the life of the gloves and is not affected by washing—and the actual green thumb should prove to be an inspiration.

Makers of Green Thumb gloves, the Edmont Manufacturing Company, through their agency, Muman, Mullay & Nichols, Inc., are searching for the origin of the famous expression, "green thumb." The agency's address is 33 Grant Street, Columbus 15, Ohio, and any information would be greatly appreciated.

In the meantime, they have their own verses to use the expression:

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Martha Meade's FROZEN ORANGE JUICE PIE

All measurements are level. Sift flour before measuring. Measure out and save 2 tablespoons juice from—1 can (6 oz.) frozen orange juice, undiluted. Place remaining juice in a saucepan and add—1 can water (3/4 cup) 2 tablespoons butter Bring to a boil. Meanwhile, blend with a rotary beater until smooth—1/2 cup sugar 1/2 cup cornstarch 2 egg yolks, unbeaten 1 can water (3/4 cup) Then slowly stir into boiling liquid. Bring again to a boil and cook 2 or 3 minutes, stirring constantly, until mixture is smooth and thickened. Pour into—

a baked 9-inch pie shell

Let stand until filling is cool. Just before serving spoon Orange Blossom Meringue in mounds around edge of pie. Place under broiler until meringue is a deep golden brown, about 1 minute. Watch carefully as this topping burns very quickly. It is best to serve this pie within an hour or two as this type meringue may "water" slightly upon long standing. 6 servings.

ORANGE BLOSSOM MERINGUE Measure into the top part of a double boiler—2 egg whites, unbeaten 2 tablespoons undiluted frozen orange juice 1/2 teaspoon salt 1/2 cup sugar Beat with rotary beater at high speed over boiling water for 2 minutes. Then remove from heat and continue beating 2 or 3 minutes longer until mixture forms soft peaks.

PASTRY Measure into a mixing bowl—1/2 cup shortening 1/2 teaspoon salt 3 tablespoons cold water Blend ingredients together with a fork until shortening is creamy and absorbs part of water. Then add all at once—1 cup sifted Sperry Drifted Snow "Home-Perfected" Enriched Flour Stir, with circular motion, until pastry holds its shape. Turn out on lightly floured board, pressing quickly into a smooth ball. Roll pastry until it will extend about 1/2 inch beyond outer rim of 9-inch pie pan. Fold pastry in half, lift quickly and place in pan. Unfold, and gently press in place so there are no air pockets beneath pastry. Build up fluted edge. Prick bottom and sides of shell liberally with fork. This allows the steam from the oven to escape during baking. Bake for 10-12 minutes in preheated very hot oven, 450°, or until crust is nicely browned. Cool before filling.

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