

upstairs and downstairs In Milady's Kitchen

FLORENCE JENKINS, Editor
Herald and News



FEMININE ALLURE for vacation or resort wear are these provocative "Pair-Offs" by Stephanie Korot of California. Styled in a newer, lightweight, crease-resistant denim, smartly pants and T-shirt (left) highlight contrasting piping, three button trim, the tapered look. Cuffed shorts (right) combine with colorful, Swaggenknot V-neck sweater. The Stephanie Korot line is carried in Klamath Falls.



'GYPSY' AND 'TIZ SPRING' are two brand new coiffures from the National Hairdressers and Cosmetologists Association, Chicago. Gay with abandon, bold with intrigue, the "Gypsy" will bring out the gypsy in you for spring. It is a bouffant interpretation of the mobile coiffure trend that combines waves with flirtatious wisps. It employs the deliberate sorcery of the tiger-tooth bang, coupled with an innocent waft of a chiffon-like top-knot. Darling come-hither curls of sable hue demand attention for blond coiffures. On raven tresses, ermine-hued tips serve as highlights. "Tiz Spring" is a scintillating combination of waves and fernlike curls on a foundation of soft-flowing waves. A smooth, soft coiffure, it is ideal for the sophisticated personality with accent on romance.

PIZZA PIE RECIPES

From the Appian Way Pizza Test Kitchen comes suggestions for canapes in kaleidoscopic patterns which come out of a package of prepared mix. The only trouble with this assortment of pizza canapes is that the guests will want to make a meal of them.

CANAPE KALEIDOSCOPE:

- 1 package pizza
- 1 can sardines
- 1/2 cup sliced stuffed olives
- 2 tablespoons lemon juice
- Garlic salt
- 1/2 cup mushroom caps
- 1/4 lb. thin-sliced salami
- 1 can anchovies
- 1 lb. sliced American cheese
- 1/2 cup chopped chives or parsley

Prepare pizza dough as directed on package and shape into large rectangle on cookie sheet, about 8 x 16 inches. Cover pizza pastry with Appian Way sauce from the package. With a spoon mark the pizza into thirds. Work with one section at a time, making canapes two inches apart.

FIRST SECTION

Alternate one sardine and 1 tablespoon sliced olives in checkerboard fashion on the pastry and sauce, resulting in alternate canapes, one of sardines then one of olives. Sprinkle with lemon juice.

SECOND SECTION

Cover center section of pizza with sprinkling of garlic salt. Place one row of mushroom caps, about 2 inches apart, in left to right row. Cut salami slices into quarter segments and make second row of these segments, also 2 inches apart. Continue alternating a row of mushrooms then a row of salami, to fill center section of pizza.

THIRD SECTION

In the same manner as above, alternate one anchovy with one

strip of American cheese, cut the same size as the anchovy. Top each cheese strip with 1/2 teaspoon chives or parsley.
Bake canape pizza in hot oven (425 degrees) for 20 minutes. Remove from oven and while still hot, cut with a sharp knife into individual canapes, to make different shapes. Arrange on hors d'oeuvres trays and serve piping hot.

Steps in Freezing For Cooked Foods

To freeze prepared food for future use, try the following recommended steps:

1. Cool the cooked foods.
2. Place in freezer container, allowing 1-10 the height of container for expansion. Seal with usual closure.
3. Place against the wall of the home freezer.
4. Plan for use in menus within recommended storage periods.
5. Heat to serve without defrosting to preserve flavor.

HEARTY POTATO SALAD

Mix 1 cup diced cooked potatoes, 1 cup cooked navy beans, 1 cup shredded cabbage, 1 tablespoon minced onion, with three tablespoons French dressing. Chill thoroughly. Fry two strips of bacon until crisp. Break into pieces and mix with salad. Add about 1 tablespoon bacon fat and salt to taste. Serve bordered with shredded lettuce tossed in French dressing.

Can We Eat For Less?

The National Dairy Council says we can—and still keep eating a pleasure—have foods needed for health and save safely for other family wants.

The council suggests planning substantial main dishes with attention to economical ways to protein in meals by using economy foods freely — milk and cheese, dried beans and peas, liver and other organ meats, whole-grain and enriched products, stopping waste in the kitchen and extravagant use of ready-prepared foods. Here are more:

If you are serious about economizing, use cheese often and in many ways.
Look for economy cuts of meat. Dishes prepared from ground meat help keep costs low. Consider stuffed peppers, turnovers, stuffed cabbage, Swedish meat balls, quick beef hash, meat loaf, beef drumsticks—try new way of seasoning and dressing up hamburgers.

When buying poultry, larger birds may be better buys because there is less bone in proportion to meat than in smaller birds.

The council recommends hearty breakfasts. Your family will work better, feel better and save more money. Those who eat lunch away from home won't be apt to crave such expensive lunches. Just "toast and coffee" brings mid-morning sag and hunger. Money goes for a snack. A high-protein breakfast will "stick to the ribs."

Have a basic breakfast plan: fruit or fruit juice, cereal and/or eggs and/or breakfast meat, bread

and butter, milk and coffee, if you like.

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STAINS

A mayonnaise stain should first be sponged with cold water to remove the egg. Then use lukewarm soapsuds to remove the remainder of the spot, then wash the entire piece as usual in hot soapsuds.

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Oregon's Newest and Best! Toasted Coconut Pie

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TOASTED COCONUT CHIFFON PIE

All measurements are level. Sift flour before measuring.
Beat together in top part of a or cracked ice. Then beat to a meringue—
1 1/2 cups table cream (or "half and half")
2 egg yolks
1/4 cup sugar
1/2 teaspoon salt
1/4 teaspoon nutmeg
Cook over boiling water, stirring occasionally, until custard thickens slightly and thinly coats the back of a spoon, about 10 minutes. Remove from heat and add—
1 tablespoon granulated gelatine, softened in 1/2 cup cold milk
2 teaspoons vanilla
Stir until gelatine dissolves. Cool until mixture begins to jell. (To hasten cooling place pan containing filling in a bowl of very cold water.)
2 egg whites, stiffly beaten
1/4 cup sugar
Fold meringue into jelling mixture along with—
1 cup toasted* coconut
Pour into—
a baked and cooled 9-inch pie shell
Let stand in refrigerator, or cold place, until filling is firm (2 hours or more). Garnish top of pie with 1/4 cup toasted* coconut
6 servings.
*Toast coconut in a shallow pan in a moderate oven, 350°. Stir frequently to insure an even golden brown color. (A 4 ounce can of moist shredded coconut yields 1 1/2 cups.)

PASTRY

Measure into a mixing bowl—
1/2 cup shortening
2 teaspoons salt
4 tablespoons cold water
Blend ingredients together with a fork until shortening is creamy and absorbs part of water. Then add all at once—
1 1/2 cups 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 1/2 inch beyond outer rim of a 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 to allow steam formed beneath crust to escape during baking. Bake in a preheated very hot oven, 450°, for 10-12 minutes, or until nicely browned. Cool before filling. Pastry for a 9-inch pie shell.

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BUTTER IS IMPORTANT FOOD
The nutritive value of butter is important. Ninety-eight per cent of the butterfat is easily digested by the human body. It is a rich source of natural Vitamin A, which is necessary for growth, healthy eyes and skin and maintenance of healthy tissues for resistance to infection. Butter also contains Vitamin D, the sunshine vitamin.

HOME PAINTING
Pre-wash a new paint roller in warm soapsuds and then rinse. This removes loose lint and thus produces a smoother paint job.

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711 MAIN

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

By BESSY, The Basin Bossy

Vitamins. Y'know, the world is vitamin conscious, and it's a good thing. We're a healthier world for it all.

Though Milk is loaded with every known vitamin (an often with an extra shot of Vitamin D for good measure), we've got to admit lots of other foods have lots of vitamins, too.

It's just that MILK has more of them in larger quantities than any other we know of.

Anyway, for your recipe file, here's a tip to keep the precious Vitamin B's found in lima beans. That is, if you soak your limas overnight before cooking them.

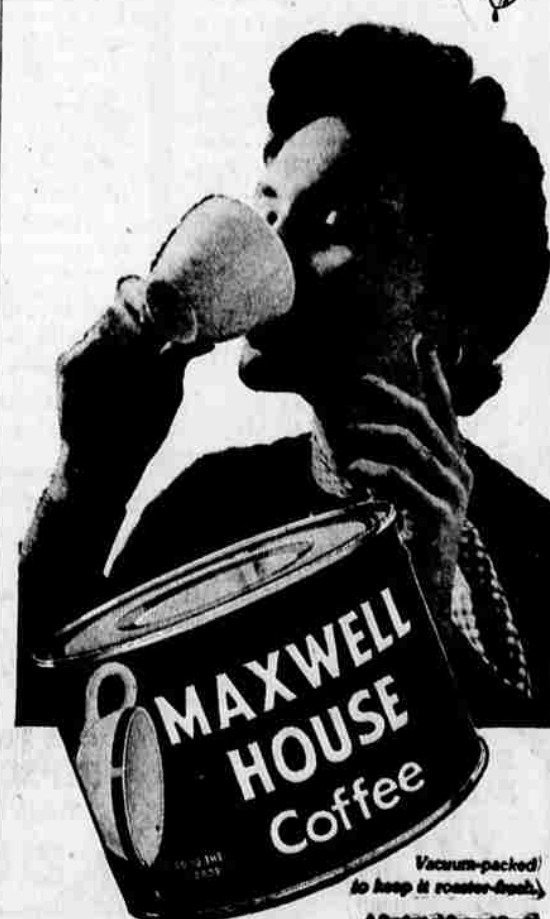
The tip is simply this: Save the water you soak the limas in, and cook the beans in it. You won't lose a vitamin that way.

Here is the week's Dairy Dish: Cream of Cheese Soup:

You'll need 2 tablespoons of minced onion, 4 tablespoons butter, 4 1/2 tablespoons flour, 2 cups of FRESH MILK, 2 cups chicken stock or bouillon, 1/2 pound sharp American cheese, 1/2 cup minced cooked celery, 1/2 cup minced cooked carrot, and chopped parsley.

Fry onion in butter until tender but not brown. Blend with flour and heat until bubbly. Add MILK and chicken stock and cook until sauce boils and thickens, stirring constantly. Remove from heat and add grated cheese. Stir until melted. Add cooked vegetables, heat thoroughly. Top with chopped parsley, and you're ready to serve six.

Luncheon suggestion: Cream of Cheese Soup, croquettes, citrus fruit salad, cinnamon toast fingers, milk and tea.



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