



IDEAL DESSERT is this treat of Lemon Angel Meringues. Filling is Jell-O Lemon Pudding and Pie Filling. Recipe for the meringue shells and the finished dessert tell how easy to make is this ethereal dessert.

JUNE IS DAIRY MONTH

Did you know that American milk consumers drank more than 12 billion quarts of milk last year? That 10 1/2 quarts of rich milk are needed to provide the four pints of rich cream necessary to make one pound of butter.

That ice cream is listed by government charts in Group IV of the Seven Basic Food Groups? That every day homemakers in the United States use about eight million cans of evaporated milk, or put another way — about 5,300 cans per minute?

That dairymen throughout the world come to the United States to observe and study America's efficient low-cost system of milk production, distribution, sanitation, pasteurization and supply?

That 51 per cent of all ice cream sold is vanilla, 18 per cent chocolate and almost 10 per cent strawberry?

That Americans consumed per person last year about 27 per cent more cheese than before World War II—substantiating the phrase, "There's a cheese for every taste and pocketbook?"

BUTTER NECESSARY According to health authorities.

TABLE DECORATIONS Paper silhouettes in the form of wedding bells, mortar boards, umbrellas and such have been introduced by the manufacturers of Hallmark Cards and made colorful party decorations.

Americans trying to reduce are kidding themselves if they cut butter from their diets. Actually, they say, fats are essential for good health. Unless a person is overeating in general, moderate amounts of butter will not cause overweight. In a normal, adequate diet, the fats as well as the carbohydrates are burned for energy, while the protein foods primarily build blood, bone and tissue. Unless enough energy is supplied by fats and carbohydrates, the protein is burned up instead of being used for body repair.

Protein is more efficiently used if fat is included in the diet, these authorities say. Work capacity is also greater when fat is included in meals. This is particularly important when reducing, to avoid the

feeling of fatigue.

EVAPORATED MILK It was just about 70 years ago that the first successful commercial production of evaporated milk was effected. This was a great stride in milk marketing. Then for the first time did the homemaker have whole milk in a satisfactory form which she could keep on hand to use for everything. Prior to that time, the only milk which would keep safe and sweet indefinitely was truly sweet, for it had sugar added to preserve it.

Evaporated milk today takes about a sixth of the nation's yearly milk production. In order to meet today's consumer demands, over five and a half billion pounds of the milk produced each year is processed as evaporated milk.

Nutritionally, evaporated milk is like the whole milk from which it

is prepared. It furnishes all the nutrients of whole milk — the proteins, minerals, vitamins, lactose and butterfat. In addition, evaporated milk has extra vitamin D added. This is a plus value from the nutritional standpoint, for vitamin D is necessary for the body to make the best use of the milk's minerals, calcium and phosphorus, in building and maintaining strong bones and teeth.

With the fine retail distributors of fluid milk that are available in Klamath Falls, providing regular delivery to even rural homes, it is

unlikely that evaporated milk will take the place of whole fluid milk in its sanitary, convenient waxed carton.

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Born In June?

June is the month of the pearl, the alexandrite and the moonstone — all signifying health and longevity, according to the Jewelry Industry Council.

Musical notables who celebrate Cole Porter, Richard Rodgers and opera star Rise Stevens. Also born in June were actor Maurice Evans, modern architect Frank Lloyd Wright and author Harriet Beecher Stowe.

The pearl has been described as one of the most exquisite of gems. Long before they realized what it was, the ancients were enchanted by its delicate beauty and subtle sheen. Though pearls have been found in all colors of the rainbow, the most sought-after are those with a creamy rosette tint. All colors, however, have been highly prized from the earliest times.

The pearl is important in Oriental legend as a symbol of health, energy, beauty and thought. It was a favorite symbol of Diana, the protectress of young girls.

The alexandrite, found only in Ceylon and the Uralis, has the remarkable property of living two lives in color—a splendid green by day, an amethystine red by candlelight. The depth and strength of the alexandrite's colors make it an exceptionally attractive ring stone for men.

The moonstone, a gem of limpid and misty light, was once regarded as a love charm during the waxing of the moon, and during the moon's waning as a talisman that enabled its wearer to foretell the future. Usually cut cabochon, or dome-shaped, it is a favorite ring stone, both as an individual gem and in combination with other stones. Moonstones are found in Ceylon and Burma.

Lemon Angel Meringues

Light as a spring cloud are these lovely meringues—a sunset cloud, touched with lemon-yellow and rosy red. Lemon pudding and pie filling is used for the creamy yellow filling, its richness enhanced by the addition of egg yolks and with whipping cream folded into the cooking pudding. The reserved egg whites — there are two—go into making the delicately crisp meringue shells. Just before dinner choose the biggest, reddest and juiciest strawberries in the basket for garnish.

MERINGUE SHELLS

2 egg whites
1/4 teaspoon cream of tartar
1/2 cup sugar

Beat egg whites until foamy throughout. Add cream of tartar beat until stiff. Add sugar, 2 tablespoons at a time, beating after each addition until sugar is blended. Then continue beating until meringue will stand in very stiff peaks.

Using a spoon or pastry tube, shape meringue in rounds on unglazed paper or baking sheet, making each about 3 to 4 inches in

diameter and about 1 1/2 inches high. With a spoon make a depression in center of each. Bake in slow oven (27 degrees) 45 to 50 minutes. Cool in the oven with oven door open and remove from paper after thoroughly cool. Makes 4 to 6 meringues.

FILLING

1 package lemon pudding and pie filling mix
1/2 cup sugar
1 1/4 cup water
2 egg yolks
1/2 cup whipping cream
4 to 6 individual meringue shells

Combine pudding mix, 1/2 cup sugar, and 1/2 cup of the water in saucepan. Add egg yolks and blend well. Then add the remaining 1 1/2 cups water gradually, stirring constantly. Cook and stir until mixture comes to a full boil and is thickened (about 5 minutes). Cool, stirring occasionally. Whip cream, fold into pudding. Spoon into meringue shells. Chill. Makes three cups filling; or 5 to 6 servings.

Turkish Fruit Tarts

This recipe, combining fruit and ice cream will serve 10 persons.

2 tablespoons butter
1 cup brown sugar
1/2 cup water
2 tablespoons lemon juice
1 teaspoon grated lemon rind
1/2 cup chopped dates
1/2 cup apricots, chopped
1/2 cup seeded raisins
1/2 cup cooked, chopped prunes (drained)
1/2 cup chopped walnuts
Salt

Recipe for flaky pastry using 2 cups flour
1 quart vanilla ice cream

Roll out pastry to 1/4 inch thickness and cut into 5-inch rounds. Fit rounds over back of muffin pans and trim. Flute or crimp edge as desired. Prick with fork and bake, pastry side up (of course), in hot oven (425 degrees) for 15 to 18 minutes or until done. Cool. To make filling, melt butter, combine remaining ingredients and simmer over low heat until thickened. When cool, spread in baked tart shells. Top with vanilla ice cream. Tarts may be filled and held in the refrigerator and ice cream added just before serving.

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If the bridesmaid's corsage is in for a whirl after the wedding, Max Factor Jr.'s tips on how to lengthen its life will come in handy. Here's what the Hollywood expert says to do:

Dampen a thin sheet of cotton, and wrap it loosely around the corsage. Place in the lower part of the refrigerator and let it remain until dry or wilted petals crisp up. This should take about an hour.

If you have no cotton, put corsage in a paper box. Sprinkle inside of box and the flowers with cool water. Cover with lid of box and put in lower part of refrigerator until revived by cool air and moisture.

MERINGUE

Spread the meringue the whole way to the edge of the lemon pie you are making. In this way shrinkage is prevented because the meringue has something to cling to.

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