

upstairs and downstairs In Milady's Kitchen

FLORENCE JENKINS, Editor

Herald and News

Cocoa-Mocha Angel Food

From Grace Colvin Wells, home service director for California Oregon Power Company, comes this chocolate-mocha angel food cake.

Sift and measure 1 cup cake flour, 1 1/2 cups confectioner's sugar, 1/4 cup cocoa, 1 tablespoon powdered instant coffee. Sift together four times.

Beat until quite dry 1 1/2 cups egg whites, adding, while beating, 1 1/2 teaspoons cream of tartar and 1/2 teaspoon salt. Add slowly (2 tablespoons at a time) 1 cup granulated sugar. After the egg whites are quite dry, add 1 teaspoon vanilla.

Add the dry ingredients in four parts. Sift into beaten egg whites and fold just until evenly distributed. Do not beat.

Bake in a 10-inch tube pan at 350 degrees for 50 minutes to an hour, or until the top springs back when touched with your finger. Invert pan on a rack to cool.

Mrs. Wells suggests freezing this cake in your home freezer. When serving, she says, slices will thaw sufficiently as they are cut.



RASPBERRY TORTE takes 1 pint fresh raspberries (with 30 berries reserved for garnish). Crush berries and sprinkle with 1/4 cup sugar. Whip 1/2 pint heavy cream. With a sharp knife, cut an angel food cake into four layers. Fill each layer with crushed raspberries and whipped cream. Top with whipped cream and whole berries. Makes 8 to 10 servings.

Cottage Cheese Ring

1 package lime flavored gelatin
3/4 cup hot water
1 small onion, chopped
1/2 cup chopped nuts
1 tablespoon lemon juice
2 cups celery, cut fine
1 cup cottage cheese, well drained
1/2 cup mayonnaise
Dissolve lime gelatin in hot water. Cool. When gelatin starts to thicken, add rest of ingredients. Mix well, then pour into a ring mold. Chill until firm. Unmold on a platter of crisp lettuce leaves. Fill center with crab or shrimp, if you wish, or serve plain with tomato slices and ripe olives for a garnish. Serve with a side dish of mayonnaise thinned slightly with lemon juice and a little cream.

GRAPEFRUIT APPETIZER

For the first course for dinner, pour a tablespoon or so of vermouth over halves of grapefruit. If you wish to serve them hot instead of cold, dot with butter and broil briefly before serving.

Meat Loaf

Meat loaves mean good eating at any time. But they make an especially good choice for summer days. Reba Stages, home economist with the National Live Stock and Meat Board, has five suggestions for varying meat loaves with little effort.

1. Prepare a sauce topped loaf. In the bottom of the loaf pan spread catsup, a barbecue sauce,

or mustard sauce. Then mold the meat mixture over it and bake. When unmolded you have a ready-made sauce.

2. Make a design on the bottom of the pan, using olive slices, pickles, hardcooked eggs, pimientos or green pepper. Mold the meat mixture over the design and bake.

3. Look to your cupboard for different pans in which to bake the loaf — a square pan allowing for square servings of the meat loaf, or a ring mold, serving the center

filled with creamed peas or succotash. Or bake meat mixture in individual muffin pans or shape into individual loaves and bake in a shallow pan for a crisp crust.

4. Prepare a plain meat loaf and serve with a sauce. Suggested are cheese, olive, tomato, horseradish, mustard and pimiento sauces.

5. Use different combinations of meat for your loaf, such as ground beef and pork or ham; beef, veal and ham; veal and pork, or ham and pork.

Hot Beef Puff

What to do with leftover cooked roast beef after you've served it cold sliced and you aren't just in the mood for hash?

National Live Stock and Meat Board's home economist, Reba Stage, suggests making hot beef puff. This recipe serves four.

- 2 cups ground cooked beef
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons chopped parsley
- 1/2 cup mayonnaise
- 8 slices of bread
- Butter or margarine, softened
- 3 eggs, slightly beaten
- 2 cups milk
- 1/2 teaspoon salt
- 1/4 teaspoon sage

Combine meat, salt, pepper, parsley and mayonnaise. Spread four slices of bread with butter or margarine, cover with meat mixture and top with slices of bread. Place sandwiches in greased shallow casserole dish. Combine eggs, milk, salt and sage and mix well. Pour over sandwiches and let stand in refrigerator at least an hour before baking. Bake in a moderate oven (350 degrees) about 45 minutes or until brown and puffed.

WASHING PLASTIC

The proper way to wash plastic handbags and shoes is to use "dry" soapsuds. Whip up a lot of soap with very little water until the suds stand up stiff. Then dab some on a clean cloth or sponge and go over the soiled surface. Wipe quickly with a damp-dry rinse cloth, then with a dry cloth. Wash off the slightest smudge as soon as it appears and these summer accessories will always be clean.

Thoroughly use a high grade vegetable shortening. Measure accurately and bake exactly as directed. Use proper adjustments for flour, eggs, leavening. In Angel Food and Sponge Cakes, beat egg whites only to a soft peak. Fold in dry ingredients lightly and quickly (use as few strokes as possible).

Adjustments are unnecessary for cookies, desserts, quick breads, pastry and yeast breads. However, yeast breads require a shorter rising period.

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LAKESHORE GARDENS NURSERY

High Altitude Cake Baking

Betty Crocker, home economist for General Mills, Inc., who first developed the famous method of mixing cakes in one bowl in just four minutes, without creaming shortening or beating eggs, and gave us the quick easy Stir-N-Roll Pastry and Stir-N-Roll Biscuits, gives us adjustments for cake making at high altitudes.

This is printed in response to numerous telephone calls from newcomers to the Klamath Basin who have found that their sea level recipes do not give the same perfect cakes at this altitude — 4,105 feet.

BAKING TEMPERATURE
At all altitudes over 3,500 feet, she recommends increasing baking temperatures 25 degrees.

MORE FLOUR
Using Gold Medal "Kitchen-Tested" Flour or Softasilk Cake Flour, at 3,500 feet add 1 tablespoon more flour per recipe. Then add 1 tablespoon more flour for each 1,500 foot increase, so an addition of 1 1/4 tablespoons of flour

is indicated at this altitude.

EGGS

Use maximum amount of egg called for in recipe. If part of egg is needed to make full measure, add egg white, not yolk.

SUGAR

Do not reduce at any altitude, says Betty Crocker.

LEAVENING

If recipe calls for baking powder, soda or both, make suggested changes as listed below. Measure accurately, and use only the amount of baking powder, soda or both, as indicated in adjusted table. When the sea level recipe calls for:

Sea Level	3,500-5,000 feet
1 tsp.	1 1/2 tsp.
1 1/2 tsp.	2 1/4 tsp.
2 tsp.	3 1/4 tsp.
2 1/2 tsp.	4 1/4 tsp.
3 tsp.	5 1/4 tsp.
3 1/2 tsp.	6 1/4 tsp.
4 tsp.	7 1/4 tsp.

SPECIAL HINTS

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