

# upstairs and downstairs In Milady's Kitchen

By Florence Jenkins, Food Editor

## Herald and News

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KLAMATH FALLS, OREGON

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**FORTY YEARS** of good foods and good flavors are being emphasized in Nalley's, Inc., 40th anniversary promotion. In the accompanying photograph, Nalley's Beef Stew promotion earlier this year is overlapped by Nalley's Specialty Dressing promotion which has been the feature of the last weeks. Treat your family or guests by permitting them to have their choice of dressings on salads.

### SPECIALTY DRESSINGS

The array of bottled salad dressings on your grocer's shelves has increased tenfold in about that many years. So has the acceptance of salads in the daily menu.

Salads may be anything today. They may be hot or cold, sweet or sour, all vegetables, all fruits or a mixture of sea-food, meat or cheese with any other combination. Popular combinations include things that don't even sound good—for example, Bermuda onion rings and orange segments topped with French dressing. One wonders how many of the combinations were evolved by accident and how many by design.

Cole slaw used to be shredded crisp cabbage with a sweet and sour dressing with salt and pepper and possibly celery seed added. For variety and color accent, red cabbage, shredded, is a wonderful salad, and practically anything may be added to it. Nalley's Sweet and Sour Dressing dresses it to perfection.

A wedge of iceberg lettuce and French Bleu Cheese Dressing is easy, quick and delicious. Russian dressing is preferred by many on tossed green salads. Chopped green onions and chopped new spinach with a light dressing of Italian Dressing is a fine salad with Italian food such as spaghetti or macaroni and cheese, lasagne or a noodle casserole.

Bananas, sliced lengthwise topped with a ribbon of Nalley's Fruit Salad Dressing and a sprinkling of chopped nuts goes well with fried or barbecued chicken. To make a bigger salad, lay the slices of banana over a pineapple ring. The type of salad you serve is up to the imagination of the cook. If the greens are crisp, any salad is good and most of them are excellent.

### BASTE WITH 7-UP

One of the most popular kitchen uses for 7-Up is that of a tangy baste for meats and fowl. Seven-Up helps to highlight the natural flavor of the meat. Combine 7-Up with melted butter to baste broiled fish. It adds a pleasant lemon flavor and helps to eliminate unpleasant cooking odors.

### TWO HEADINGS BETTER THAN ONE

To prevent uneven wear on curtains because of the action of light and sun on the fabric, make headings at both ends whenever possible. Then reverse the position of the curtains after each laundering. Frequent sudsing to remove fabric-weakening soil also adds to curtain life and beauty.

### REFILLS AVAILABLE

Here is welcome news for the thousands of women who own Helena Rubinstein's marvelous Mascara-Matic. Refills are now available. Instead of buying a whole new Mascara-Matic you purchase, half a Mascara-Matic—the half containing a fresh supply of liquid Waterproof Mascara, in whatever shades you desire!

In the same smart gold-colored metal and the same design as your original Mascara-Matic, the refill screws into the applicator half for a perfect fit, mechanically and aesthetically. It couldn't be simpler!

All the lovely Mascara-Matic colors are available in the new refill: Royal Blue, Navy Blue, Emerald Green, Brown and Black. It's so economically priced that the smart thing to do is to have several refills of different shades on hand. Then—just by cleaning off the applicator wand and inserting it in the refill of your choice—you can match your lashes to your wardrobe! Each refill except black has a color dot on the tip to identify the shade it contains.

Because of the refill's clever screw top closing, which keeps it secure until you are ready to use it, you can even carry a spare in your handbag!

### Frozen Fruit Salad

Having a frozen salad in your refrigerator or freezer is a grand idea, since it can be prepared hours or days ahead of serving. A frozen salad is cool and elegant summertime fare, too, as the main course at luncheon or with a buffet supper featuring ham, turkey or chicken.

This Frozen Fruit-Cheese Salad is delicately colored and flavored, and daintily served, it's a fine start for party menus. Pineapple tidbits, orange segments and maraschino cherries are natural for taste and appearance in a frozen salad.

Frozen Fruit-Cheese Salad is pretty and cool looking when served on a bed of crisp greens, atop a slice of pineapple. Another idea is to garnish salad with pineapple tidbits and strawberries. Dressing isn't necessary, but you can pass a dressing of mayonnaise thinned with pineapple juice, if desired.

### FROZEN FRUIT-CHEESE SALAD

2 small (3-oz. size) cakes of cream cheese  
2 tablespoons lemon juice  
1-3 cup mayonnaise  
1/4 cup pineapple tidbits, drained  
1/2 cup diced orange segments  
1/4 cup chopped maraschino cherries, well-drained  
1/2 cup chopped walnuts or toasted almonds  
2 teaspoons chopped candied ginger  
1 cup heavy cream

Blend cream cheese, lemon juice and mayonnaise. Fold in other ingredients in order given. Freeze in deep refrigerator tray, or desired container, 3 to 4 hours or until firm. Serves 6 to 8.

### BOILED POTATOES

Add minced chives and chopped parsley to the melted butter you serve over small new boiled potatoes.



**JOHNNY DE SHAZO**, a veteran of 13 years in the meat business, has been named as new head of the meat department at Low Cost Super Market in the Town and Country Shopping Center.

### BARBECUE SAUCE

Called by the American Molasses Company "Caribbean Barbecue Sauce," the following is good sauce for beef kabobs even if you have to cook them in the oven in the kitchen during a sudden storm. Blend 1/4 cup molasses and 1/4 cup prepared mustard. Add 3 tablespoons vinegar, 2 tablespoons

Worcestershire sauce, 2 tablespoons soy sauce, 1/2 teaspoon Tabasco and 1 teaspoon ground ginger. Make the kabobs of 1 1/2-inch squares of beef chuck (tenderize at room temperature for 30 minutes with unseasoned meat tenderizer before cooking), green pepper, ripe tomato, wedges of onion and mushroom caps. Serve with additional sauce over cooked rice.

### MEAT DEPARTMENT ACQUIRES NEW HEAD

Several innovations are being put into effect at Low Cost Supermarket's meat department by Johnny De Shazo, who has come from Spokane to head that department of Emil Albrecht's supermarket in the Town and Country Shopping Center.

De Shazo's soft drawl comes from Texas, but he has lived in the Spokane area for the last eight years. During the Korean conflict, he was stationed at Fairchild Field, the big jet base near Spokane and did his tour of duty cutting meat in the commissary department.

His new ideas including cutting bulk cheese, in many varieties and packaging in a variety of weights, with packages wrapped in Saran-wrap to bring fresher cheese to the customer. Also, luncheon meats will be sliced and vacuum-packed. The line will include all standard brand names.

Fresh beef will be trimmed of excess fat and bone before being packaged for sale from the case and special orders will be custom cut, De Shazo said.

### HONEY

Use honey as the binding agent in making candy that is nutritious and delicious for your family. For date-filled candy, slit the dates on one side, remove the pit and stuff with any of a variety of fillings: Dried apricots and honey, made by putting 1/2 cup of dried apricots and 1/2 cup walnuts through the fine knife of a food chopper, then blend with 1/4 cup of honey; or combine 1/4 cup peanut butter and 2 tablespoons of honey and use to stuff the dates; or combine 1/2 cup seeded raisins and 1/2 cup Brazil nuts put through the food chopper with enough honey to moisten for stuffing.

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