

upstairs and downstairs In Milady's Kitchen

By Florence Jenkins, Food Editor

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DEHYDRATED FOODS

Dehydrated fruits and vegetables are fresh fruits and vegetables with the water removed. They are not pre-cooked.

When using dehydrated fruits and vegetables, follow the directions on the package. They should be cooked like fresh vegetables are cooked.

Where a recipe calls for a raw vegetable or fruit, all dehydrated fruits and vegetables can be used without cooking by simply rehydrating. This is done by letting ingredient soak in water 20 to 30 minutes, or overnight if desired. Overnight soaking gives a slightly greater yield.

Where food is to be cooked, no pre-soaking is necessary. Allow the same cooking time as required for raw, fresh vegetables. Fruits require much less cooking time than fresh fruit.

Dehydrated foods are just as good for everyday use as they are for storage. They have a definite place on the shopping list. They save on storage which is especially important if availability to stores is limited.

With dehydrated foods there is no preparation such as peeling, slicing, coring, sorting, washing or rinsing. That has been done. The dehydrating process retains color, flavor and nutritive value. Recipes are included on the packages.

Fruits are dehydrated to approximately two per cent moisture by the Cox-Patten Company. The fruit salad mixture contains an excellent assortment of gelatin salads or desserts and is the perfect answer if preparing gelatin salads or desserts for a big crowd.

Unflavored gelatin is almost pure animal protein. Gelatin can be used as protein supplement or with fruits and vegetables to make salads or desserts in the case of fruit.

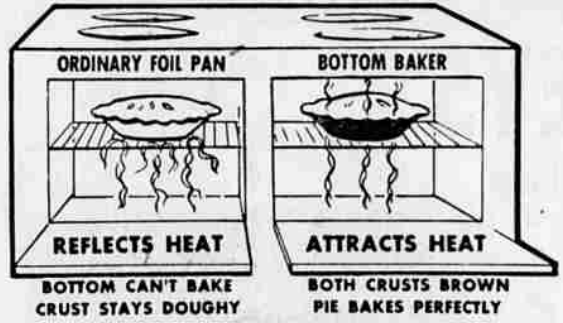
With today's emphasis on Civil Defense preparation, dehydrated fruits and vegetables can make up the recommended emergency packs and survival kits.

DRIED FIGS

Dried figs with their sweet, nutty flavor are a favorite for nibbling at holiday time. Make up a trayful of fig goodies, several kinds, to please both children and adults. Place a soft dried fig on a short wooden skewer and dip in melted semi-sweet chocolate. Or stuff dried figs with peanut butter, a sharp cheese spread or a mixture of softened cream cheese and finely-chopped candied orange peel.

In solving the problem of baking the bottom crust, Chet's has made it possible for homemakers to combine the convenience of frozen foods, with the advantages of home-baked goodness.

A NEW LINE of dehydrated foods has been introduced locally, according to Ron Phair at the Big Y Market. The Cox-Patten Company of Chico has come out with the C-P Dri-Pak for multiple servings.



ORDINARY FOIL PAN
REFLECTS HEAT
BOTTOM CAN'T BAKE
CRUST STAYS DOUGHY

BOTTOM BAKER
ATTRACTS HEAT
BOTH CRUSTS BROWN
PIE BAKES PERFECTLY

CHET'S FROZEN PIES

The deliciousness of quality frozen pies is a blessing we all have come to expect. Now from Chet's, pioneering firm in the frozen food field, comes equal assurance that both the crusts will be beautifully golden brown.

For the first time in the history of frozen pies now you have a double-your-money back guarantee that the bottom crust of your frozen pie will be deliciously golden brown.

This "bottom baker" pan that achieves such miraculous results is based on the same old-fashioned heat-absorption principle of black cast iron pans. Through many years of research, Chet's Famous Foods, who've pioneered so many advances in the frozen food field, perfected their exclusive "bottom baker" pan that's black on the outside just like old-fashioned cast iron pans.

This black, dull finish attracts heat, so that the bottom crust bakes just as golden brown as the top. The "bottom baker" ends once for all the problem of limp, doughy bottom crusts caused by shiny foil pans that reflect heat away.

SHOPPING LIST

When making up your shopping list for the holiday season, remember to include both pitted and unpitted Wyandotte ripe olives. They are so attractive on the relish dish with crisp celery, carrot strips and sliced turnips and there are so many dishes that are improved by the addition of chunks of Wyandotte ripe olives.

RED AND GOLD SALAD

Open both ends of a can of chilled tomato aspic salad and push out of can. Cut into 8 slices. Cut four pineapple slices in half crosswise. Alternate slices of aspic and pineapple in a fan shape on a bed of greens. Serves 4.

MILK Makes Energy

Wouldn't a Nice Cool Glass Go Good Right Now!

Get a Lift Without a Letdown



TRADITIONAL HOLIDAY dessert is Ambrosia. In your best cut-glass bowl put layers of fresh orange sections and flaked coconut and be assured of the perfect ending to a meal. Photo and recipe are courtesy of Baker's Angel Flake Coconut.

AMBROSIA DESSERT

Long a top favorite dessert for holidays, Ambrosias will star again this Christmas. With or instead of the traditional orange and coconut mixture many other fruits may be used, always highlighted by the delicate flavor and snowy whiteness of coconut.

Actually, this "ambrosial" dessert can be made with almost any fruits—fresh or canned. For example, add sliced bananas to the basic mixture, or, if you wish color accent, add well-drained canned sweet cherries, or canned quartered prunes. Several suggestions are given here. As for citrus fruits the best ones to use for an Ambrosia are the Navel, the Temple and the Tangerine—easy to section, too. The Florida Citrus Commission recommends when Tangerines are used, to cut each section in half and remove seeds.

ORANGE AMBROSIA
2 cups orange sections, free from membrane (4 or 5 large oranges)
1 cup tender-thin flaked coconut

In a serving dish arrange alternate layers of orange sections and coconut, topping with coconut. Chill several hours before serving. Makes 4 to 6 servings.

Note: Orange sections may be sweetened, if desired.

FRUIT AMBROSIA DELUXE
3 cups fresh, canned or frozen fruit
1½ cups tender-thin flaked coconut
3 tablespoons brandy or fruit-flavored liqueur
Mint leaves

In a serving dish arrange alternate layers of fruit and coconut, topping with the coconut. Sprinkle brandy or liqueur over top and garnish with mint leaves. Chill several hours before serving. Suggested fruit combinations:

melon balls, sliced peaches, and sliced strawberries, or melon balls, pineapple cubes, and sliced strawberries.

MINUTE AMBROSIA
2½ cups (1 pound 13-ounce can) chilled, drained, fruit cocktail
1 1/3 cups (about) tender-thin flaked coconut
3 or 4 tablespoons frozen orange juice concentrate

Place fruit cocktail in bowl. Add other ingredients, mix thoroughly and serve. Makes 7-8 servings.

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Nylon Skates Have Benefits

What would you say if your youngster decided to make a whirling tour of the new linoleum on roller skates? Well, if his skates are up to date, you might just wish him a good trip.

After more than 50 years, roller skates have acquired house manners. These new skates are made of nylon resin, an oil-based product that has the appearance of plastic. It's said that they have no effect on floors or linoleum, and can be used indoors or out.

One feature of the nylon skates which makes them popular with young skaters is that they can be used with the loafers, soft shoes, or the ballet slippers that many children wear. They come in four colors and can be wiped clean. And squeaky wheels are a thing of the past—wheels on these skates are self-lubricating and never need oiling.

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This 4-door Hardtop Cruiser is the luxurious Park Lane by Mercury. Also available in the distinctive Montclair and the popular Monterey series.

The brand NEW '59 MERCURY shows you what NEW really means

Americans are looking at the new cars with a new look in their eyes. They're searching for the best combination of all the things that count in a car. The answer in 1959 comes from this completely new 20th Anniversary Mercury.

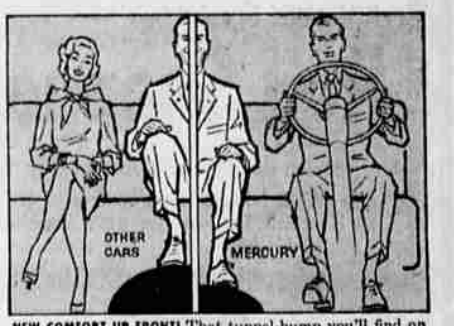
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