



CHIFFON FRUIT PIE is never "old hat." The Jamaican Fruit Pie pictured here is a handsome, delicious pie made with canned fruit cocktail, macaroon crumbs and rum flavoring in a chiffon filling. Photo and recipe courtesy of California Foods Research Institute.

Jamaican Fruit Pie

From colorful, sunny Jamaica—the land of tropical fruits and Calypso music—comes our inspiration for "Jamaican Fruit Pie."

Convenient canned fruit cocktail with its variety of fruits sparkles throughout this delectable pie; orange-flavored gelatin and vanilla ice cream make an easy chiffon-like filling, sparked with rum flavoring and macaroon crumbs.

You will bring the color and romance of Jamaica to your table when you serve this distinctive, delicately-flavored pie — deserving of your best china and silver.

JAMAICAN FRUIT PIE
1 package orange-flavored gelatin
1 cup hot water
1 teaspoon grated orange rind

$\frac{1}{2}$ cup orange juice
 $\frac{1}{4}$ teaspoon salt
1 pint vanilla ice cream
2 teaspoons rum flavoring
1 cup finely crumbled macaroon crumbs
 $1\frac{1}{2}$ cups drained canned fruit cocktail
1 baked 9-inch pastry shell
Dissolve gelatin in hot water. Add orange rind, juice, salt and ice cream, stirring occasionally until ice cream is completely melted. Stir in rum flavoring and macaroon crumbs. Chill a few minutes, until slightly thickened. Fold in well-drained fruit cocktail, and turn into baked, cooled pie shell. Chill until firm. Garnish with whipped cream, if desired.
Makes 1 (9-inch) pie.

FRENCH BREAD

Pillsbury Flour has a special coupon offer in the Herald and News.

This is good bread-baking weather, so why not make up a batch of Pillsbury's Crusty French Bread? We know even some of the men around town who tried it when the recipe was published last year and it is reprinted today by request.

FRENCH BREAD
1 tablespoon shortening

1 tablespoon salt
1 tablespoon sugar
1 cup boiling water
1 cup cold water
1 cake compressed yeast
or 1 package Red Star Yeast
 $5\frac{1}{2}$ to 6 cups sifted Pillsbury's All Purpose Flour
Egg white

In a large bowl combine shortening, salt, sugar and boiling water. Add cold water; cool to lukewarm. Blend in yeast; mix well. Let stand 5 minutes. Gradually add flour, mixing well after each addition, to form a stiff dough. Knead on floured surface until smooth and satiny, five to 10 minutes. Place in greased bowl, covered. Let rise in a warm place until light and doubled in size, about 1½ hours.

Shape into two oblong loaves about 14 inches long; place on greased baking sheet. Cover. Let rise until light and doubled in bulk, about 1 hour. Brush with slightly beaten egg white.

With a sharp knife, gently make three diagonal slashes across the top. Bake in a hot oven (425 degrees) 15 to 20 minutes, until golden brown. Reduce heat to 350 degrees and bake for 30 to 45 minutes longer. Makes two loaves.

Note: The water used to dissolve the dry yeast should be subtracted from the water called for in the recipe. Also, dry yeast may be dissolved in warmer water than you use for compressed yeast.

PORK CHOPS

As in most homes, you probably have certain meat and vegetable combinations that are served frequently and always in the same way. For example such dishes as boiled tongue with spinach or pork chops with sauerkraut or cabbage might be the favorite meals that meet with your family's approval.

However, here's a new method of fixing an old favorite that will surely receive a hearty welcome at the dinner table. It's savory baked pork chops prepared with tart apples, brown sugar and caraway seeds that is cooked to a juicy tenderness. Accompanied by a side dish of sweet tangy glazed sweet potatoes, this meal will brighten up any winter menu.

Both recipes are easy to follow and are bound to add new interest to a traditional hearty dish. They are given below:

PORK CHOPS AND APPLES

4 pork chops, $\frac{1}{4}$ inch thick
2 teaspoons salt
 $\frac{1}{2}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon caraway seeds
2 apples, cored and cut in half
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{2}$ cup water

Sprinkle half the salt and pepper on chops. Brown chops in skillet. Place chops in 1½ quart casserole. Place apples, skin side down, on top of chops. Sprinkle with sugar. Add caraway seeds and remaining salt and pepper to water and pour over chops and apples. Cover. Bake in preheated moderate oven 350 degrees 30 to 40 minutes.

Yield: 4 servings

GLAZED SWEET POTATOES

4 boiled sweet potatoes
2 tablespoons melted butter
6 tablespoons brown sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon paprika
2 teaspoons water
1 teaspoon lemon juice

Cut sweet potatoes in halves, lengthwise. Put in buttered baking pan. Combine all other ingredients and cook 3 minutes. Pour over sweet potatoes. Broil, basting occasionally, until sweet potatoes are well glazed (about 10 minutes).

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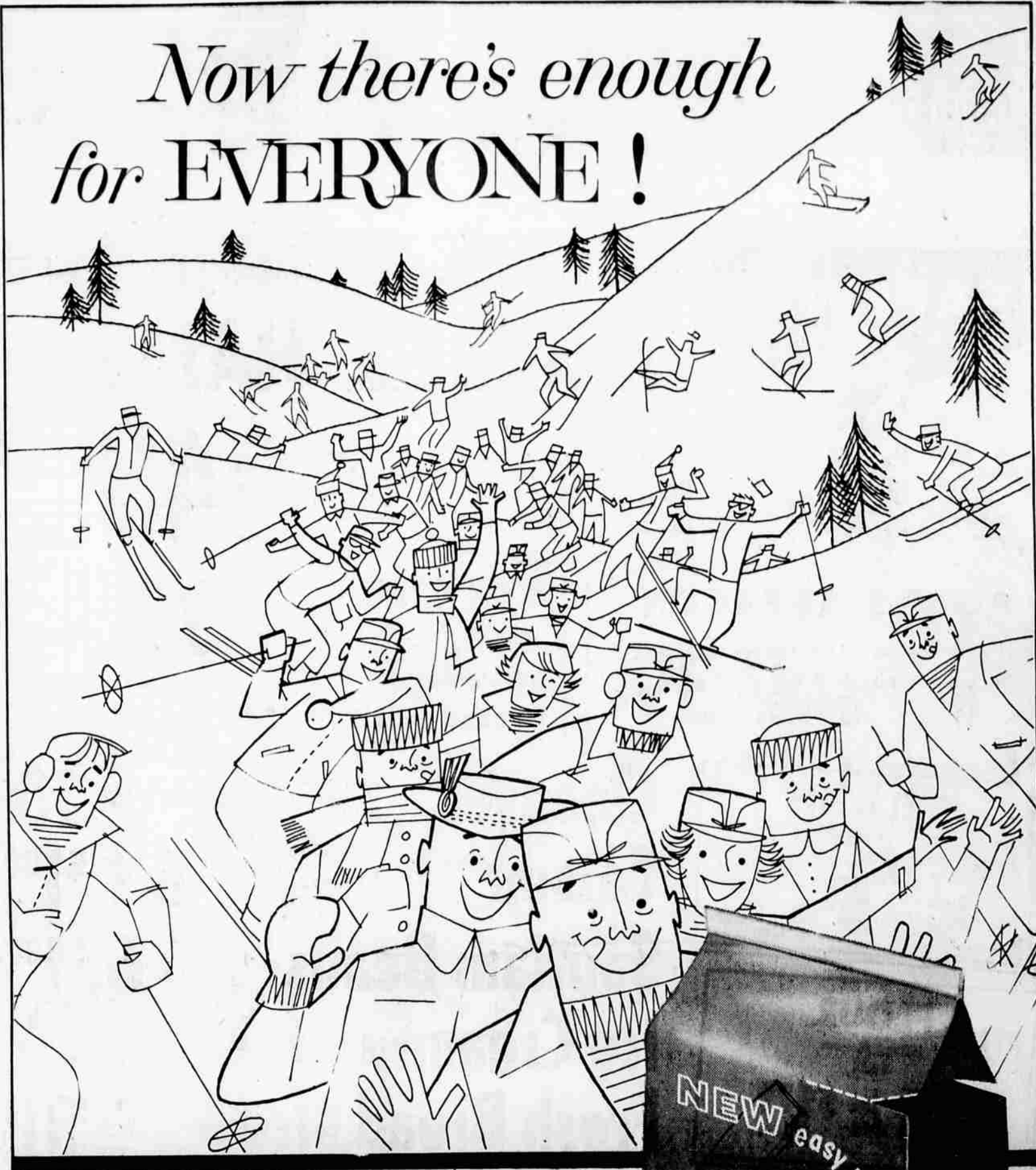
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