



## Party Glamour for the Bride

Whenever you entertain  
for the bride —  
or if you play hostess  
at a shower or  
the rehearsal dinner —  
this distinctive meal is  
appropriately festive.

### POPPY SEED CAKE

TO PREPARE: 25 MIN.

TO BAKE: 30-35 MIN.

- 1/2 cup (about 2 1/2 oz.) poppy seed
- 1/4 cup milk
- 2 1/4 cups sifted cake flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 cup butter
- 1 teaspoon vanilla extract
- 1 1/2 cups sugar
- 4 egg whites

1. Grease bottoms only of two 8-in. round layer-cake pans. Line with waxed paper cut to fit bottoms; grease waxed paper. Set aside.
2. Soak poppy seed in milk for 2 hrs.
3. Sift together the flour, baking powder, and salt.
4. Cream butter with vanilla extract until butter is softened. Add sugar gradually, creaming until fluffy after each addition.
5. Beating only until smooth after each addition, alternately add dry ingredients in fourths, poppy seed-milk mixture in thirds, to creamed mixture. Finally, beat only until smooth (do not overbeat).
6. Beat egg whites until rounded peaks are formed and egg whites do not slide when bowl is partially inverted.

Carefully spread beaten egg whites over batter and gently fold together. Turn batter into prepared pans.

7. Bake at 350° F 30 to 35 min., or until cake tester or wooden pick comes out clean when inserted in center of cake, or cake surface springs back when lightly touched at the center.

8. Cool 10 min. in pan on cooling racks. To remove from pan, run spatula gently around sides of pan. Cover with cooling rack, invert, and remove pan. Immediately peel off waxed paper and turn cake right-side up. When completely cooled, prepare Fluffy Frosting. Fill and frost sides and top of cake.

One 8-in. round layer cake

### FLUFFY FROSTING

CONVENIENCE FOOD RECIPES

TO PREPARE: 10 MIN.

- 1 pkg. fluffy white frosting mix
- 1/4 teaspoon grated lemon peel
- 1/2 teaspoon lemon juice

Prepare frosting mix according to directions on package. Fold in the lemon peel and lemon juice.

Enough to frost sides and tops of two 8-in. round cake layers

Note: If desired, tint frosting with 1 or 2 drops of food coloring to harmonize with color theme of party.

### MINTED PRUNES

TO PREPARE: 10 MIN. TO COOK: 25 MIN. TO CHILL: 8 HRS.

- 1 lb. prunes
- 2 1/2 cups water
- 1/4 cup lemon juice
- 1 3-in. stick cinnamon
- 1/4 cup firmly packed brown sugar
- 1/4 teaspoon mint extract

1. Rinse prunes. Put them into a saucepan with the water, lemon juice, and cinnamon. Cover and simmer about 25 min., or until prunes are just tender.

2. Remove from heat and gently mix in brown sugar and mint extract. Allow prunes to cool in the liquid. Turn them into a jar, cover tightly, and store in refrigerator at least 8 hrs. Drain prunes and remove cinnamon stick when ready to serve.

About 3 1/2 cups prunes

### LIME-GLAZED ROCK CORNISH GAME HENS

TO PREPARE: 15 MIN.

- 4 Rock Cornish game hens or small chickens, 1 to 1 1/4 lbs. each
- 1/2 cup butter, melted
- 2 tablespoons brown sugar
- 3 to 4 tablespoons lime juice
- 2 teaspoons soy sauce
- 2 teaspoons salt

1. Thaw Rock Cornish game hens according to directions on the package.

2. Blend together the melted butter, brown sugar, lime juice, and soy sauce.

3. Clean game hens, rinse, and pat dry with absorbent paper. Rub cavities with salt. Brush cavities with some of the butter mixture.

4. To close body cavities, sew or skewer and lace with cord. Fasten neck skin to backs and wings to bodies with skewers. Place game hens breast-side up on rack in a shallow roasting pan. Brush each hen with butter mixture.

5. Roast uncovered at temperature and for time given on package. While roasting, baste hens frequently with drippings from roasting pan and any remaining butter mixture. Roast until hens test done. (To test doneness, move leg gently by grasping end bone; drumstick-thigh joints move easily when hens are done.) Arrange on a warm serving platter and garnish with water cress and Minted Prunes.

4 servings

### RAISIN-ALMOND RICE

CONVENIENCE FOOD RECIPES

TO PREPARE: 30 MIN.

- 1 1/2 cups (5-oz. pkg.) packaged precooked rice
- 1/2 cup butter or margarine
- 1/2 cup finely chopped onion
- 1 teaspoon seasoned salt
- 1 tablespoon wine vinegar
- 1/2 cup coarsely chopped dark seedless raisins
- 1/2 cup coarsely chopped toasted blanched almonds

1. Lightly butter six individual molds.

2. Prepare rice according to directions on package.

3. Melt butter in a skillet. Add onion and cook over medium heat until onion is transparent, occasionally moving and turning with a spoon.

4. Add onion to the rice with the seasoned salt, wine vinegar, raisins, and almonds; toss lightly to mix thoroughly. Spoon rice mixture into the mold and pack down gently with a spoon.

5. Brush six avocado rings with lemon juice; arrange on a large platter. Unmold rice onto avocado rings. Pile spiced peaches in center and place cooked, buttered asparagus between each mold. Sprinkle asparagus with sieved hard-cooked egg yolk. (See photo.)

6 servings

## WHIPPED SUNDÆ SALAD



The secret is Carnation — the  
double-rich milk that whips

Ordinary milk won't do, because Carnation is twice as rich — so rich it whips! This wonderful milk has the consistency of fresh dairy cream. It looks like cream, pours like cream, and whips beautifully to 3 times its volume. No other form of milk can give you this creamy Sundae Salad — so cool, so crisp with nuts, celery and pineapple. It's guaranteed perfect, with Carnation.

### RECIPE:

#### CARNATION WHIPPED SUNDÆ SALAD

(Makes 6 servings)

- 1 1/4 cups (20-ounce can) pineapple chunks
- 1 cup pineapple syrup
- 1 package lemon-flavored gelatin
- 1 cup undiluted CARNATION EVAPORATED MILK
- 2 tablespoons lemon juice
- 1/2 cup chopped nuts
- 1/2 cup mayonnaise
- 1 cup chopped celery

Drain pineapple. Heat pineapple syrup to boiling. Pour over gelatin; stir until dissolved. Chill until thick and syrupy. Chill Carnation in refrigerator tray until ice crystals form around edge (15 to 20 minutes). Whip until stiff (about 1 minute). Add lemon juice. Whip very stiff (about 2 minutes longer). Add nuts, mayonnaise and celery to the gelatin mixture. Fold into the whipped Carnation. Alternate layers of whipped gelatin mixture and pineapple in tall glasses. Chill until firm. Garnish with romaine or head lettuce and serve.