

# upstairs and downstairs In Milady's Kitchen

By Florence Jenkins, Food Editor

## Herald and News



ONE OF MANY Instant Maxwell House Coffee displays arranged in Klamath Falls right now is this one at Buy Low Food Center, 1338 Oregon Avenue. Harold Clark, owner and operator of the supermarket, arranged regular grind Maxwell House and Instant Maxwell House in a display at one of the busy traffic centers in the recently enlarged and remodeled store. See the Instant Maxwell House advertisement in the Herald and News for the introductory special for the 10-ounce size.

### MAXWELL HOUSE INSTANT COFFEE

Somewhere said "Coffee isn't just a drink. It's an emotion." And opinion on how it should be made varies as widely as does the length of time to roast a duck in the Klamath Basin during the fall hunting season.

One thing about coffee is pretty sure, the days of the old coffee pot on the back of the stove have pretty well gone for good. You can get boiled coffee at group dinners and in hunting camp but that's about the only place. In the latter surroundings, a few bits of crumbled eggshell even make it taste better.

But not at home.

Back in 1933, instant coffee was little more than a curiosity. Then followed its wide use by the armed forces during World War II. The boys brought home the idea and in 1948 about 70 million pounds of coffee went into instant coffee.

That was five per cent of the national consumption.

Since then, instant coffee sales have soared to some 500 million pounds in 1958, variously estimated as one-fifth to one-third of all the coffee consumed in the nation.

That year's instant coffee sales amounted to about a half billion dollars.

Instant coffee is made by extracting the liquid from fresh-brewed coffee. A teaspoonful of instant coffee contains all the solids that are present in an average cup of coffee.

Instant coffee has been improved, unquestionably, during the last 20 years. Research and experimentation improve most products. Some of the important brand names in regular coffee held off going into the instant field until there was more widespread acceptance of coffee in that form.

Today, you can buy instant coffee with the aroma still there. You can prepare it in the kitchen, bring it to the table in a coffee-server and, chances are, not one of your guests (unless they pecked) will think it is instant coffee.

The day of putting over instant as the "real thing" is fast passing. Don't apologize for using instant coffee. It is not a substitute, it is coffee. If the finished product tastes weak and uncoffee-like, you aren't using enough coffee. Certainly plenty of unpalatable brews have come from the old coffee pot because of poor handling in the preparation.

Coffee makers have eliminated the necessity of coffee grounds and the time required for percolating or dripping the brew.

Salesmen say the Klamath County is one of the last hold-outs in the acceptance of instant coffee. Be that as it may, there is no bother or fuss, no grounds and no guesswork on amount to make when you use instant coffee.

Maxwell House is currently introducing the new 10-ounce jar of Instant Maxwell House. It's a convenient and economical size—"to keep you from running out."

### APPLES

One of the ways of assuring your family a balanced diet is using fresh fruits and vegetables in season. Not only do you benefit by seasonal variety, but minerals and vitamins are at their maximum in newly-harvested crops. An example of this are the Washington Jonathan apples, a good source of vitamins A, C, G, plus iron, calcium, and phosphorus. These tart, hardy cooking apples are excellent for all recipes requiring apples, and flavorful for out-of-hand eating, best of all, Washington Jonathans are arriving daily in this market, fresh and tangy, full of tree-ripe flavor.

For your program of Better Meals, include apples. The most versatile of fruits, they may be served baked, fried, stewed; in pastries, with meats; in fact, at any meal in some form. The Apple-Nest salad has unique flavor and crispness, is easy to prepare. The Fresh Apple Muffins are a cheery day-starter, but travel nicely in lunch boxes, or are a hospitable gesture with mid-morning coffee. The Spicy Apple Topping is a joy to have on hand all the time. It pairs well with pound cake, or gingerbread; is an unusual topping for ice cream or plain puddings; may also be served on Waffles or Pancakes. In fact, we'll wager you dream up even more ways to use this most versatile fresh apple recipe.

**SPICY APPLE TOPPING**  
2½ lbs. Washington Apples  
about 12 or 6-7 cups chopped apple

½ cup molasses  
juice and rind 1 lemon  
few pieces of ginger root or crystallized ginger  
pinch salt

½ to ¾ cup water  
Wash, core, quarter, peel and chop apples. Place in large saucepan with rest of ingredients. Use just enough water to prevent apples from burning. Cover and cook slowly about 2 hours, adding more water as necessary. May be used at once or stored in clean canning jars. Makes 2 pints. Use as topping for gingerbread feed with cream cheese, or over ice cream.

### APPLE-NEST SALAD

3 Washington apples  
1 medium-sized cucumber  
1 green pepper  
1 small head red cabbage  
3 tbsp. lemon juice  
1 cup sour cream  
½ tsp. celery salt  
½ tsp. onion salt  
ground pepper to taste

Core and dice unpeeled Delicious apples. Add very thinly sliced cucumber and pepper. Shred cabbage. Combine remaining ingredients into a dressing, divide in half. Add one portion dressing to apple mixture, toss well. Make nest of shredded cabbage, mound center with apple mixture. Pour remaining dressing over shredded cabbage. Serve with toasted cheese crackers.



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### SHORT CUT

How to get a boy interested in being clean, neat and presentable is often the question of the day. Some boys like to be neat and clean. Some boys have enough natural conceit or may imitate a public hero or their hero may be their dad. Some boys have discovered girls, but most boys have to be pushed and prodded by Mom or go through just one awful, gruesome, embarrassing moment to get hep.

If he finds a "kitten" (a girl who has everything), don't be alarmed if he says he bought her a "slurg," it was just a milk shake.

If you can't get through to him any other way, give him an Old Spice Varsity Set for his birthday or any other gift-giving occasion, or as a reward for "pencil-pounding."

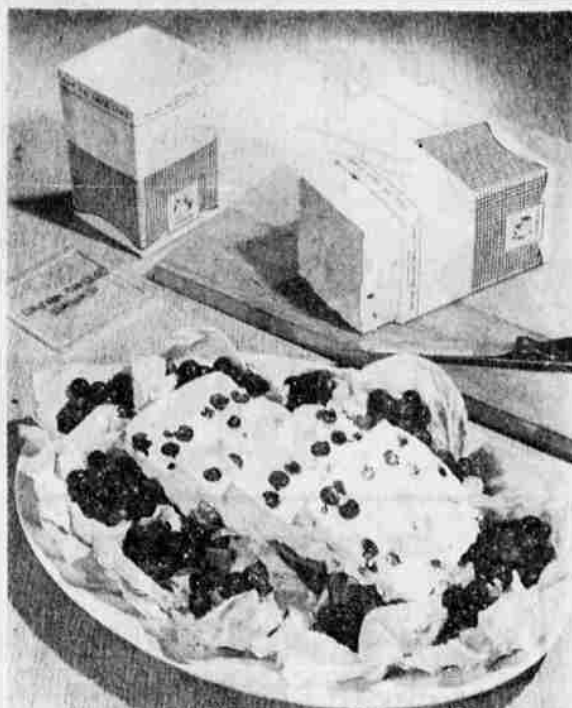
The set contains Short Cut, the special dressing for crew cuts and flat tops; shower soap that's fun and doesn't get lost in the shower, and stick deodorant because it's time he formed the habit.

The gift of a Varsity Set at an early age may turn that "kookie," shy, gawky teen-ager into a "real cool daddy" almost overnight.

That's the way it happens sometimes—just overnight.

### HONEY

Spread crackers with a blend of honey and creamed cheese to which nuts or grated orange peel have been added.



**FREEZE** fruited cream cheese salad in handy Vapocans for easy use during the winter holiday season. Shown is Frozen Blueberry Cream Cheese Salad, but Vapocans are perfect for freezing fall applesauce, the last of this year's luscious peaches or whatever you wish. Vapocans have see-through plastic reusable lids. Either write across the top or label the side just below the lid.

### VAPOCANS

This filling salad, perfect for bridge luncheons and Sunday night suppers, can be made and frozen now with fresh blueberries or it can be made later with home frozen berries and placed in the freezer.

- 1½ cups mayonnaise
- 12 ounces cream cheese
- 1 teaspoon grated lemon rind
- ¼ cup confectioners' sugar
- 1 cup well-drained fruit cocktail
- 1 cup sliced banana
- 2 cups fresh blueberries or 1 pint Vapocan of frozen blueberries, thawed
- 1 pint heavy cream, whipped

Blend mayonnaise with cream cheese. Beat in grated lemon rind and confectioners' sugar. Fold in fruit cocktail, banana, blueberries,

and whipped heavy cream. Pour into three, one and one-half pint Vapocans, seal, and place in freezer. To serve, unmold and cut into slices. Place slices on a bed of chicken or watercress garnished with mounds of fresh or home frozen blueberries. Each one and one-half pint of frozen blueberry cream cheese salad yields around six slices.

### LAZY FROSTING

Distribute thin pieces of milk chocolate over a white cake you have just taken from the oven. As soon as the chocolate softens spread it smoothly, with a spatula, over the top of the cake.

Alaska still has more than 8,000 miles of sled roads.



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