

COCONUT

The fruit of the tall palm tree—coconut—has long been a mainstay of diets of South Sea Islanders. For most of us, coconut has belonged only in and on desserts . . . as a glamorous topping on handsome cakes, for making ice cream snowballs, and in custards! It is still an important dessert item, but with the advent of flaked coconut, and with travelers bringing us wonderful recipes from all parts of the world as well as from different sections of the U.S.A., we present some main dishes that have been "tried and tested" in General Foods well known Home Economics Test Kitchens.

Here are suggestions for serving the recipes on this page: The Hawaiian Coconut Relish will provide an unusual accompaniment for roast or broiled meats, or fish . . . good, too, with a chicken or meat salad. The Coconut Stuffing would be excellent spread rather thickly between fish fillets and baked. Try it as a filling for baked tomatoes, or baked separately in small ramekins for individual servings with broiled chicken or creamed left-over turkey.

You'll find the Baked Curry Coconut Supreme perfect for a special luncheon . . . serve it with a fruit or vegetable salad and hot breads. And the "chew-chews" will be a popular "go-together" with almost any entree, a vegetable and a salad. Crisp, little, and absolutely delicious croquettes are these.

HAWAIIAN COCONUT RELISH

- 1 cup flaked coconut
- 1 cup grated fresh carrots
- 1 cup drained canned crushed pineapple
- 1/4 cup firmly packed brown sugar
- 1/2 cup pineapple syrup
- 1/4 teaspoon salt
- 2 tablespoons butter or margarine
- 1/4 teaspoon ground cinnamon (optional)

Place ingredients in 1-quart casserole and mix well. Bake uncovered in moderate oven (350 degrees) 20 minutes, stirring once during baking. Serve hot with meats, poultry or fish. Makes 2 1/2 cups relish.

COCONUT STUFFING

- 1 1/3 cups flaked coconut
- 1 cup soft enriched bread crumbs
- 1 tablespoon chopped onion
- 1/2 teaspoon salt
- Dash of pepper
- 1 egg, well beaten
- 1 cup milk
- 1/2 cup condensed chicken broth or bouillon
- 2 tablespoons butter, melted (or margarine)

Combine coconut, bread crumbs, onion, salt and pepper. In a second bowl, combine the egg, milk, chicken broth, and melted butter. Add liquid ingredients to dry ingredients, blending well. Put stuffing by spoonfuls into poultry or boned roast. Or bake in covered greased casserole in moderate oven (350 degrees) for 45 minutes. Makes about 2 1/2 cups stuffing, or enough for a small chicken or duck. For large chicken or small turkey, double or triple the recipe.

CHEW-CHEWS

- 2 cups cooked sweet potatoes, mashed (or yams)
 - 1/2 cup chopped nuts
 - 1 can (about 1 1/3 cups) flaked coconut
 - 2 tablespoons softened butter or margarine
 - 1/4 cup (8 3/4-ounce can) drained pineapple tidbits or crushed pineapple
 - 1 teaspoon salt
 - 1/2 cup crushed corn flakes
- Combine potatoes, nuts, coconut, butter, pineapple, and salt and mix well. Shape into 8 to 10 croquettes and roll in the crushed cereal. Bake in moderate oven (375 degrees) until lightly browned, about 20 minutes. Make 8 to 10 servings.

BAKED CURRY COCONUT SUPREME

- 2 cups light cream
 - 3 eggs
 - 1/4 teaspoon salt
 - 1/4 cup grated onion
 - 1 cup flaked coconut
 - 1 teaspoon curry powder
- Combine cream, eggs, salt, and pepper. Beat slightly to blend. Add grated onion and stir. Pour into individual ramekins. Combine coconut and curry powder; then sprinkle over custard mixture. Place ramekins in a shallow pan with 1 inch of hot water. Bake in a moderate oven (350 degrees) 45 minutes. Makes 4 to 6 servings.

SAVE THE JUICE

Use kitchen tongs to turn steaks with instead of a fork. If a fork is used on broiled steaks it allows good juices to escape.

COLD COCOA-COFFEE

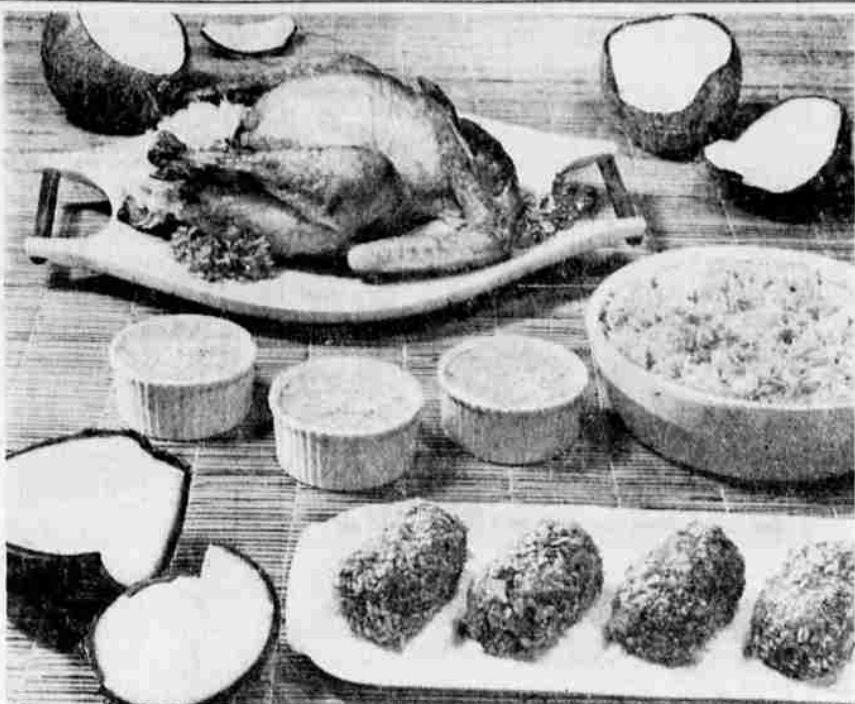
Next time you make hot cocoa for the children's breakfast, prepare some extra and chill. Add an equal part of ice-cold coffee and top with whipped cream.

NICE SPREAD

A tube of anchovy paste on hand? Add it to cream cheese (just enough for flavor) along with a little lemon and onion juice; nice as a spread for crackers.

OSBORN HOTEL

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IN HAWAII they have been doing it for years — using coconut in delectable main dishes. Here are some recipes from Baker's Angel Flake Coconut to help Mainlanders understand why coconut is so popular over there. You'll find, too, that coconut counts in main dishes.



HOT PEACHES, lightly flavored with maple, brown sugar and butter, are served with a fluffy rich shortcake biscuit to make Peach Breakfast Shortcakes. Recipe and photograph are courtesy of California Research Institute.

Peach Shortcakes

Shortcake for breakfast? Yes, indeed, and a mighty delicious way it is to begin Valentine's Day! These shortcakes are served warm, too, which makes them doubly enjoyable when the weather is cool. "Peach Breakfast Shortcakes" take only a few minutes to prepare. Heat golden canned cling peach slices in their own richly flavored syrup with maple flavoring, brown sugar, butter and a small measure of cornstarch to slightly thicken the sauce. Spoon into serving dishes and top with small, fluffy, tender biscuits. We enrich biscuit mix with an egg and some extra sugar and butter to make a delicious breakfast-type shortcake. For a festive air cut the dough in heart shapes and press a red cinnamon candy in the top of each one before baking. The family will find peaches eaten hot, as in these "Peach Breakfast Shortcakes," so delicious you'll be serving them often throughout the year.

PEACH SHORTCAKES

- 1 (No. 2 1/2) can cling peach slices
 - 1 cup syrup from peaches
 - 1/4 teaspoon maple extract
 - 1 tablespoon brown sugar
 - 2 teaspoons cornstarch
 - Few grains salt
 - 1 teaspoon butter
- SHORTCAKE BISCUITS**
- 1 cup biscuit mix
 - 1 tablespoon sugar
 - 1 tablespoon soft butter
 - 1 egg, beaten
 - 2 tablespoons milk
 - Red cinnamon candies (optional)

Drain peaches, saving syrup. Combine 1 cup syrup from peaches with all remaining ingredients except shortcakes. Bring to boil, lower heat and simmer 3 or 4 minutes. Add drained peaches and heat a minute or two longer. Spoon hot peaches and sauce into individual serving dishes. Top with warm shortcake biscuits and serve at once.

Shortcake Biscuits: Combine biscuit mix, sugar and butter. Add egg and milk and mix to soft dough. Roll out on floured board and cut into 6 to 8 small biscuits with plain or heart shaped cutter. Place on baking sheet; press cinnamon candy in center of each biscuit and bake in a hot oven (450 degrees) about 8 to 10 minutes. Makes 6 to 8 servings.

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BREAD PUDDING

After all the ultra-rich desserts of the holiday season a return to a good old favorite such as bread pudding can be very welcome. Actually this recipe for bread pudding is a very updated version of the old favorite since it's made with a mix and cooked quickly in a covered fry pan on top of the range. There's also a marvelous lemon sauce to serve hot or cold.

Full of plump raisins, crunchy nuts and with just the right amount of spiciness, the pudding has a melting smooth custard base that's made with evaporated milk and eggs. It's cooked in custard cups and can be served either warm or cold. (Also it can be successfully reheated in hot water if you have some left over and prefer it warm.)

This dessert is wonderfully satisfying on a cold day and so simple to make you'll want to have it often in the winter months ahead.

BREAD PUDDING

- 2 eggs
- 1 tall can evaporated milk (1 2/3 cups)
- 1-3 cup water
- 1 package bread pudding mix (6 oz.)

Beat eggs well in a medium size mixing bowl. Slowly stir in evaporated milk and water. Stir in bread pudding mix and let stand 30 minutes. Ladle into custard cups to about 1/4 inch below rim. Set cups in a large deep fry pan which has a tight fitting cover. Pour hot water from tap around cups to level of mixture in cups. Bring water to a full boil, cover, turn off heat and let stand until custard mixture is set (knife inserted in center comes out clean), about 20 minutes. Remove from fry pan immediately and place on a rack to cool slightly. Unmold and serve with hot Lemon Sauce. Makes 6 servings.

LEMON SAUCE

- 1/2 cup sugar
 - 2 tablespoons soft butter
 - 1 egg
 - 2 tablespoons flour
 - 1 1/2 cups boiling water
 - 2 tablespoons lemon juice
 - 1 teaspoon grated lemon rind
- Cream sugar and butter in a small saucepan. Beat in egg. Add flour and mix thoroughly. Add boiling water slowly, stirring constantly. Cook over low heat just until mixture thickens, stirring all the while. Remove from heat, then stir in lemon juice and rind. Serve hot over bread pudding.

GOOD WITH CURRY

Ever serve sliced bananas as an accompaniment to chicken curry?



TOP OF RANGE bread pudding with lemon sauce is an easy winter dessert. Made with a mix and cooked quickly on top of the stove, the pudding is crunchy with nuts and rich with evaporated milk. A satin smooth lemon sauce, still hot from the saucepan, makes a luscious topping.

Jean Nate's Travel Kits

North or South, East or West, America is on the move after the holidays. An estimated four million skiers will be risking limb and ligament on the slopes. Many other winter sports enthusiasts will be attending the Olympics at Squaw Valley, California. Sun-seeking Americans will be heading for the tropics in the biggest cruise season on record. The fastest growing tourist record is the West Indies now completely linked by plane service to encourage the fascinating game of island hopping. Still others will be taking off for Europe, Hawaii, and even Africa. Whether one's income is gift-edged or only brass, travel is everybody's privilege and pleasure in this winter vacation era and "travel now, pay later" philosophy.

Whatever direction you are heading, give thought to the simple grooming comforts you take for granted at home but which aren't so easily come by when traveling. Such an everyday thing as a good cake of soap, for instance, can loom more desirable than a good meal when you're nothing but a stubborn midget of what passes for soap in most hotels and on

most conveyances. Oh, for the luxury of a sudsy scented soap such as Jean Nate's at those moments! Then, there are the times when a bath fails to meet American standards, or when it isn't possible to get one at all. You'll hate yourself if you haven't had the foresight to take her many-virtued "Friction pour le Bain." It surpasses the cooling qualities of a fine fizz in southern climates; it gives soothing relaxation massaged on tired muscles after winter sports; it freshens and brightens your skin and spirits after an exhausting round of sightseeing in any latitude; it's a quick and refreshing pat-on substitute for a bath proper.

Even more than at home, you'll appreciate the ton of comfort in a small container of tale. If anything collapses as completely as your bank account on a vacation, it's your feet; and when they do, enter Jean Nate's Tale. Both before and after the fact of sightseeing, sprinkle on this pleasant

soother to make the going easier. And if you're going sans stockings, Tale will insure your comfort. You'll sprinkle it on in sticky climates for easier girdle-sliding, too, as well as for soothing bites and burns (wind or sun).

All three of these homely comforts, all citrus-scented to match, come in Jean Nate's "Essentially Yours" kit: the "Friction" in a plastic travel bottle, the Soap in its own waterproof slipcover; the Tale in a lightweight cardboard slipcover. The case itself is handsome of chartreuse black-monogrammed plastic, fully zippered and with a handle for convenience. "Essentially Yours" is also essentially his, so you'd best buy an extra for the man who pays the bills, copes with tips, and often lates the luggage. He'll bless you for being the wife who knows how and what to pack.

You'll find the going take where ever you go if you take one of these thoughtfully designed kits with you.

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GREAT NUMBERS of people are planning trips about now. One of the handiest things to take along is Jean Nate's travel kit shown here. The case is lined with waterproof material and you'll find many uses for it after the current trip. All the items can be purchased separately, too, and the line is available in Klamath Falls.

HOUSEHOLD HINTS

SCAT MOTH

Moths will stay out of your clothes closet if you wipe the floor with a cloth that has been moistened with turpentine.

SAVE TIME

You can save time if when laundering ruffled curtains, you starch only the ruffles and the tie backs. You will find the curtains can be ironed in about half the time, will have a crisp fresh look and last longer.

NO TURNING

Cooking bacon for a crowd?

Bake it on a rack in a shallow pan in a hot oven and you won't have to turn it. This will give you time to turn out pancakes for go-alongs!

GOOD WITH FRANKS

You can substitute red wine for red wine vinegar when you are cooking shredded red cabbage with apples and onion. Season with salt, pepper and brown sugar. Good with frankfurters!

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