



SET THE TABLE with a menu steeped in American history . . . only serve it 1961 style with frozen prepared loin of pork dinner accompanied by French fried potatoes and juicy apple slices. Spoon tapioca pudding, garnished with maple syrup and nuts, into dessert dishes.

PORK DINNER U.S. FAVORITE

Of all the domestic animals none claims a more historic past than the pig. China, of course, has long honored it as a symbol of prosperity. Columbus brought it to our shores on his second journey and in the settling of western frontier towns with the conversion of the animal into bacon, ham, spareribs and other cuts was a great event. It's not surprising then to find that pork is still a great favorite in the American home. However, ways of serving this meat have changed with time. Today we are fortunate in being able to slip into the oven frozen prepared loin of pork dinner.

This dinner . . . unlike those of the past . . . is complete with tender slices of pork loin, smooth, rich gravy, French fries crisp and golden, and juicy, lightly spiced apple slices. And to top it off the 10-ounce container goes into a 450 degree or hot oven for only 25 minutes. When heating more than one increase the time a little to make sure every portion of food is piping hot.

Two suggestions for personalizing loin of pork dinner are:

CRANBERRY SAUCE

Fold aluminum foil back to uncover meat section of dinner. Place slice of jellied cranberry sauce on meat. Reseal. Heat according to label directions.

CURRY POWDER

Fold aluminum foil back to uncover meat section of dinner. Sprinkle surface lightly with curry powder. Reseal. Heat according to label directions.

A mixed green salad and a dessert also claiming an historical past . . . tapioca pudding . . . are fine foods for a perfect loin of pork dinner.

Specialties in Gourmet

By RUTH KING

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BRING SUMMER GOODNESS to the wintertime table with the use of frozen strawberries. This is a delicious, easily prepared dessert for a nippy evening.

STRAWBERRY DUMPLINGS

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STRAWBERRY SAUCE

2 tablespoons butter or margarine
2 tablespoons sugar
1/2 teaspoon salt
2 1 pound packages frozen strawberries
1 cup boiling water

DUMPLINGS

1 cup sifted enriched flour

1 1/2 teaspoons baking powder
Dash salt
1/4 cup sugar
2 tablespoons butter or margarine
1/2 teaspoon vanilla extract
1-3 to 1/2 cup milk

Combine all ingredients for Strawberry Sauce in order given in large, heavy skillet or large saucepan. Bring mixture to boiling. Reduce heat and simmer gently, about five minutes. Meanwhile, prepare dumplings. Sift together flour, baking powder, salt and sugar. Cut or rub in butter or margarine until mixture is crumbly. Add vanilla extract to milk. Add milk to flour mixture and stir only enough to moisten flour. Drop by spoonful onto boiling sauce. Cook, uncovered, five minutes. Cover and steam gently 15 minutes. Serve dumplings warm with sauce. Makes four servings.

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New Recipes Use Fresh Horseradish

Horseradish is the root of cochlearia armoracia, a plant native to Europe and brought to this country in sailing ships. It is used to spice up various foods.

Many years ago it was ground and used as a poultice for chest colds, sometimes mixed with onions.

It is not widely grown in the United States because it takes a certain type of soil. That type, combined with the right growing conditions, has convinced a group of farmers in the Tulelake country that it should be a profitable financial venture.

But profits must come from sales. Processing plants are far apart and imports of the "root" from Japan depresses the local markets . . . so . . . the answer to more money "in pocket" for Tulelake growers was a venture this year into the retail market with "ready to eat" horseradish, the good old-fashioned kind, bitey and hot as many prefer, and also something brand new, a combination of catsup and horseradish and horseradish and mustard . . . entirely different blends that will delight horseradish fanciers . . .

Grinding is done in a sterile factory at Tulelake. The attractive bottled product is on most grocers' shelves in our own home town and others 'round about.

Paul Christy, Tulelake rancher who raises horseradish, and who dreamed up the new blends, reported this week that cooperation among folks in Tulelake to help get the new venture launched has been terrific.

Because we were "practically raised" on horseradish in the bunch grass country of Nebraska, we hunted up some ideas for using it in the preparation of meals and here they are:

FRENCH DRESSING a la Renfrew

In this French dressing, a la Renfrew, that tang is attained, so desired by those acquainted with the European cuisine. If you don't dunk your bread in this, say the experts, after eating the lettuce, you'll miss something. This will serve 12.

1 cup olive or salad oil
1/4 cup tarragon vinegar
1/4 cup garlic vinegar
1/4 cup escallot vinegar
1 tsp. cracked black pepper
1 tsp. salt
1 tsp. sugar
1 level tsp. prepared horseradish
2 tsp. paprika

Blend dry ingredients, put in a screw top fruit jar or salad dressing decanter, add oil, vinegar and horseradish and shake well each time before using. Keep in a cool place. This dressing makes a

splendid marinade for tougher cuts of meat. Use to baste leg of lamb or veal.

Use a bit of horseradish in stuffing for green peppers . . . add horseradish to taste to piccalilli . . . try horseradish in cole slaw, especially good with sour cream dressing . . . add it to a cooking of chili sauce . . . try this for canapes, 1 small can deviled ham, 1 tablespoon of pineapple and cream cheese, 1 dessert spoon horseradish. Mix well and spread on small crackers . . . use a dash of horseradish when cooking green beans . . . use in chow chow . . . in pot roast with vegetables . . . in meatloaf . . . try it in a plain omelet and with macaroni and cheese . . . good too in scalloped potatoes and seafood cocktails . . . try the new blend of catsup and horseradish or mustard and horseradish, brain children of the Tulelake Horseradish Growers Association, grown in Tulelake's rich soil and ground in sterile surroundings in a Tulelake factory.

"CONVENIENCE WITH CANNED FOODS"



Food Editor, Melanie DeProff, tells how to make easy main dishes with an unusual twist!

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January 22nd issue

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SUNDAY Herald and News



A LIVELY COMBINATION of desert grapefruit and seafood is an appetite-enticing way to begin a company dinner. This one calls for grapefruit and lobster.

CALORIE WATCHERS WILL LIKE THIS

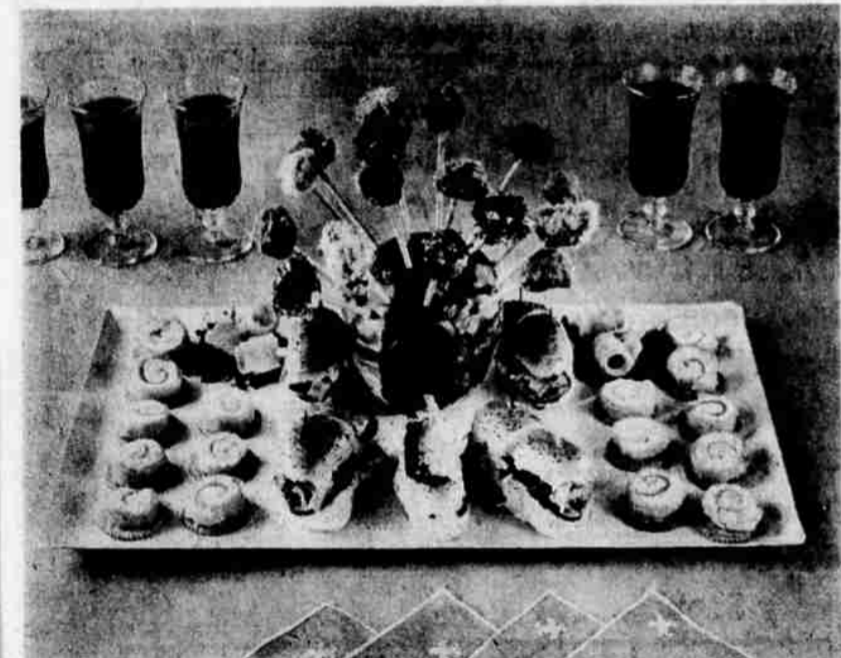
The new winter crop of desert grapefruit is plentiful now and will be available until late in the spring. You'll find both ruby and white varieties. This winter grapefruit from our western deserts does wonderful things to the foods with which it is served. Pleasingly tart, it adds a flavor bounce, a liveliness, to any meal of the day, be it breakfast, lunch or dinner. And it's nice to know that this versatile fruit contains a bountiful supply of ascorbic acid (Vitamin C), so necessary for robust health. Appetite-satisfying as well, it truly is a weight-watcher's friend. Half a medium-size grapefruit contains only about 50 calories, while a cup of sections amounts to around 90.

GRAPEFRUIT AND LOBSTER COCKTAIL

3 desert grapefruit
1-3 cup each catsup and chili sauce
Juice of 1 lemon
1/2 teaspoon Worcestershire sauce
2 drops tabasco sauce
3/4 to 1 pound cooked lobster or shrimp meat
Watercress for garnish
Halve grapefruit, cut out sections and remove and discard membranes. If desired, cut two thin strips, about 1/8 inch thick, almost halfway around each side of the grapefruit shell to form a "handle" for the grapefruit baskets; tie strips together with thread at the top. Mix together catsup, chili sauce, lemon juice, Worcestershire and tabasco sauces; chill. Combine grapefruit segments and juice with lobster or shrimp. Spoon into grapefruit baskets and chill at least 1 hour. At serving time spoon sauce over each serving and garnish with watercress. Makes 6 servings.

to pamper your cat...
kidney'n meat • liver'n meat
chicken • meaty mix • chopped fish
5 Dr. Ross' CAT FOODS

You can improvise a steamer by using a wire rack in the bottom of a large covered kettle.



BAMBINOS, SCALLOPS, Salmon-Cheese Curlicues . . . these are some of the interesting canapes you can make with easy-to-prepare sardines, scallops and smoked salmon. Canned sardines and frozen scallops are available everywhere and are true budget foods. Smoked salmon is more expensive, but if combined with cream cheese, a little will go a long way. For the Salmon-Cheese Curlicues, use as long a slice of smoked salmon as you can buy. Spread it thickly with cream cheese. Chill for several hours. Roll up and cut into 1/4 inch slices. Place on toast or round crackers.

Interesting Canapes To Make

BAMBINOS
1 jar (5 ounce) olive and pimiento cheese spread
1/2 clove garlic, minced very fine
4 cans (4 ounce each) Maine sardines
8 to 10 medium radishes
5 to 6 scallions
1 can (4 ounce) pimientos
18 finger rolls (hard, or soft poppy seed)

Blend cheese spread with garlic and let stand, refrigerated until ready to use. Drain sardines. Trim and wash radishes and slice very thin. Peel and wash scallions and cut into four to six pieces lengthwise, then one-inch pieces crosswise. Cut drained pimientos into thin slivers. Slice finger rolls almost in two, leaving a hinge. Spread with cheese mixture. Over this place a layer of radishes. Next, the whole sardine, one to a roll. Top with scallions and pimientos. Close rolls. For hors d'oeuvres service, cut in half crosswise with sharp knife, but arrange with halves remaining together. Wrap in transparent plastic wrap and chill until ready to use. If desired, skewer each portion with food pick. Makes 18 Bambinos or 36 hors d'oeuvres.

SCALLOPS
1 package (7 ounce) frozen breaded scallops
1/4 cup fine bread crumbs
3 teaspoons paprika, about

DIP WITH ZIP
"Elegant Ham Dip" is as simple to make as it is delicious. Combine 1 cup (8-oz.) commercial sour cream, 1 (2 1/4-oz.) can deviled ham, 1 teaspoon instant minced onion, 1 teaspoon prepared mustard, and tabasco sauce, salt and pepper to taste. Thin with a little milk, if necessary. Serve with crisp crackers or pretzels. Makes about 1 cup of dip. Instant minced onion adds just the right mild onion flavor to load-flavor that doesn't grow stronger. No annoying paring or chopping of onions to do; just measure instant minced onion and it's ready to use.

SUNNY BREAKFAST IDEA
For a bright beginning to any day, start with warm, golden peaches, whipped honey butter and hot waffles. To make honey butter, whip 2 tablespoons honey with 1/2 cup butter (1/4 pound). Heat canned cling peach slices in their syrup, adding a teaspoon of whole cloves. Spread warm waffles with whipped butter and top with peaches. Sweet enough to double as dessert!

Nice for lunch: jelly sandwich dipped in egg-and-milk and fried until brown—as for French toast.

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