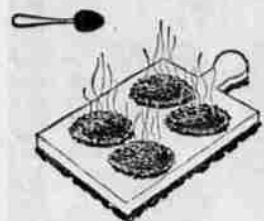


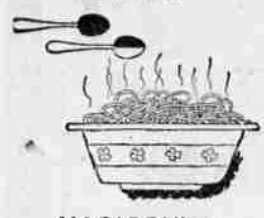
Salting To Measure Adds To Flavor

1 tsp. salt for 1 lb. ground meat



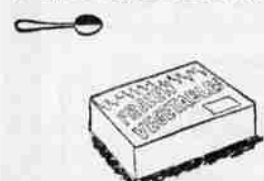
GROUND MEAT
(for hamburgers or meat loaf)

1 1/2 tablespoons salt to 3 qts. water



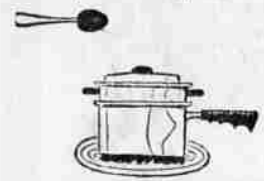
MACARONI or SPAGHETTI
(7-8 oz. package)

1/4 tsp. salt for a 12-oz. carton



FROZEN VEGETABLES

1 tsp. salt to 1 cup milk



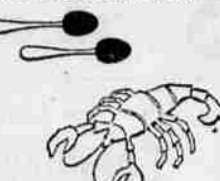
WHITE SAUCE

1/2 tsp. salt for 2 cups flour



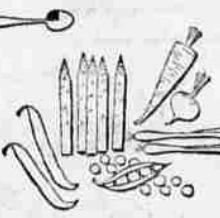
MUFFINS
(12 to 15 muffins)

2 tablespoons salt to 1 qt. water



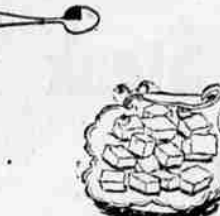
BOILING SHELLFISH
(lobster, crab or shrimp in the shell)

1/4 tsp. salt to 1 cup water



FRESH VEGETABLES

1/4 tsp. salt for 2 cups sugar



FUDGE
(any flavor)

THIS CHART shows proper amounts of salt to be used in the preparation of foods. The chart has been prepared by experienced home economists in cooperation with the Salt Institute to help you season properly.

PINEAPPLE FILLS

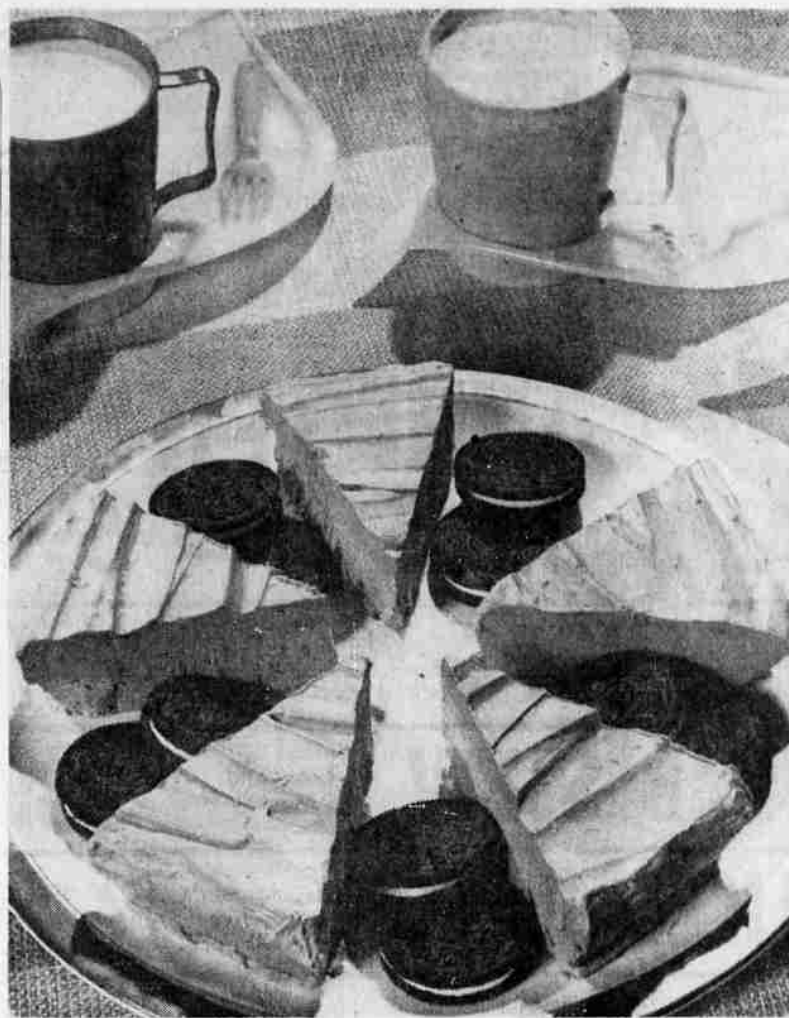
SHORT CUT

PINEAPPLE SHORT CAKE

For eight super short cakes, do this: Mix two cups of biscuit mix with two tablespoons sugar, 1/2 cup milk and 1/4 cup of melted butter or margarine. Roll out 1/4 inch thick. Cut into three-inch circles. Arrange eight circles on baking dish and top with eight drained slices of canned pineapple. Fill pineapple center with brown sugar, top with remaining circles of dough. Bake at 425 degrees for 12 to 14 minutes. Serve with whipped cream.

BISCUITS

Tonight for dinner—"bake up a biscuit." You'll have to go a long way to find a more tempting treat than a light, tender, golden-brown biscuit, hot from the oven, with a generous pat of butter or margarine melting over its creamy white inside. Biscuits have an unbeatable flavor, and prepared with enriched flour, they have nutritional benefits that make them even more attractive. Full of health-giving iron and B-vitamins and unmatched flavor, freshly baked biscuits belong in your daily diet.



CHOCOLATE ORANGE VELVET is so easy to prepare the small fry can be trusted to make this dessert. Use two 8-ounce packages of cream cheese, softened; one cup heavy cream, one 6-ounce package semi-sweet chocolate pieces, melted; one-half cup of sugar and two tablespoons of grated orange rind. Whip cream cheese and heavy cream together. Add remaining ingredients and beat at high speed until light and fluffy. Pour into ice cube tray and freeze until firm. Cut into pie-shaped pieces. Serve with chocolate cream sandwiches, already prepared for you. Makes six to eight servings.

Dairy Princess To Be Guest In K.F.

Iowa's candidate in the 1960 American Dairy Princess contest, Bonnie Sue Houghtaling, will be a guest of honor at a breakfast at the Winema Hotel on Feb. 21. Her visit here is sponsored by the Klamath County Dairyman's Association. Breakfast will be an invitational affair.

The pretty candidate, 18, is the daughter of Mr. and Mrs. Ted Houghtaling of Swan, Iowa. She is 5 feet, 4 inches tall, weighs 123 pounds, has light brown hair and deep blue eyes. She is now in her first year at Iowa State University. Her home dairy farm embraces 210 acres and maintains a dairy herd of 35 Holstein cattle that produce about 268,000 lbs. of market milk a year.

Bonnie Sue ranked third from the top in her high school graduating class, and she represented Carlisle High School at the Future Teachers of America and Future Business Leaders of America conferences.

In eight years of 4-H club work

and four years FHA she carried projects in home furnishings, remodeled a room, papered and painted other rooms; in foods completed canning, deep freezing, baking, foods demonstrations; in clothing made clothes for all members of the family. She won 65 ribbons, 35 of them blue, at county and state fairs and was a delegate from Iowa to the national leadership camp.

She was a member of a foods demonstration team that won a blue ribbon at the Iowa State Fair. She has made numerous appearances on television and radio as a 4-H club member, in pre-convention publicity for several groups, and as ranking contestant in Queen of the Furrow contest. She has made commercial TV spots for the American Dairy Association of Iowa.

Bonnie Sue helped produce a film for use in organizing new chapters of Future Teachers of America in Iowa and Missouri. She was a majorette in high school, sang in the girls' glee club, played in dance band and a pep band.

"I have made my own college wardrobe," she reports, "and clothing for the American Dairy Princess contest. I have enjoyed being the 'boy' in our family, helping with the chores."

Her daily diet features 3, sometimes 4 glasses of milk, and servings of ice cream and cheese plus "lots of butter." Her favorite dairy recipe is California Salad featuring 1 cup of sour cream.

Good With Toasted English Muffins

Luncheon party - planners' special: "Nectar Surprise Salad," a colorful, flavorful mold made with tangy apricot whole fruit nectar as the liquid. Fold in softened cream cheese, mayonnaise, diced celery and ripe olives. Nice savory-combination. Serve with toasted English muffins or your favorite hot bread, follow up with apple turnovers with cinnamon sauce and coffee. Guests will rave.

NECTAR SURPRISE SALAD

1 1/2 cups apricot whole fruit nectar
1 envelope plain gelatin
3 tablespoons lemon juice
1/4 teaspoon salt
2 (3-ounce) packages cream cheese
1/2 cup mayonnaise
1/2 cup ripe olives
1/2 cup diced celery
Salad greens
Heat 1 cup nectar. Soften gelatin in remaining nectar and dissolve in hot nectar. Cool slightly. Add lemon juice, salt and cream cheese. Beat smooth with rotary beater. Fold in mayonnaise. Chill until slightly thickened. Cut olives in large pieces. Fold olives and celery into gelatin. Pour into shallow pan or individual molds and chill until firm. Unmold and serve on salad greens. Makes 6 to 8 servings.

Specialties in Gourmet

By RUTH KING

HERALD AND NEWS, Klamath Falls, Ore.

Thursday, February 16, 1961

PAGE 1-B



HERE IS A SIMPLE DESSERT so easy to prepare it will be a favorite on other days as well as on George Washington's birthday anniversary. Serve it with a flourish. Poundcake, cherry preserves and whipped cream make a winning combination that will rate applause at any dessert party.

Washington Ribbon Loaf

The Father of Our Country or his handsome wife Martha Curtis Washington never dreamed of a prepared cake mix, yet today, Washington Ribbon Loaf, to be served in honor of George Washington's birthday anniversary, is made with a ready-mix.

Prepare one 17-ounce package of pound cake mix, according to package directions. Slice cake lengthwise when cool into four layers.

To make cherry filling, soften one envelope unflavored gelatin in two tablespoons lemon juice and dissolve over hot water. Add a 12-ounce jar of cherry preserves. Chill.

When partially set, fold in one cup heavy cream whipped with one-fourth cup confectioner's sugar. Spread three layers with filling and stack. Top with fourth layer. Whip one cup heavy cream and frost all sides. Chill until ready to serve. Garnish with candied cherries and gumdrop leaves. Serves eight to 10.

PARTY DESSERT IDEA
A wedge of plain angel cake with a pineapple sauce and some toasted almonds is a dessert your guests will sigh over.

Folger's COFFEE
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Buy Low
Food Center
1338 Oregon Avenue

Kalbslapjes (Veal Cutlets In Port)

In a skillet, lightly brown 1 1/2 lbs. of veal cutlets along with one medium sliced onion. Cover, and cook slowly until well done - about 25 minutes. Remove the meat to a heated platter.

To the juices in the skillet, add 1/2 cup of port, juice of half a lemon, 1 cup of cream, and a pinch each of cayenne pepper and thyme. Heat, stirring continuously. Pour part of the sauce over the meat and serve remainder in a gravy boat.

ELEGANT ENTRE

Listen to your guests rave when they taste this elegant chicken-almond entree. Dip chicken breasts in seasoned flour and brown lightly. Arrange in baking pan. Stir a teaspoon of curry powder into cream of chicken soup and pour over chicken. Cover and bake in moderate oven about 40 minutes, until tender. Stir in 1/2 cup each chopped or slivered almonds and commercial sour cream. Serve with browned rice and broiled chutney - filled cling peach halves.

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