



MELT-IN-MOUTH DESSERT — A double helping of chocolate enhances the smooth luscious flavor of no-bake choco-mint cheesecake. Mint and chocolate mingle in the creamy filling and crushed chocolate cookies make the base.

Refreshing Dessert Idea

Deep down chocolate flavor mixed through richly smooth filling distinguishes no-bake choco-mint cheesecake. To further please chocolate lovers (and that includes most all of us) chocolate cookies are crushed for the bottom crust with an additional sprinkling of crumbs forming a circle atop the dessert. It's a dreamy dessert for chocolate fans and a dream of a recipe for the cook.

Choco-mint cheesecake is a no-cook as well as no-bake dessert with only a faint flicker of heat necessary to melt the chocolate and butter. When the gelatin mixture begins to thicken, chilled evaporated milk is whipped in to double the volume while its doubly concentrated creaminess makes the mixture wonderfully smooth.

NO BAKE CHOCO-MINT CHEESECAKE

1 envelope unflavored gelatin

1/2 cup cold water

3/4 cup boiling water

3 squares (3-oz.) semi-sweet chocolate

1 8-oz. pkg. cream cheese

1 cup sugar

1 1/2 teaspoons vanilla extract

3/4 teaspoon peppermint extract

3 tablespoons lemon juice

1 1/2 cups chocolate cookie crumbs (28 wafers, approximately)

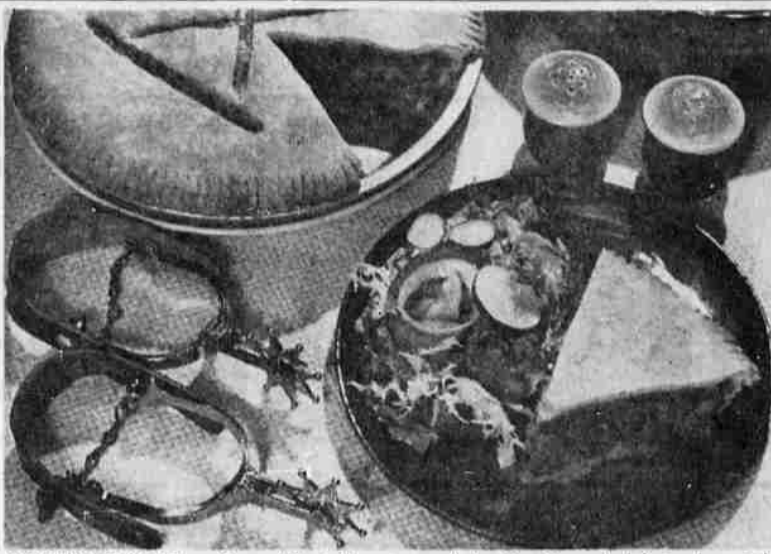
1/4 cup butter, melted

1 tall can evaporated milk (12-3 cups) chilled

Crinkle gelatin over the 1/2 cup cold water in a small bowl. Let stand five minutes to soften. Add boiling water and stir until gelatin is dissolved. Cool. Melt chocolate in a custard cup set in pan of water over low heat. Meanwhile, cream together the cream cheese, sugar, vanilla, peppermint extract and lemon juice in large bowl of electric mixer. Blend in melted chocolate and cooled gelatin, mixing well. Chill until mixture thick-

ens to the consistency of unbeaten egg white. Line sides of a 9-inch spring form pan with a long sheet of waxed paper folded double lengthwise. Crush the chocolate wafers and measure crumbs. Add the melted butter and mix well. Press two thirds of the crumb mixture evenly and firmly in bottom of prepared pan. Place in refrigerator to chill. When chocolate-gelatin mixture has thickened slightly, whip at low speed while gradually adding chilled evaporated milk. Turn to high speed and continue to whip until mixture doubles in volume and becomes thickened. Turn into prepared pan. Sprinkle top with remaining crumbs. If desired, garnish with chocolate curls. Chill until set, five to six hours or overnight. When ready to serve, release spring and remove pan wall, then with a knife peel paper carefully from cake. Place cake on serving dish or cut into individual servings. Makes 10 to 12 servings.

Specialties in Gourmet
By RUTH KING



WESTERN FLAVOR — Corned Beef Pie wraps a flaky biscuit crust, deliciously, quickly and economically around other ingredients from your pantry shelf to make a fun-to eat-and-serve main dish.

Whoah! Podnar Light and Eat

Brisk days call for so "stick-to-the-ribs" meals. Real at chuck wagon time treat the cowboys and gals in your family to hearty Corned Beef Pie, reminiscent of the Old West favorite meal of biscuit and dried beef. On especially busy days this pie will be a meal-time blessing for you because it's made with ingredients usually found on your pantry shelf.

Corned Beef Pie is so easy on your budget, too. The biscuit crust is made from enriched flour, one of the most economical sources of the vitamins thiamine, niacin and riboflavin and the mineral iron—all nutrients you need every day for maintaining good health.

Add two other economical ingredients—corned beef and process cheese — other good sources of the important food nutrients, essential protein, minerals and vitamins.

For a touch of Western whimsy make a "brand" design in the top biscuit crust with a sharp knife. Voila! A nourishing, deliciously appealing main dish—put together in about 30 minutes.

The savory pie needs only a crisp green salad and a simple dessert such as a compote of chilled fruit and bakery - fresh cookies to "round up" the most nourishing meal ever.

Make Freezer Share The Work

Swiss Steak is such a favorite in most families that it makes an excellent choice for the new triple-play food preparation. Here's how to play: Instead of cooking three separate dinners, triple the recipe (this one for 12 makes three dinners for a family of four) and prepare it all at once.

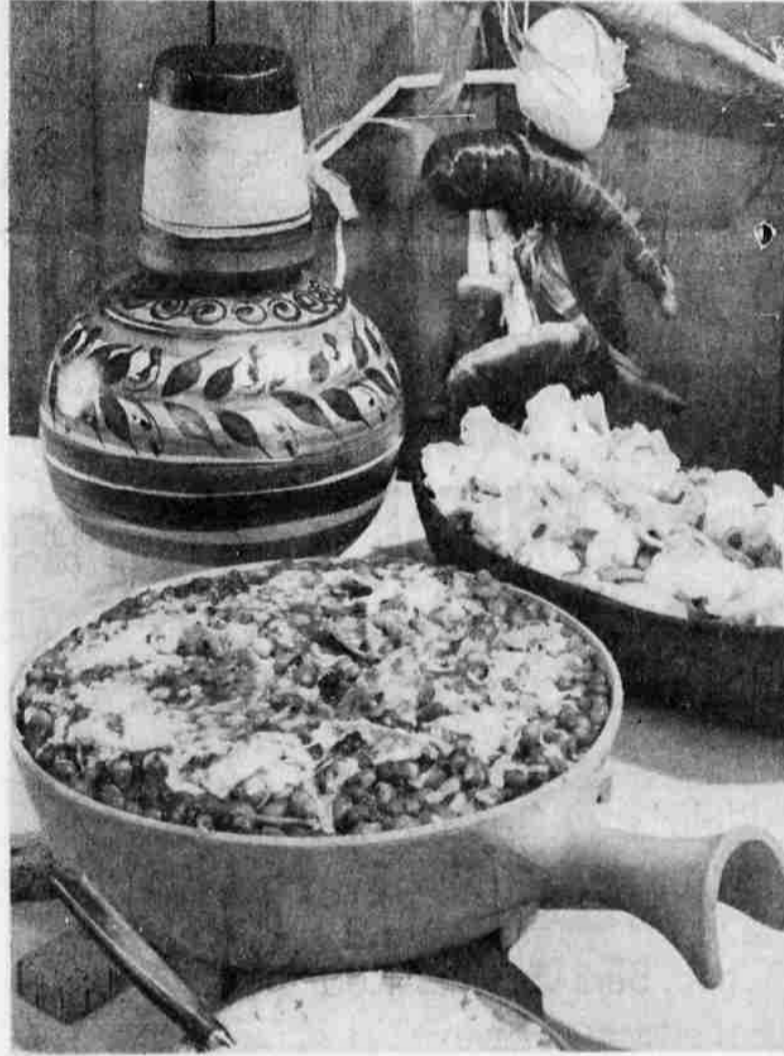
Serve one-third to your family as usual tonight, then freeze the rest in two separate portions to be enjoyed at future meals. At those later dates, reheat right in the foil.

It wouldn't be real Swiss Steak without tomato sauce, the convenient canned kind that adds color, flavor, and nourishment so easily. As an extra bonus, serve additional sauce separately.

When you cook this way you cut your preparation time down to one-third, your oven fuel down to one-half, and even if you have to use two skillets to prepare the four pounds of steak, you're still way ahead on time spent cleaning up. Remember also to serve your home-frozen entrees within four months for best flavor and nutrition.



IT'S AS EASY AS THAT — Have your steak and eat it too when you cook enough for three family dinners at once. Here is where your freezer comes into the picture. Freeze one meal of this popular steak, swissed with zesty tomato sauce the same day, freeze the rest in two separate portions for dinners later. Be sure to date the packages.



HAIL MEXICO! — Ground beans and ground beef in barbecue sauce are the catalysts for this Mexican Frijoles y Tortillas using canned Tortillas and chili powder. Serve with a Mexican tossed salad of cauliflower, olives, green peppers, and lettuce. This Mexican meal is fun to serve and eat . . . and high in nutritive value.

Bring Mexico To Supper

Nothing appeals to a homemaker more than "atmosphere" at mealtime. There's no need to "eat out" to take advantage of this, however. Something new in the way of meal planning can be created at home.

Before you discard this whole idea with a horrified thought of making tamales, enchiladas, and the like, read on! The main dish of this amazing meal starts with two cans of beans and ground beef in barbecue sauce . . . one of the four truly delicious and delicious bean products in a can.

Beans of course, have long been a favorite food of the Mexicans. This Frijoles y Tortillas casserole, takes minutes to prepare, a few more minutes to cook, and goes right to the table as the center of attention, served with side dishes of shredded lettuce and chopped onion. Tortillas (the kind which can be purchased in the can) and chili powder give this dish a true "south of the border" air.

Serve the casserole with a Mexican salad of cauliflower, olives, green pepper tossed together with a bit of French dressing on lettuce. Bread sticks or hard rolls make a pleasant addition and round out the menu beautifully.

FRIJOLAS Y TORTILLAS

2-3 cup chopped onion

1 small clove garlic, minced

2 teaspoons chili powder

1/2 teaspoon oregano

2 tablespoons salad oil

2 cans (1 pound each) beans and ground beef in barbecue sauce

8 tortillas

2-3 cup grated cheese

Chopped onion

Shredded lettuce

In covered skillet, cook onion, garlic, chili and oregano in oil until onion is tender. Stir in beans; heat. Cover bottom of 1 1/2 quart casserole with 4 tortillas, torn in thirds. Add 1/2 bean mixture and 1-3 cup cheese. Repeat with beans and cheese. Bake at 375 degrees F. for 15 minutes. Serve with chopped onion and shredded lettuce. Makes 4 to 6 servings.

CORNED BEEF PIE

1/2 cup chopped onion

2 tablespoons butter or margarine

2 1-pound cans corned beef hash

2 cups sifted enriched flour

1 tablespoon baking powder

1 teaspoon salt

1/4 cup shortening

2-3 to 1/4 cup milk

1/2 cup shredded sharp cheese

Cook onion in melted butter or margarine until tender. Combine with corned beef hash. Sift together flour, baking powder and salt. Cut or rub in shortening until mixture is crumbly. Add enough milk to make a soft dough. Turn out on lightly floured board or pastry cloth and knead gently 30 seconds. Divide dough in half. Roll out one-half of dough to 1/2-inch thickness. Fit into a 9-inch pie pan. Spoon in corned beef mixture and sprinkle with cheese. Roll out remaining dough for top crust and arrange over filling. Trim and seal edges. Cut design in top, if desired. Bake in hot oven (400 degrees F.) for 25 to 30 minutes or until golden brown. Makes six servings.

SWISS STEAK
(Serves 12)

4 pounds Swiss steak (or round steak, cut 1-inch thick)

1/2 cup flour

2 tablespoons salt

1 teaspoon paprika

1/2 teaspoon pepper

1/4 cup poly-unsaturated oil

2 large onions, sliced

1 tablespoon Worcestershire Sauce

2 (15-ounce) cans tomato sauce

Salt and pepper to taste

Cut steak into individual portions. Combine flour, salt, paprika, and pepper. Pound mixture into both sides of steak, using edge of saucer. Brown meat on both sides in hot poly-unsaturated oil in large skillet. Top with onion slices. Add Worcestershire; pour on tomato sauce. Bake, cov-

BROWNED RICE

3 tablespoons butter

3/4 cup washed, drained rice

3 cups boiling water

1 1/2 teaspoons salt

Melt butter in skillet; add rice and cook and stir until golden brown, stirring occasionally. Gradually add boiling water and salt. Cover and simmer 25 minutes without stirring, until rice is tender and has absorbed moisture. Makes about 2 1/2 cups.

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