



WITH SPICES — Something different is this full-flavored spice cake with the addition of grated raw carrot which keeps it moist and delicious to the last crumb.

Fresh Carrot Cake

Grated raw carrot is the distinctive ingredient that gives Swiss Spiced Cake its delectable moistness and intriguing flavor. The recipe for it is one of 27 outstanding foreign recipes assembled in the new booklet, "Round-the-World Recipe Favorites," introduced recently during the Newspaper Food Editors Conference.

Mrs. Harriet Cooke Uhlman, food editor of the Buffalo Evening News, submitted the recipe in answer to a nation-wide search conducted among newspaper food editors for recipes of foreign origin that are popular in this country. The recipe is from one of the readers, Mrs. John Braem.

SWISS SPICED CAKE
 2 cups sugar
 1 cup (2 sticks) margarine
 4 eggs
 1 1/2 cups grated raw carrots
 2 1/2 cups sifted flour
 2 1/2 cups chopped walnuts
 4 1/2 teaspoons cream of tartar
 1/2 cup baking powder
 1 teaspoon cinnamon
 1/2 teaspoon mace
 1-3 cup hot water
 Date filling (or jam)
 Boiled brown sugar frosting
 Cream sugar and margarine

until mixture is soft and fluffy. Add eggs, one at a time, beating well after each addition. Stir in carrots and walnuts. Sift together flour, baking powder, cinnamon, mace and salt. Add to cake batter alternately with hot water. Blend well.

Bake in two well-greased nine-inch cake pans in moderate oven (375 degrees F.) for about 30 minutes, or until cake tests done. Cool in pans. Remove cake layers to cake racks.

When thoroughly cool, put layers together with date filling (or jam) and cover completely with boiled brown sugar frosting. Makes one nine-inch layer cake.

Cook's Tour

NEW YORK (UPI)—A French chef at a New Orleans hotel defines Creole cuisine as cooking French the Spanish way a la Louisiana.

He might also have mentioned African, North American Indian, and Latin-American influences, including the Artec and Inca Indian tribes.

I asked, by letter, Rene Nicolas, chef of the Roosevelt Hotel, New Orleans, the Orleans Parish Home Demonstration Office, and Mrs. Helen Hughes about the origins and elements of this famous regional cuisine.

Mrs. Hughes, home service director for an advertising agency, wrote that she credits Negroes for much of the creativity in Creole cookery from its early days of the 18th century to the present.

"They do much with little—with wild game, seafood, or fish, with a little salt pork or hot sausage (chaourice), plus a few vegetables—collards, cabbage, sweet peppers, eggplant, mustard greens, parsley, hot pepper, green onions and tops, garlic, squash, pumpkin and mirliton, a native Louisiana squash," she said.

"The home demonstration office said the French-Canadian housekeeper for Louisiana's first Creole cookery. At the governor's request, Madame Langlois conducted informal classes after irate

French-born housewives, tired of cooking and eating corn, called on the governor to demand wheat.

Another Creole basic, adopted from the French, is the roux, equal amounts of fat and flour blended to thicken sauces and gravies.

A Creole roux usually is made with fresh drippings instead of butter, said chef Nicolas, and cooked to a chestnut brown, to thicken, color and flavor highly seasoned sauces and gravies.

Roux is used in everything from the familiar chicken fricasse and shrimp jambalaya, a tomato-flavored stew, to the less well known red beans and rice.

The red beans and rice combination is believed to be of Latin American origin. In a heavy-bottomed pot, saute 1/2 pound of ham shank with bone, or 1/2 pound of pickled pork or bacon, until 2 tablespoons of fat are rendered.

Remove meat from pan. Stir in 2 tablespoons of flour. Cook until roux is dark brown, stirring constantly. Add 3 cups of water, 1 cup of dried red kidney beans, washed, 1 cup of chopped onion, 4 bay leaf, chopped, and 1 bay leaf. Return meat to pot. Cover tightly. Simmer 2 hours, stirring occasionally. Salt to taste and simmer 1 hour more, stirring often. Serve on cooked rice. Top with meat and garnish with 1/2 cup of minced fresh parsley. Serves 4.

New Trend In Foods Due

Babies will eat like astronauts and busy mothers will cook in paper dishes—in the immediate future.

Baby food packages in spoon-tipped aluminum squeeze tubes was introduced at the recent Food Congress in New York City. So were plastic-coated paper dishes that can be used for some over-cooking.

Other new products shown at the Congress and the 29th annual Newspaper Food Editors Conference included a low-calorie salad topping made with a non-caloric food ingredient; pineapple-topped cream cheese cake; fried cheese balls to be deep-fat fried; a guaranteed leak-proof wide mouth vacuum bottle.

Steel-clad aluminum pots and pans; bottled beef sauce containing seasonings, malt, apples, tomato puree, soy, lemon and orange juice; an electric blender with five-cup container and two-speed motor to handle heavy loads; barbecue, chili, pizza, curry and white sauces.

A new plastic roll package is said to keep ground beef fresh under refrigeration for as long as 10 days, five times longer than is possible with current packaging of minced fresh parsley. Serves 4.

Specialties in Gourmet
By RUTH KING



School Lunch Menus Offered

A new public service, the publication of elementary school lunch menus, is being introduced with this week's issue of the food pages. Publication is designed to give mothers an opportunity to know what is planned for school lunches in advance of the day they are served.

The menus for Friday, Jan. 25, and next week follow:

Baked Beans
 Pear and Cottage Cheese Salad

on Lettuce
 Boston Brown Bread
 Apple Cobbler
 Monday, Jan. 28
 Hog Dogs & Potatoes
 String Beans & Stick of Cheese
 Prunes or Raisins
 Tuesday, Jan. 29
 Creole Spaghetti or John Marzetti
 Tossed Salad
 Hard Rolls
 Wednesday, Jan. 30

Chili Beans
 Finger Foods
 (carrot, celery, bell peppers, etc.)
 French Bread
 Peach Cobbler
 Thursday, Jan. 31
 Beef and Vegetable Stew
 Cheese Sticks
 Rolls
 Friday, Feb. 1
 Macaroni - Tomatoes and Cheese Casserole
 Tossed Salad
 Tuna Sandwich
 Tapioca Pudding

save MORE here
SNOWDRIFT

Swansdown — 12 Kinds to Choose
Cake Mix 2 Large Two Layer Pkgs. **49¢**

Brookfield Fresh Creamery
BUTTER LB. **59¢**

SUGAR C&H Pure Cane 5 lb. bag **49¢**

BREAD Luxury — Old Fashioned Enriched Large White Loaf 22 1/2-oz. **25¢**

VEGETABLE SHORTENING 3 Pound Tin **49¢**

LOG CABIN BUTTERED OR REGULAR MAPLE SYRUP Large 24-oz. Size **49¢**

SCOTTIES 150 Ct. HANKIE PACK TISSUES **10¢** BOX

Pet-Powdered MILK Makes 12 qts. **79¢**

Gerbers — Strained BABY FOODS **49¢** 5 Jars

BANQUET — FROZEN Complete — Heat & Serve MEXICAN DINNERS Regular 16-oz. or Beef Enchilada **39¢** Ea.

Beef Tacos 12-oz. pkg. **39¢**

OIL 100% Pure Vegetable Finer Brand 24-oz. Size **29¢**

CORN Dundee Oregon Packed Cream Style or Whole Kernel No. 303 **91.00**

Asparagus Norpac — Cut No. 300 Tall **3 49¢**

Pork & Beans Van Camp's — No. 300 Tall **2 25¢**

HALVES PEARS DUNDEE Big No. 2 1/2 **2 cans 49¢**

HOSTESS • FROZEN • FOODS
 Extra Quality At This Low Price
 • Peas • Peas & Carrots
 • Corn • French Fries
 • Spinach, Leaf or Chopped
 • Broccoli & Mix Veg.
5 89¢ PKGS

Fruit Cocktail Fancy Dole — No. 303 size cans **3 59¢**

HUDSON HOUSE FANCY HOME STYLE FRESTONE PEACHES 3 No. 2 1/2 Cans Reg. 35c **88¢**

Hershey's Chocolate SYRUP lb. tin **19¢**

Johnston - Large 9" PIES Fruit or Berry your choice **59¢**

Medo-Bel, Assorted Flavors Mellorine 1/2 Gal. **48¢**

"AA" Large EGGS Fresh, Local 2 Doz. **89¢**

BUY LOW -- Fresh Meats

Stewing Hens Swift's Premium 3-lb. Average Fresh Frosted **19¢** lb.

Del Monte Smoked Pork Hocks lb. **29¢**

Nebergall, Sweet Smoked Sliced Bacon lb. **49¢**

Smoked, Lean Pork Chops **10¢** FOR \$1

Fresh, Whole Pacific Oysters 12-oz. jar **49¢**

PAPER TOWELS SIERRA 225 Count 3 rolls **50¢**

FRESH MILK ADAMSDALE HOMOGENIZED Gallon Jug **98¢**

MARGARINE DUNDEE 1-lb. Cubes **3 49¢**

BLEACH FINER — GALLON PLASTIC JUG **49¢**

See your Savings ... GET YOUR SAVINGS IN CASH!

"Gimmicks" trick "give-aways," fancy stamps all sound like big deals but they cost YOU money! Shop the Buy Low way with low shelf prices every day — and TAKE YOUR SAVINGS HOME IN CASH!

TASTE-TEMPTING Vegetables

Juicy Sweet — Seedless **ORANGES** 5 LBS **39¢**

Medium size, solid **LETTUCE** Crisp Heads 20 **29¢**

Klamath U.S. No. 2 **POTATOES** lb. bag **49¢**

Medium size, Yellow **DRY ONIONS** 4 LBS **19¢**

Good size, thin skinned **AVOCADOS** 2 FOR **19¢**

BUY LOW FOOD CENTER BUY LOW
1338 Oregon Avenue

VOILA!
Zey've trapped ze reel North Country Flavor in new Occident Pancake and Waffle Mix!

COUPON GOOD FOR 15¢ OFF
On new Occident Pancake & Waffle Mix

MR. GROCER: Upon purchase with terms of offer, issuing manufacturer will redeem for 15¢ plus 2¢ handling cost. If you surrender coupon to manufacturer's salesman or mail to Russell Molen-King Mida Mills, Minneapolis 15, Minn. Void when presented by outside agency, or where abused, prohibited, taxed, or otherwise restricted. Good only in U.S.A. Cash value 1/10¢. Customer must pay sales tax, if any.