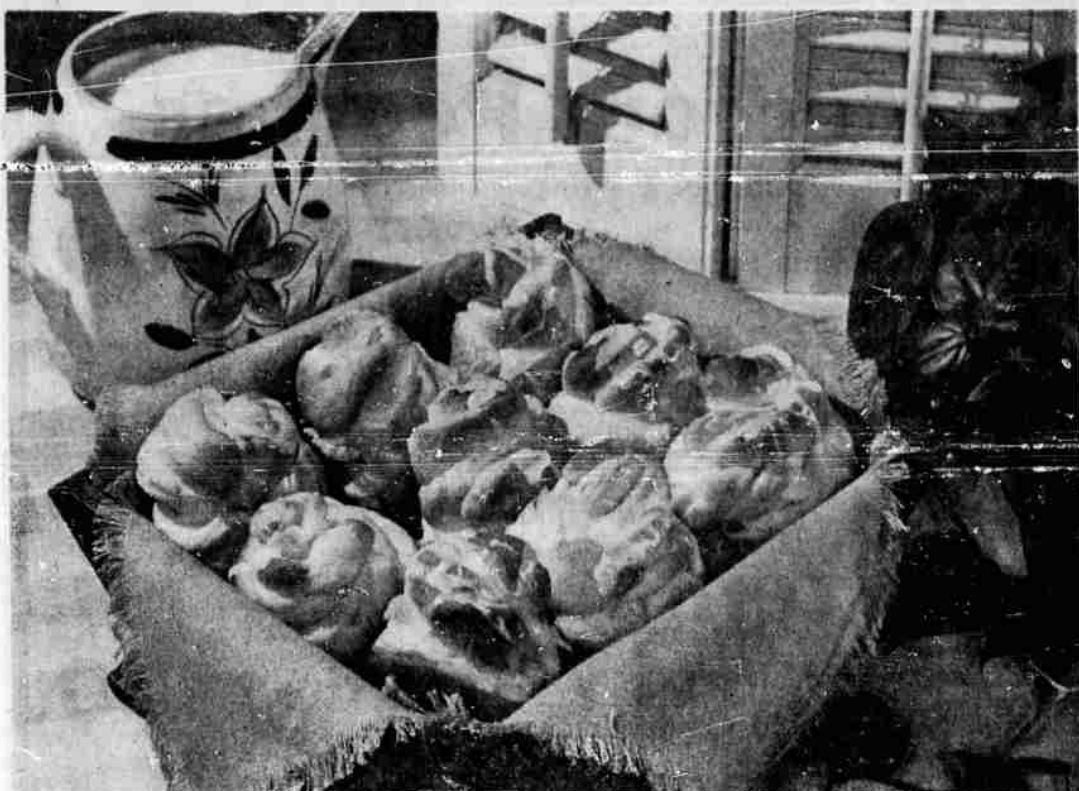




TIME TO CHANGE — Appetites jaded from heavy winter meals? Chase away the late winter doldrums with these pert and delicious rolls, pretty with Orange Icing.



HAIL TO THE BRIDE — A luscious new chocolate vanilla ice cream dessert with a bit of mint candy to make it different. Heap cocoa-flavored whipped cream in the center.

BRIDAL SHOWER DREAM DESSERT

June, the month of weddings, is just around the corner. If you're helping to plan a bridal shower, choose this Choco-Mint Ice Cream Ring for refreshment. It'll carry out your wedding-ring motif, and the girls will rave over its cool, minty flavor.

Two harmonious flavors, mint and chocolate, are wedded in this frosty circle of ice cream. The topping on the finished ring is a sprinkling of crushed mint candies, in a pale, cool green, so that layer of candy goes into the mold first. Chill the mold in your freezer, then pack in the two pints of softened vanilla ice cream, top with a second layer of crunchy crushed mints and return it to the freezer to harden. The mints will absorb some moisture from the ice cream and become slightly soft, so they melt in your mouth.

Chocolate comes next, an ample layer of creamy chocolate ice cream that forms the base of the finished ring. Return the mold

to the freezer, and while it's chilling, you have time to whip up mounds of fluffy chocolate whipped cream for the center and the decoration around the base. Cocoa gives it that light chocolatey flavor, and you'll be happy to know you can freeze the whole dessert, whipped cream and all. So you can prepare this delectable dessert well in advance and bring it out with a flourish at party time.

CHOCO-MINT ICE CREAM RING
(10-12 servings)
Ring mold, 4 1/2 - cup
1/2 cup green after-dinner mints
2 pints vanilla ice cream softened

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Apricot Rolls
Your family will forget late winter's chill winds when they sniff the fragrant warmth of these spring-perky Apricot Rolls. Intriguingly shaped and shiny with a bright orange glaze, these delicious rolls are made from a basic sweet yeast dough.
Apricot Rolls at breakfast or snack-time do much toward contributing to your family's good health, too. Home-baked and commercially produced enriched bread and enriched flour products contribute three essential B-vitamins and the mineral iron you and your family need daily.
Bits of dried apricots add appealing flavor and color to the yeast dough. The twisty shape, reminiscent of the elegant rolls found in old world pastry shops, is easy and fun to achieve. Wind strips of dough around your finger, twisting the dough as you wind. Slip the twists onto a baking sheet. Some of the rolls may topple slightly as they rise, adding to the charm of their appearance.
Since the recipe makes two dozen Apricot Rolls, why not freeze some for a mealtime surprise later on? To do so, bake and frost the rolls as directed and cool thoroughly. Then wrap rolls in moisture-vapor proof material and freeze. To serve, unwrap and warm the rolls in a moderate oven (350 degrees F.) about 20 minutes until heated through.
APRICOT ROLLS
1 cup chopped dried apricots
1/4 cup boiling water
2 packages yeast, compressed or dry
1/4 cup water (lukewarm for compressed yeast, warm for dry)
1 cup milk
1/2 cup sugar
1/4 cup shortening or oil
2 teaspoons salt
5 cups sifted enriched flour (about)
2 eggs
Melted butter or margarine
Sugar
Orange Icing
Four boiling water over apricots and allow to soak. Meanwhile, soften yeast in water. Scald milk. Measure sugar, shortening or oil and salt into large bowl. Add hot milk, stirring until sugar is dissolved and shortening is melted. Cool to lukewarm. Stir in about 1 1/2 cups flour and beat well. Blend in softened yeast, apricots and eggs. Stir in enough more flour to make a soft dough. Turn out on floured board or pastry cloth and knead until smooth and satiny, about 5 to 8 minutes. (Dough may feel slightly sticky.) Shape into smooth ball and place in greased bowl, turning to grease surface of dough. Cover and let rise in warm place (80 to 85 degrees F.) until doubled, about 1 1/2 hours. Punch down. Divide dough in half and let rest 10 minutes. Roll each half of dough to rectangle, 12 x 16 inches. Brush with melted butter or margarine and sprinkle lightly with sugar. Fold dough in half to form rectangle, 8 x 12 inches. Cut into 1 x 8-inch strips. Wind each strip around index finger to form an upright spiral, twisting strip while winding. Slip off finger onto ungreased baking sheet (placing 8 rolls per sheet), sealing ends to top and underside. Brush with melted butter or margarine. Let rise in warm place until light, about 45 minutes. (During rising and/or baking some of the rolls may topple slightly.) Bake in moderate oven (350 degrees F.) 20 to 30 minutes or until golden brown. Brush hot rolls with melted butter or margarine. When partially cooled, drip Orange Icing over rolls.
If self-rising flour is used, omit salt.

ORANGE ICING
2 cups confectioners' sugar
3 tablespoons milk
1/4 teaspoon orange extract
1 or 2 drops yellow food coloring, if desired
Blend together all ingredients until smooth.
Makes 2 dozen sweet rolls.

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HERALD AND NEWS, Klamath Falls, Oregon Thursday, April 25, 1963 PAGE 1-C

Cow Belles Corner
By MRS. TED HYDE
Hamburger can be dressed up with foreign flavors from many lands.
In our country we are proud of our heritages from many lands. Recipes from faraway places are part of that accepted heritage. Like the people who brought them, the recipes have gone into the melting pot and emerged somewhat changed, having been adapted to the customs and tastes of their new homeland. Ground beef is an important ingredient in many of these recipes.
Almost every family has its favorite variation on spaghetti and meat sauce, but perhaps some have not tried lasagna.
LASAGNA
(6 to 8 servings)
5 cups meat sauce
1 pkg. (1 lb.) lasagna noodles
boiling salted water
1 lb. ricotta or cottage cheese
1/2 cup grated Parmesan cheese
1/2 lb. Mozzarella cheese, thinly sliced
Measure meat sauce. Cook noodles in boiling salted water according to package directions until almost tender; rinse and drain.
2 cups confectioners' sugar
3 tablespoons milk
1/4 teaspoon orange extract
1 or 2 drops yellow food coloring, if desired
Blend together all ingredients until smooth.
Makes 2 dozen sweet rolls.

MEAT SAUCE
(Makes about 2 1/2 quarts)
1 cup onion, chopped
2 garlic cloves, minced
1/2 cup celery, minced
1/2 cup olive or salad oil
2 lbs. ground beef
2 teaspoons sugar
1 teaspoon oregano
1 1/2 tablespoons salt
4 No. 303 cans tomatoes
2 cans (6 oz.) tomato paste
Cook onion, garlic and celery in hot oil over low heat until soft, but not brown. Add beef. Brown over medium heat, breaking up with side of a spoon as it cooks. Stir in remaining ingredients and cover. Bring mixture to a boil. Reduce heat and simmer, stirring frequently, for three hours, or until thick. Chill; skim off fat. Store sauce covered in refrigerator or freeze in portion sizes until needed.

NORWEGIAN MEAT BALLS
(6 to 8 servings)
2 lbs. ground beef
1 large raw potato
1 small onion
2 1/2 teaspoons salt
1/4 teaspoon pepper
1/4 teaspoon nutmeg or mace
Put potato and onion through meat grinder or grate potato fine and chop onion. Add all remaining ingredients except butter or margarine; mix well. Shape into small balls and brown in skillet in hot butter or margarine. Cover and cook over low heat for about 30 minutes, or until meat balls are well-done. Remove meat balls to a warmed serving dish. Thicken liquid remaining in pan for gravy; pour over meat balls.

SWEET AND SOUR MEAT BALLS
1 lb. ground beef
1 teaspoon salt
1 egg, beaten
1/4 cup flour
1/4 cup salad oil
Combine meat and salt, form into 12-16 small meat balls. Combine egg, flour to make batter; dip meat balls in batter and brown in hot salad oil, turning to brown all sides. Remove from pan; drain off all but 1 tablespoon oil.

SWEET AND SOUR SAUCE
1 cup beef broth or bouillon
1 green pepper
(Continued to 4-C)

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