



EXPERT'S TOUCH — Delicate Wheat Germ Cheese Cake is an easy-to-make, professional-looking dessert. Whip it up for festive occasions.

DID YOU EVER MAKE A CHEESE CAKE?

Well, if you haven't because you think cheese cake is beyond your pastry-making skills, your fears are unfounded. This wheat germ-crust cheese cake is a no-fail dessert delight if the simple directions are followed.

The cake is delicate in texture

and it goes without saying) delicious. The filling is light and fluffy yet not too rich or too expensive, considering the number of servings. The filling uses farmer's cheese, a dry cottage cheese with a firm curd, almost like a cream cheese in texture.

Instead of the usual cracker crumbs, the wheat germ is the base of the crust, adding its pleasing nut-like flavor and its wealth of vitamins and minerals. Wheat germ also is sprinkled liberally over the top of the cake.

And—don't forget—you can use the wheat germ crust recipe for any of your favorite crumb pie shells, too.

DELICATE WHEAT GERM CHEESE CAKE

- 2 cups wheat germ
- 1 1/2 cups sugar, divided
- 1 1/2 teaspoons cinnamon
- 1/2 cup butter or margarine, softened
- 4 eggs
- 1 1/2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1 cup heavy cream
- 3 cups farmer's cheese
- (or any dry, fine-curd cottage cheese)
- 1/4 cup flour
- 2 teaspoons grated lemon peel

Combine wheat germ, 1/2 cup sugar, cinnamon and butter; mix well. Set aside 1/4 cup. Press remaining mixture firmly on bottom and sides of nine-inch spring-form pan. Beat eggs until thick and light. Beat in remaining sugar slowly. Add remaining ingredients; beat until well-blended; strain through fine sieve. Pour into spring-form pan; sprinkle with reserved wheat germ mixture. Bake at 350 degrees for one hour. Turn oven off but do not open door. Let cake remain in oven one hour longer. Remove from oven; let cool to room-temperature; chill. Remove from pan. Makes 10 to 12 servings.

Other easy, do-ahead entrees which take advantage of ground beef are zesty spaghetti sauce, chili with beans, both of which are good spooned over toasted hamburger buns.

One more: Creamed hamburger and mushrooms on toast, rice or baked potatoes.

Ideas for Other Cuts

Bottom round steak is also a cut to consider these days. While it can be put through the cubing machine at the market, there are those who prefer pounding in flour and seasonings, to help tenderize the meat. Select a 1-inch thick slice for Swiss steak. Pound in seasoned flour and brown in a little fat, then add 2 cups tomato juice or canned tomatoes for each pound of meat. Cover and simmer until done, about 1 1/2 hours. Thicken gravy.

Use bottom round, too, for chicken-fried steak, beef Stroganoff, or beef birds filled with a favorite dressing.

Beef stewing meat is the basis for hearty easy entrees. Pep up beefy homemade vegetable soup with tender cubes of slowly cooked stewing beef, or use it in a savory stew and serve with a fluffy mashed potato topper.

Another western way with beef stewing meat: Trim and cut into 1-inch cubes. Dredge with flour; brown in a little fat, then add liquid and cook slowly, covered, until tender, about 2 to 3 hours. Add Chinese vegetables, coarsely cut celery, onion slices and soy sauce. Simmer until vegetables are almost tender. Adjust seasonings and serve over steamed rice or fried noodles.

FACTORS IN FOOD

Hens being what they are, the United States Department of Agriculture reports abundant supplies of eggs in all western markets. As a matter of fact, USDA's Agricultural Marketing Service states they are an exceptionally good buy these days.

Calorie-Counter's Aid
A source of high quality protein, eggs are rich in Vitamin A and not too high in calories. Weight-watchers can count on them for mealtime variety and appetite satisfaction.

For example, a breakfast which includes 1/2 cup fresh grapefruit sections, 2 poached eggs, 1 thin slice of cracked wheat toast and a pat of butter or margarine, accompanied with black coffee, totals about 310 calories, USDA home economists say.

A low calorie luncheon consists of a fresh vegetable salad made with a whole medium tomato, 1/4 cup each of grated carrots and diced celery, 4 small leaves of lettuce and 2 sliced hard-cooked eggs, tossed with seasonings and lemon juice; 2 saltine crackers and a fresh pear. Tea or black coffee. Total calories for this amount to about 245.

Satisfying Dinner

A filling and satisfying dinner might begin with beef bouillon, garnished with several carrot slices and some chopped parsley; a 2-egg omelet, 1/2 cup cooked cauliflower with 1 pat of butter or margarine, plus a salad made with 1/4 medium head of lettuce and 6 cucumber slices and seasoned with garlic vinegar. For dessert: An orange with tea or black coffee. Calories add up to about 425.

2-Egg Omelet
2 eggs
1/2 teaspoon salt
pepper
2 tablespoons nonfat milk
1 tablespoon butter or margarine

Beat eggs until well mixed; add salt, pepper and milk.

Bountiful Beef

Beef, declared by the United States Department of Agriculture as the Plentiful-Food-to-Feature during the week May 5-11, takes to spring menus with the greatest of ease.

Good supplies of beef are coming to market now.

Probably the most popular, all-around beef item, from a menu-maker's point of view, is ground beef. Easy to cook, versatile and readily available, it also is budget-minded, since it utilizes the less demanded cuts — chuck, brisket, plate, flank and neck.

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Specialties in Gourmet

By RUTH KING

HERALD AND NEWS, Klamath Falls, Oregon

Thursday, May 2, 1963

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HERE'S A CUTE ONE — Old foil pans that frozen pies are sold in have half a hundred uses. Teach a child to tell time by cutting out paper hands and anchoring them on a pin stuck through the center of the pan. Write the numbers in crayon around the edge... or punch a small hole in the center of a small pan and push through the handle of an ice cream bar. Keeps the drip off the "muncher" and the floor and furniture.

KEEP THOSE OLD FOIL PANS TO USE

Somewhere in your kitchen there's probably a cupboard full of old frozen dinner trays and aluminum foil pie plates—all too good to throw away—but seldom used for lack of inspiration. This list, compiled by Anaconda Aluminum Company, one of the country's leading manufacturers of aluminum foil products, should clean out your supply and put it to good use.

For mother-coasters for under flower pots, cat and dog dinner dishes, container for soap and wet sponges, Christmas gift cookie packages, cut up and form into Christmas tree ornaments and bulb reflectors, frog for flower arrangements, warm up bread and rolls, container for frozen and

refrigerated foods, dish for cleaning jewelry and silver, spoon rest for stove top, broiling pan for steaks and chops, Easter baskets. Everyday ashtrays, packing lunches (keeps sandwiches a n d pie intact), lids for pans and dishes, drip pans for baking and roasting, paper clip, thumb tack, and bobby pin containers, disposable picnic dishes, container for poaching eggs, steam iron pad, catch-all under range burners, container for storing ice cubes, pan for broiling sandwiches, pan to melt butter for cooking.

For dad — Hang them on strings (in the garden) to scare birds, reflector shade for light over ping pong table, drip pan

for under paint can, container to store tulip bulbs in the winter, pan to catch oil drained from lawn mowers, container for mixing plaster, bird feeders, flats for starting garden seedlings, container for storing nails and screws, used razor blade collector, water container for humidifying furnace air, pan for cleaning paint brushes, container to increase capacity of darkroom scales.

For Children—Party hats, mud pie molds, dart targets, doll dishes, base for molded clay figures, unbreakable party plates, crayon trays, toy boats, sandbox toys, brush pan for water color painting.

City Grade School Menus

Parents of children in the city elementary schools are advised that some slight changes in menus may occur from time to time.

Monday, May 6

Wiener winks, mashed buttered potatoes, stuffed celery, marshmallow-raisin cup, milk.

Tuesday, May 7

Barbecued beef on homemade bun, buttered string beans, buttered whole kernel corn, fruit cobbler, milk.

Wednesday, May 8

Chili beans, raw vegetable finger foods, homemade corn bread or muffins, dish fruit, milk.

Thursday, May 9

Turkey-rice casserole, tossed

vegetable salad, hot homemade buttered rolls, fruit, milk.

Friday, May 10

Toasted cheese sandwich, potato salad, pickled beets, chocolate pudding, milk.

TURKEY TRIM

Circle your best turkey salad with a ring of prunes and golden peaches. Spice the canned cling peaches and cooked prunes with a few sticks cinnamon, whole cloves and dash of wine vinegar. Chill several hours. To serve, arrange fruits around a mound of lettuce-garnished turkey salad.

NOW TWO-PLY!

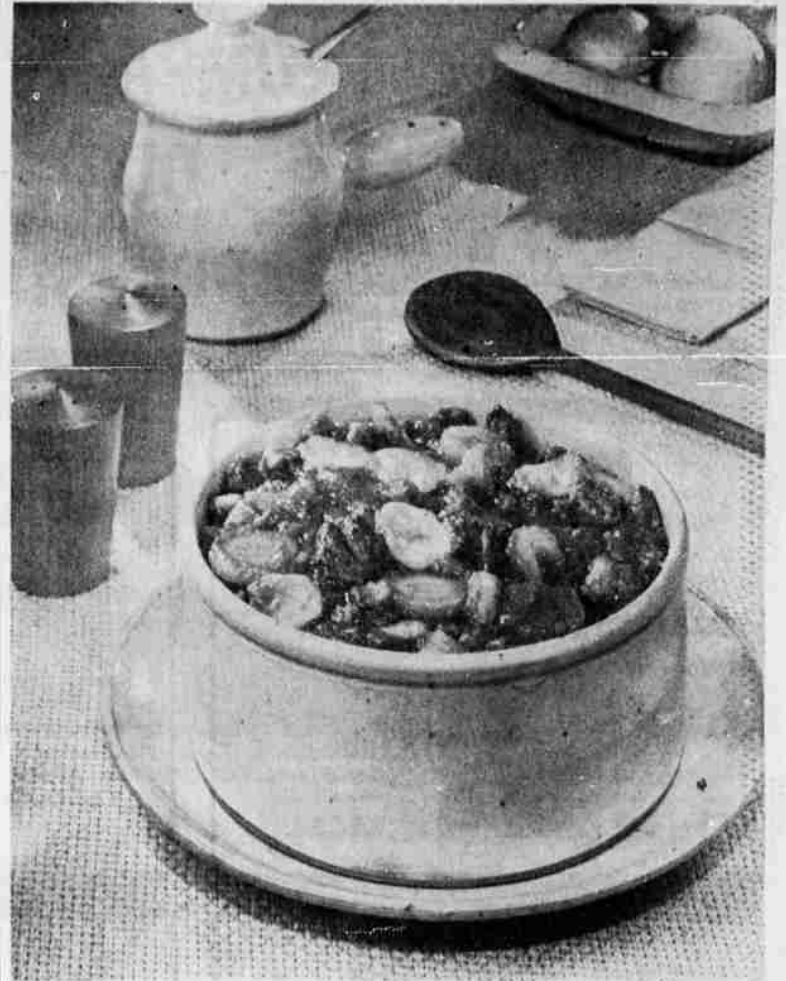


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NEW APPROACH TO LAMB — Savory Lamb Hot Pot calls for fresh vegetables and convenient canned tomato sauce to glamorize left over roast lamb into a spring delight.

Lamb Dish Peps Menu

Lamb is almost as much a harbinger of spring as the robins are, even though a seasonal lamb roast, excellent the first time around can create a leftover problem. There's no problem when you just open a handy can of tomato sauce to mix with the minced lamb and vegetables—it can taste even better the second time.

By layering the lamb and vegetables you have a kind of lamb sandwich, with the vegetables for filling—good way to entice the children to eat them! The sauce melds the flavors together and that cheese on top adds a connoisseur's touch.

Bake some potatoes along with the Savory Lamb Hot Pot, maybe a gingerbread mix too, to serve

SAVORY LAMB HOT POT (Servings - 4)

- 1 cup finely chopped cooked lamb
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 3 tablespoons poly-unsaturated oil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- Dash nutmeg
- Dash savory or basil
- 1 (8-ounce) can tomato sauce
- 2 tablespoons chopped parsley
- 2 large zucchini, sliced
- 4 carrots, peeled and sliced
- 2 stalks celery, chopped
- 1/4 cup Parmesan cheese

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