

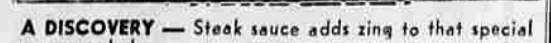
Current-Cherry-Chicken
By Joan Trichon
Franklin Square, Long Island

2 2½ lb. chickens, quartered
¾ cup Italian dressing
½ jar red currant jelly
½ lb. frozen orange juice concentrate
1 lb. can pitted black figs

Bake uncovered 1 hour and 15 minutes in 350 degree oven.

While chicken is baking, melt ½ jar red currant jelly in a saucepan over a slow flame. Blend in orange juice concentrate and can of pitted cherries.

Pour sauce over chicken and continue baking at 375 degrees for another 15 minutes. Serves 6-8.



With children heading back to school, now is a fine time to analyze the kinds of meals your family receives. In schools, children need to be able to "pick out" healthy foods from the menu. This is often a direct result of the foods they eat. The recommended amounts of protein, vitamins and minerals must be met every day.

How long has it been since liver appeared on your dinner table? Liver, well-known as the highest source of iron and protein, is a nutrient, is served often by the wise mother.

Liver can be easily dressed in a few dressings to add greater appetite appeal. Reba Stagers, meat authority, suggests preparing liver in a mild curly sauce and serving it on rice for a taste-tempting treat.

What treat for salad?

Try adding a bit of steak sauce to your dressing and it will be delightfully surprised. Use iceberg lettuce and other salad greens, romaine, Boston lettuce and cabbage for variety and contrast. Chop parsley and celery leaves always add an improved flavor.

SUPERB LUTICE SALAD
(Serves 6)

- 1 large head iceberg lettuce
- 1 cup sliced, crushed cucumber
- 1½ cups olive or salad oil
- 1 pound Roquefort or blue cheese
- 1½ cups lemon juice
- 2 teaspoons anchovy paste
- 3 tablespoons tarragon vinegar
- 1½ cups butter
- 1½ cups shiraz

LIVER CURRY

1 pound sliced beef liver
4 to 6 slices bacon
2 tablespoons lard or drippings
2 tablespoons butter ^{or margarine}
2 tablespoons finely chopped onion
1 can (2 ounces) mushroom slices and pieces, drained
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon curry powder
1/2 cups milk
2 cups cooked rice

2 tablespoons bottled steak sauce
2 tablespoons dry red wine ^{or 1 tablespoon lemon juice}
Salt to taste
1/2 teaspoon pepper
1 large cucumber, sliced
1 bunch radishes, cleaned and sliced

Core lettuce; wash in cold water and drain well. Place in plastic bag or transparent plastic bag with ice water to keep cool. Blend cheese with remaining ingredients, except cucumbers and radishes. Add garlic and

Cook liver slowly in large oil drippings until well browned. Remove from frying-pan and cut into 1-inch pieces. Mix butter or margarine and mushrooms and cook until lightly browned. Add salt, pepper and curry powder. Blend well. Add milk. Cook, stirring constantly, until thickened. Add liver pieces and heat. Cook bacon until crisp. Drain and add to liver. Sprinkle with cheese. Serve liver curry over cooked rice and sprinkle bacon on top. 4 servings.

When washing children's shoes, string them through the button-holes of a garment and tie the ends. They'll get as clean as the other laundry and not get tangled.

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Thursday, September 5, 1963 PAGE 7-B

HERALD AND NEWS, Flagstaff Falls, Ore.



UNIQUE TOUCH — Delicious canned chowder made from partly canned ingredients makes a delicious supper.

Friday Night Chowder Easy

It's a far cry from a pot of chives growing in your kitchen window or from the garden in your own backyard to a pack of fresh chives in the freezing unit of the refrigerator. Here are two:

Frozen chopped chives—neatly packaged, fresh smelling and of dark green are practical. They come in jars, gardens and lists as chipping.

This chowder, seasoned with chives is quick with frozen and canned chives.

FRIDAY NIGHT CHOWDER
(Serves 4 to 6)

1 clove frozen frozen chopped chives
2 1/2 ounce can tomato sauce

2 1/2-ounce cans split pea or green pea soup
1/2 pound cooked shrimp, lobster or crab (canned or frozen)
Salt and pepper to taste
3 tablespoons shrimp, if desired

Assorted condiments
Combine frozen chopped chives with tomato sauce, pea soup and water; heat to boiling, stirring occasionally. Add shrimp, salt and pepper. Simmer 5 minutes, if desired. Pour into heated thureen. Serve with condiments such as frozen chives, ground sharp cheddar cheese and sliced green onions.

C Braised Dishes Fit Into Fall

September signals the return of fall, and with the seasonal change comes a change in menu in most plans. Since kitchens are cooler, you begin to feel like getting out those favorite recipes for slowly cooked meat dishes.

One such dish you'll find pleasing to prepare and serve is this simple, satisfying meat and vegetable combination. Here is the best of the meat family: potatoes really go for at supper time.

The meat is boneless beef; the vegetables are tomatoes, carrots and onions. Add garlic salt to the flavor as ground cloves, garlic and Worcestershire sauce.

This dish is practically in the

slow category, except that the meat is braised in just a small amount of liquid. Your favorite meat sell business will be already cooking out the meat for the Stags suggests, you may want to return to the slow cooker when the beef check into cubes.

BEEF WITH VEGETABLES—FAMILY STYLE

1 1/2 lb. boneless beef, cubed
1-inch cubes
1-1/3 cup flour
2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon garlic salt
1/2 cup lard or drippings
1 can (16 ounces) tomato sauce
1 tablespoon Worcestershire sauce
1/2 teaspoon ground cloves
5 medium carrots, cut in thirds
2 medium onions, quartered; or 8 small white onions
1 package (10 ounces) frozen peas

Combine flour, salt, pepper and garlic salt. Dredge meat in flour mixture. Fry in lard or drippings. Pour off drippings. Drain tomatoes, reserving juice. Add tomato juice, Worcestershire sauce, carrots, onion, garlic and cook slowly 1 1/2 hours. Add carrots and onions and continue cooking 1 hour. Add tomato sauce and peas. Continue cooking 1 hour or until all tender and vegetables are done. 6 to 8

1 cup milk
3 large fresh nectarines
½ pint dairy sour cream
½ teaspoon grated lemon rind
1 teaspoon lemon juice

Pinch salt
1/4 cup toasted flaked coconut
Prepare gingerbread according to package directions, using milk instead of water. Turn into 2 greased 8-inch layer cake tins. Bake in a 350° oven (moderate) oven 20 to 25 minutes. Cool. Slice necarves. Combine sour cream with lemon rind and juice, salt and nutmeg. Spread in half of necarves. Turn one gingerbread layer onto serving plate. Top with half of sour cream mixture. Repeat layering with remaining necarves.
Makes 8 to 10 servings.

EAGLET REVE
PINEAPPLE HAM STEAK
Brown one slice of ham steak in ungreased skillet or skillet. Turn and top with pineapple slices. Keep basting with syrup drained from canned pineapple. As ham cooks, the syrup bubbles. Remove slices, making a flavorful sauce.

Sandwich
Chopped ripe olives with tomato, melon, multi-flavor cream cheese with grated cheddar cheese, green onions and sliced mushrooms combine to qualify "Olive-Cheese Spread" as a top favorite during National Sandwich Month in August.
1/4 cup chopped ripe olives
1/4 cups grated Cheddar cheese
1/4 cups sliced mushrooms
1 tablespoon chopped canned green olives
2 or 3 tablespoons dairy sour cream
Combine all ingredients. Spread on bread for sandwiches.
Makes 1 1/2 cups spread.

PINEAPPLE PERFECTION
WITH FRESH FRUIT
This recipe is a cruda salad, a good combination fruit. Try many ways with plentiful fruit. This summer, Contrast its tangy flavor with the cruda salad such as cantaloupe, honeydew, pear and

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green grapes. Add its bright color to unpared apple, blueberries, or ling cherries. Contrast its crispness with banana slices, raspberries or strawberries. Add its sweetness to fruit such as plum, grapefruit or orange. Pineapple chunks become a beautiful sprinkled with toasted coconut, almonds and maraschino cherries.

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