

Specialties in Gourmet

By RUTH KING

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Make-Ahead Gala Dessert

This cool dessert will get a warm reception from dinner guests. Frozen mixed fruit and whipped topping mix are combined in a most unusual short-cake.

Fruit Shortcake

1 package (12 oz.) frozen mixed fruit; 1 envelope whipped topping mix; 1/4 teaspoon almond extract; flaked coconut; 6 packaged individual spongecake shells.

Thaw mixed fruit as directed on package. Meanwhile, prepare whipped topping mix as directed on package, substituting 1/4 teaspoon almond extract for the 1/2 teaspoon vanilla. Shape into balls, using about 1 1/2 cup prepared whipped topping for each. Roll balls in coconut. Place on wax paper-covered tray or baking sheet and freeze until firm — about 1 1/2 hours.

Then place coconut-covered balls in spongecake shells and spoon fruit over top. Or, spoon fruit into spongecake shells and top with coconut-covered balls. Makes 6 servings.

A wad of absorbent cotton in a funnel will serve as a good quick filter for this liquids.

City Grade School Menus

Monday, Feb. 15

Vienna Sausages
Buttered Whipped Potatoes
Seasoned Green Beans
Hot Buttered Rolls
Pudding

Tuesday, Feb. 16
Meat Balls in Tomato Sauce
Buttered Mixed Vegetables
Cheese Biscuits
Apple Crisp
1/2 Pint Milk

Wednesday, Feb. 17
Noodle Medley
Buttered Spinach
Carrot Chips
Cornbread and Honey Butter
Cherry Cup
1/2 Pint Milk

Thursday, Feb. 18
Barbecue Beef on a Bun
Sunshine Salad
Buttered Corn
Chocolate Cake
1/2 Pint Milk

Friday, Feb. 19
Macaroni and Cheese
Spinach and Hard-boiled Eggs
Pumpkin Muffins
Berry Cobbler
1/2 Pint Milk

Add a little milk or cream to enrich scrambled eggs.

Strange Story Of The Cabbage

One of the strangest legends of mythology is the one about the feud between the cabbage and the grapevine.

The story goes that the two became enemies many centuries ago when the Thracian Prince Lycurgus injured or destroyed some grapevines belonging to Dionysus (or Bacchus), god of grapes and wine. As punishment, Lycurgus was lashed to the vine to think of his wrongdoing. While bound, he began weeping big fat tears. Where they fell to the ground, cabbage heads promptly appeared and nearby grapevines died away.

Cabbages are great, lusty growers, so good-natured in their needs that this vegetable can be grown commercially in 41 states of the Union, including Hawaii and Alaska.

Cabbage is an excellent source of ascorbic acid (vitamin C), the greener the leaves, the higher the vitamin C content. Other nutrients such as thiamine and iron are found in cabbage in amounts valuable as supplements to other sources.

To point out still other virtues of the cabbage, it is generally relatively low in price; it is low in calories and most men love cabbage raw or cooked. A man who approaches other salads snifflingly will almost certainly take a nice big helping of cole slaw. Incidentally, despite the ancient feud, shredded cabbage and halved grapes team wonderfully to make a novel and delicious cole slaw.

Here are good tested recipes for cabbage dishes.

BAKED CABBAGE AND TOMATO
1 lb. (4 cups) head cabbage

1/2 cup water
3 tablespoons vegetable oil
1/2 cup chopped onion
3 tablespoons flour
1 teaspoon salt
1/2 teaspoon ground black pepper
1/4 teaspoon ground marjoram

2 1/2 cups tomatoes, cut up
1-3 cup stuffed green olives, sliced
1 cup cracker crumbs
1 cup (4 oz.) grated Cheddar cheese

Wash cabbage and cut into quarters. Discard core and shred coarsely. Cook in water for about eight minutes, until tender then drain. Heat oil in saucepan. Add onion and saute until transparent. Blend in flour, salt, ground black pepper, marjoram and stir until thickened, adding tomatoes and green olives last. Place on a third of tomato mixture in individual casserole. Add on a part cabbage, repeat. Cover with cracker crumbs and grated cheese. Bake in a preheated moderate oven (375 degrees F.) for 25 minutes.

CABBAGE WITH PEANUT SAUCE
1 head (3 lbs.) cabbage
1-inch boiling water
1 teaspoon salt
1-3 cup butter or margarine
1/4 cup chopped roasted peanuts
1 tablespoon fresh lemon juice
1/2 teaspoon ground black pepper

Trim cabbage, wash and cut into eight wedges. Place in a saucepan with 1-inch boiling water and salt. Bring to boiling point, uncovered, and boil five minutes. Cover and cook only until crisp — tender, 10 to 12 minutes. Drain. Melt butter or margarine, add peanuts and cook until butter has lightly browned. Add fresh lemon juice.

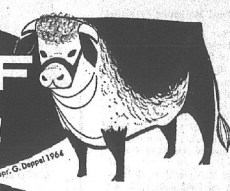
Cook potatoes and other large vegetables in a french fryer wire basket to prevent steam burns caused by boiling water.

Yield: 8 servings.
CABBAGE AND HAM SALAD
1 cup fresh celery, diced
1 1/2 cups cooked ham, cut

julienne
1 cup shredded cabbage
3 tablespoons green pepper, diced
2 tablespoons diced onion

2 large hard-cooked eggs, sliced
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1/4 cup mayonnaise

Combine diced celery, ham, cabbage, green pepper, onion, hard-cooked eggs, salt and pepper. Toss lightly with mayonnaise. Serve on lettuce bed.
Yield: 4 to 6 servings.



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