

Dorothy Dean's

HOMEMAKERS SERVICE--THE SPOKESMAN-REVIEW

SPOKANE, WASHINGTON

"Palate Pleasures"



CIDER TARTLETS

- | | |
|--|--|
| 2 cups sweet
cider | 3 egg yolks |
| 1/2 cup beet or
cane sugar | 3 egg whites |
| 1/2 teaspoon
cinnamon | 6 tablespoons
beet or cane
sugar |
| 1/4 teaspoon
nutmeg | 1/4 teaspoon salt |
| 1/2 teaspoon salt | 2 teaspoons
vanilla |
| 6 tablespoons
cornstarch | 6 individual
pastry tart
shells or 1 nine-
inch pie shell |
| Grated rind and
juice of 1/2
lemon | |

Heat the cider and combine with the dry ingredients which have been thoroughly mixed. Cook in top of double boiler twenty-five minutes, stirring constantly until thickened. Remove from heat, and add lemon juice and rind. Beat the egg yolks, and gradually add a small amount of the hot mixture, stirring constantly. Then combine the egg yolks with the contents in double boiler, and return to heat for five minutes, stirring. Cool. Make a meringue from the egg whites, sugar, salt and vanilla. Pour the cider filling into the prepared pastry. Top with the meringue, and place in a slow oven (325 degrees) for 12 to 15 minutes, until baked and golden brown.

FROZEN APPLE CREAM

- | | |
|------------------------------|----------------------------------|
| 1 tablespoon
gelatin | 1 cup thick
applesauce |
| 4 tablespoons
cold water | 1 1/4 cups beet or
cane sugar |
| 3/4 cup orange
juice | 1/8 teaspoon salt |
| Grated rind of 1
orange | 1 teaspoon
cinnamon |
| 2 tablespoons
lemon juice | 1/4 teaspoon
nutmeg |
| Grated rind of 1
lemon | 1 cup whipping
cream, whipped |
| | 2 teaspoons
vanilla |

Soak the gelatin in the cold water; then dissolve over hot water. Add to the orange juice, and combine with grated orange rind, lemon juice, lemon rind and applesauce which has been sweetened with the sugar. Chill until thick and sirupy; then fold in the remaining ingredients. Pour into refrigerator tray, and freeze, stirring several times during freezing. NOTE: More or less sugar may be needed, depending on the tartness of the applesauce.

LIGHT BUFFET

- | | |
|---------------------|--------|
| Grilled Ham | |
| *Sweet Potato Salad | |
| Rolls | Butter |
| Relishes | |
| *Cider Tartlets | |
| Coffee | |

DINNER

- | | |
|-------------------------|--------|
| *Pot Roast Supreme | |
| *Golden Glow Casserole | |
| Frenched Green Beans | |
| Tomato Aspic Salad | |
| Rolls | Butter |
| Fruit Cup | |
| *Crunchy Peanut Squares | |
| Coffee | |

ADDITIONAL RECIPES

- *Frozen Apple Cream
- *Pumpkin Nut Bread
- *Oriental Egg Cutlets
- *Spiced Hot Chocolate

SWEET POTATO SALAD

- | | |
|--|---|
| 1 1/2 cups diced cold cooked
sweet potatoes, salted to
taste | 1 cup drained orange
sections |
| 1 1/2 cups sliced celery | 1/2 cup sliced salted peanuts |
| 1 1/2 cups diced tart apples | Cooked salad dressing
(fruit flavored) |
| | Endive or watercress |

Combine the potatoes, celery, apples, orange and peanuts with the cooked salad dressing, mixing lightly. Serve on endive or watercress, garnished with additional dressing and orange sections. NOTE: This is a delicious salad to serve with grilled or cold sliced ham and hot biscuits. Serves 8.

GOLDEN GLOW CASSEROLE

- | | |
|------------------------------------|-------------------------------|
| 2 tablespoons butter | 1/4 teaspoon pepper |
| 2 tablespoons flour | 1 cup milk |
| 1 tablespoon beet or cane
sugar | 2 eggs |
| 1 teaspoon salt | 1 1/2 cups whole kernel corn |
| | 1 1/2 cups grated raw carrots |
| | 1 green pepper, chopped |
| | 3/4 cup chopped celery |
| | 2/3 cup grated cheese |
| | 1/4 cup dry bread crumbs |

Make a white sauce from the butter, flour, sugar, seasonings and milk. Beat eggs, gradually add hot mixture, stirring constantly. Combine with corn, carrots, green pepper and celery. Pour into buttered casserole. Sprinkle with the grated cheese and dry bread crumbs. Set in a pan of hot water, and bake in a moderate oven (350 degrees) for 30 minutes; then reduce to 325 degrees for 30 minutes more or until done. Test as for custard. Serves 8 to 10.

For Homemaking Hints, Write Dorothy Dean, or Phone Main 3321

POT ROAST SUPREME

Place a three to four-pound beef pot roast in a bowl. Sprinkle with four tablespoons salad oil, one-fourth teaspoon dried thyme or two sprigs of the minced fresh, one bay leaf, one-eighth teaspoon marjoram, a dash of pepper, two tablespoons minced onion and three tablespoons chopped parsley. Cover lightly with waxed paper, and store overnight in the refrigerator. Brown in the same oil, add three tablespoons flour and turn until absorbed in the meat. Then add one tablespoon vinegar or three slices lemon and one and one-half cups hot water. Cover closely, and cook very slowly for one and one-half to two hours. After the first hour, add one teaspoon salt and, if necessary, a little more hot water. Serves 6.

CRUNCHY PEANUT SQUARES

2 eggs	$\frac{3}{4}$ teaspoon salt
2 cups brown sugar	1 teaspoon vanilla
1 cup melted shortening (half butter)	1 cup peanut butter
$3\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup honey
3 teaspoons double acting baking powder	$\frac{1}{4}$ teaspoon salt

Beat eggs, add sugar and melted shortening. Mix well. Sift flour, measure, and sift again with other dry ingredients. Stir into creamed mixture; then add vanilla. Chill thoroughly. Mix peanut butter, honey and salt to a smooth paste. Roll one-half of the chilled cookie dough $\frac{3}{8}$ -inch thick; lift on to lightly greased baking sheet or pan. Spread with the peanut butter mixture; then cover with the other half of the dough which has been rolled $\frac{3}{8}$ -inch thick. Bake in a moderate oven (350 degrees) for 20 minutes. Remove from oven, cut in $1\frac{1}{2}$ or 2-inch squares; let cool before removing from pan. This recipe makes $3\frac{1}{2}$ to 4 dozen cookies.

ORIENTAL EGG CUTLETS

2 cups bean sprouts	$\frac{1}{2}$ cup butter or substitute
$\frac{1}{2}$ cup chopped green pepper	1 tablespoon cornstarch
$\frac{1}{4}$ cup chopped celery	Salt
$\frac{1}{4}$ cup chopped onion	1 tablespoon soy sauce
5 eggs	$\frac{3}{4}$ cup water
Salt and pepper	Chopped parsley

Thoroughly drain the canned bean sprouts, and mix with the chopped green pepper, celery and onion. Beat the eggs, and add to the vegetables. Season with salt and pepper. Heat the fat in a heavy skillet and place the egg mixture in it in six equal portions. Cook until brown on both sides. Remove from the skillet to a hot platter. Mix the remaining ingredients, and pour into the skillet. Cook until smooth and slightly thickened, stirring constantly. Serve hot, poured over the cutlets. The oriental name for this is "Egg Foo Yong."

SPICED HOT CHOCOLATE

$\frac{1}{4}$ cup ground chocolate	$\frac{1}{4}$ teaspoon cinnamon	1 cup cream or top milk
$\frac{1}{4}$ cup cane or beet sugar	1 cup hot water	$\frac{1}{2}$ teaspoon vanilla
Few grains salt	2 cups milk	Whipped cream or marshmallows

Mix dry ingredients. Add hot water. Boil together 3 minutes. Add the milk and cream. Heat to boiling point, then beat until frothy with rotary beater. Add vanilla. Pour into cups and top with whipped cream or a marshmallow and a dash of cinnamon. Serves 6.

SAVORY SECRETS

(By use of herbs)

A few whole peppercorns in your stew
Make a tasty addition you'll never rue.

* * *

Your soups will have enticing flavor
When powdered cumin adds to their
savor.

* * *

A grating of nutmeg o'er creamed
cauliflower
Has a surprisingly delicious flavoring
power.

* * *

For Welsh rarebit, here's a brand new
wrinkle
Add golden brown mace . . . just a wee
sprinkle.



PUMPKIN NUT BREAD

$\frac{1}{2}$ cup shortening (half butter)	1 teaspoon soda
1 cup beet or cane sugar	1 teaspoon baking powder (double acting)
2 eggs, well beaten	1 teaspoon cinnamon
1 cup cooked or canned pumpkin or squash	$\frac{1}{2}$ teaspoon cloves
$1\frac{1}{2}$ tablespoons sour milk or buttermilk	$\frac{1}{4}$ teaspoon allspice
2 cups sifted flour	1 cup chopped seeded raisins
1 teaspoon salt	$\frac{1}{2}$ cup chopped walnuts or pecans

Cream shortening, add sugar and cream until light and fluffy. Add the beaten eggs, and mix well. Gradually add the pumpkin or squash and the sour milk or buttermilk. Sift flour, measure and sift again with the salt, soda, baking powder, cinnamon, cloves and allspice. Combine the chopped raisins and nuts with the dry ingredients; then stir into the pumpkin mixture, mixing only until all of the dry ingredients are blended with the moist. Turn into a well greased loaf pan (9x5x3), and bake in a moderate oven (350 degrees) for one hour or until done. Serve sliced plain with butter, or make into sandwiches, spreading with butter, marmalade or softened cream cheese.

CHEF'S BLEND OF HERBS

1 tablespoon thyme	1 tablespoon dried parsley	1 tablespoon grated dried lemon peel
1 tablespoon savory	1 tablespoon sage	1 tablespoon celery seed
1 tablespoon marjoram	6 bay leaves	

Crush all the ingredients fine before measuring, then mix thoroughly. Keep in a tightly covered jar, and use very discreetly for seasoning steaks, chops, stews, soups and gravies.

The following products are being featured during October in the Home Economics Department:

Bread—Wonder.

Bleach—Clorox.

Candy Bars—Curtiss Candy Co. (Baby Ruth, Butterfinger, Jolly Jack, Kokonut Roll).

Canned Goods—Minnesota Valley Canning Co.

Cereals (Ready to Eat)—Shredded Wheat.

Cereals (Unprepared) — Ralston Wheat Cereal.

Coffee—Schilling's.

Cookies—Brownie Baking Co.

Form Ahe-C8

Chocolate — Ghirardelli's Ground
Chocolate.

Dyes and Tints—Rit.

Eggs, Cheese—Bob's Dairy—
Westlake's.

Flour—Centennial.

Fresh Fruits and Vegetables—G. N.
Marks—Westlake's.

Gelatin—Knox Gelatine.

Groceries—Greenough's.

Ham—Armour's Star.

Health Drink—Ovaltine.

Laundry Soap—Oxydol.

Meats—A & K Market.

Milk—Waikiki.

Peanut Butter—Eatsum.

Pickles and Relishes—Heinz.

Oriental Canned Foods—La Choy.

Ry-Krisp—Ralston's Ry-Krisp.

Sea Foods—Seafood Market—West-
lake's.

Shelf Covering and Doilies—Royledge
and Roylies.

Shortening—Crisco.

Spices and Flavorings—Schilling's.

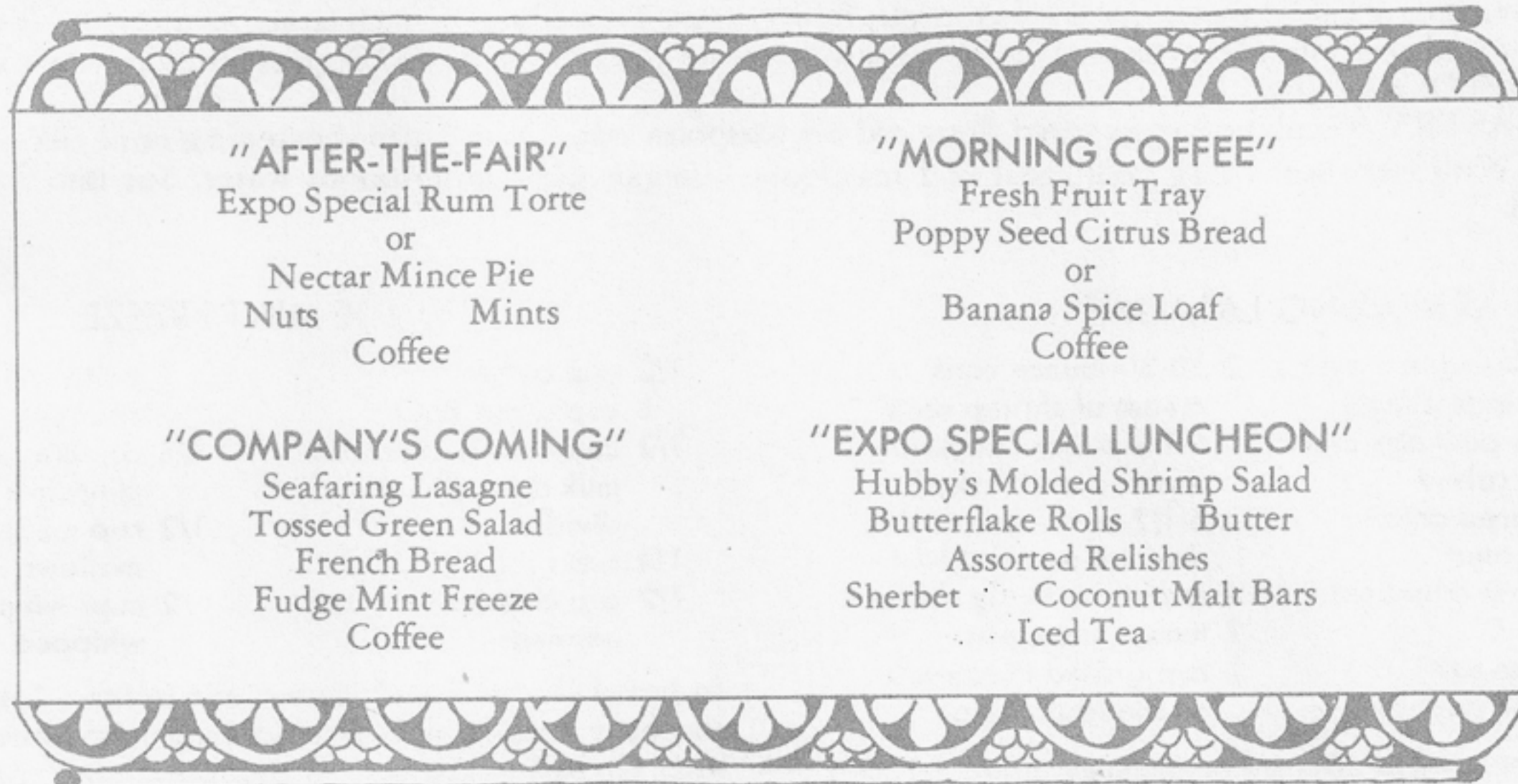
Sugar—U and I.

Toilet Soap—Palmolive.

Kraft Dinner.

EXPO RECIPE WINNERS

S-31



"GRAND PRIZE WINNER"

POPPY SEED CITRUS BREAD

- | | |
|---|------------------------------------|
| 4 eggs | 1/2 teaspoon salt |
| 1 cup salad oil | 2 tablespoons grated orange rind |
| 1 tall can, 1-2/3 cups, evaporated milk | 2 teaspoons grated lemon rind |
| 3 cups sifted flour | 1/3 cup poppy seed, about 2 ounces |
| 2 cups sugar | |
| 1-1/2 teaspoons soda | |

Beat eggs; blend in salad oil and evaporated milk. Sift flour, sugar, soda and salt. Add to egg mixture, blending well. Stir in rinds and poppy seed. Turn into greased and floured 3 quart bundt pan. Bake at 350 degrees for 1-1/4 hours or until bread tests done. Cool in pan on rack for 15 minutes. Remove from pan and complete cooling on rack.

By Mrs. Rod Hill

BANANA SPICE LOAF

- | | |
|----------------------------------|------------------------|
| 1/2 cup butter | 1 teaspoon soda |
| 1 cup sugar | 1/2 teaspoon salt |
| 2 eggs | 1 teaspoon nutmeg |
| 1 cup mashed ripe banana, 2 or 3 | 1 teaspoon cinnamon |
| 1 tablespoon grated orange rind | 1/3 cup milk |
| 2 cups sifted flour | 1 teaspoon vinegar |
| | 1/2 cup flaked coconut |
| | 1/2 cup chopped nuts |

Cream butter and sugar. Add eggs, one at a time, beating well after each. Stir in banana and orange rind. Sift dry ingredients. Stir into creamed mixture alternately with milk combined with vinegar. Blend in coconut and nuts. Turn into greased 9x5-inch loaf pan. Bake at 350 degrees 50 to 60 minutes or until bread tests done. Remove from pan; cool on rack. Chill before slicing. YIELD: 1 loaf.

"MORNING COFFEE"

- Fresh Fruit Tray
- Poppy Seed Citrus Bread
- or
- Banana Spice Loaf
- Coffee

"EXPO SPECIAL LUNCHEON"

- Hubby's Molded Shrimp Salad
- Butterflake Rolls Butter
- Assorted Relishes
- Sherbet Coconut Malt Bars
- Iced Tea

HUBBY'S MOLDED SHRIMP SALAD

- | | |
|---------------------------------|--|
| 1-1/3 cups tomato juice | 2 tablespoons diced green pepper |
| 1 3-ounce package lemon gelatin | 1 tablespoon grated onion |
| 2/3 cup salad dressing | 1 4-1/2-ounce can shrimp, rinsed and drained |
| 1 cup cottage cheese | |
| 1/2 cup diced celery | |

Heat tomato juice to boiling; pour over gelatin, stirring to dissolve. Chill until slightly thickened. Add salad dressing and cottage cheese; beat with rotary beater until blended. Fold in celery, green pepper, onion and shrimp. Turn into 1-quart mold; chill until set. At serving time, unmold on crisp greens. YIELD: 6 to 8 servings.

COCONUT MALT BARS

- | | |
|------------------------------|--|
| 3/4 cup butter | 1/4 teaspoon salt |
| 2/3 cup packed brown sugar | 3/4 cup instant chocolate malted milk powder |
| 2 cups sifted flour, divided | 2 teaspoons vanilla |
| 3 eggs | 1 cup flaked coconut |
| 1/2 cup sugar | 1 cup chopped nuts |
| 1 teaspoon baking powder | Malt Frosting |

Cream butter and brown sugar until fluffy. Add 1-3/4 cups flour; mix well. Press into 9x13-inch pan. Bake at 350 degrees for 10 minutes or until lightly browned. Beat eggs until thick and lemon colored; gradually beat in sugar. Combine remaining 1/4 cup flour, baking powder and salt; stir into egg mixture along with malted milk powder, vanilla, coconut and nuts. Spread over hot baked crust; continue baking for 25 minutes. While warm frost with MALT FROSTING: Blend 1-1/2 cups powdered sugar, 3 tablespoons instant chocolate malted milk powder, 2 tablespoons strong black coffee, 2 tablespoons melted butter and 1 teaspoon vanilla. YIELD: 3 dozen bars.

Featuring Prize Winners From Dorothy Dean's 1974 Expo Recipe Contest

For Help With Homemaking Problems Write Dorothy Dean or Phone 624-3321

NECTAR MINCE PIE

2 eggs, beaten
1/2 cup prepared mincemeat
1/2 cup raisins
1/2 cup chopped walnuts

1/2 cup chopped pecans
2 tablespoons orange juice
1 tablespoon lemon juice
1 teaspoon vanilla
1/2 cup sugar

1/2 cup dark corn sirup
1/4 cup butter
1/2 teaspoon salt
Vinegar Pastry

Combine eggs, mincemeat, raisins, nuts, orange and lemon juice and vanilla. Measure sugar, corn sirup, butter and salt into small saucepan; cook, stirring, over medium heat until mixture boils. Gradually stir hot sirup mixture into fruit and nuts; mix well. Cool. Roll half of Vinegar Pastry out on lightly floured board to 12-inch circle. Ease into 9-inch pie pan; top with fruit-nut mixture. Roll remaining half of pastry into 11-inch circle; fit over fruit. Trim edges 1/2-inch larger than pan. Turn under lower crust, pressing together firmly. Flute edges; slash top crust to let steam escape. Bake at 425 degrees for 25 minutes or until nicely browned. **YIELD:** 6 servings.

VINEGAR PASTRY: Combine 2 cups sifted flour and 3/4 teaspoon salt. Cut in 1 cup shortening until pieces are the size of small peas. With fork, beat 1 egg yolk; beat in 2 teaspoons vinegar and 4 tablespoons water. Stir into flour mixture. Shape into ball.

SEAFARING LASAGNE

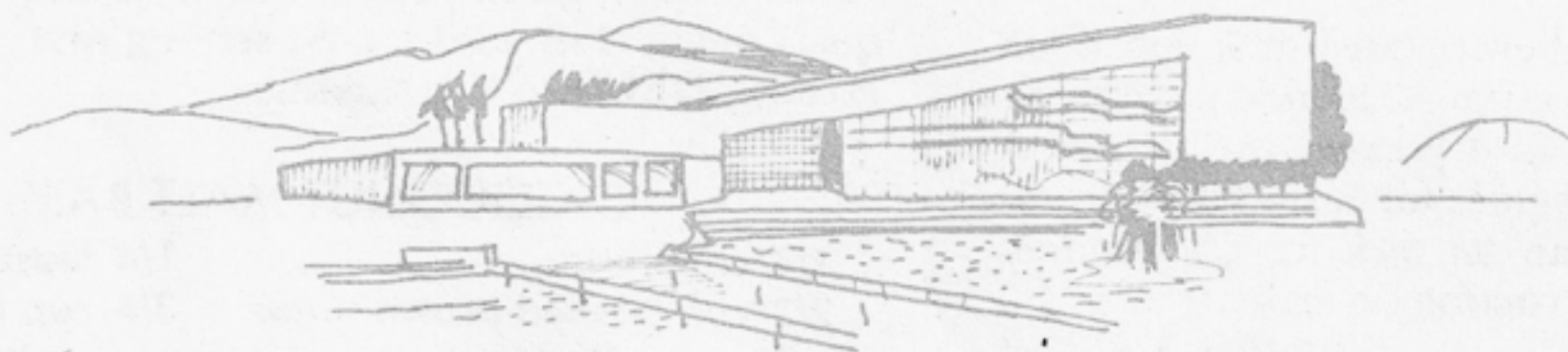
1/2 pound lasagne noodles	2 10-3/4-ounce cans
1 pint cottage cheese	cream of shrimp soup
1 8-ounce package cream cheese, cubed	1 6-1/2-ounce can tuna, drained and flaked
1/2 cup minced onion	1 6-1/2-ounce can crab, drained and flaked
1 egg, beaten	4 tomatoes, thinly sliced
2 teaspoons crumbled basil	2 teaspoons sugar
1 teaspoon salt	1 cup grated Parmesan or cheddar cheese
1/8 teaspoon pepper	

Cook lasagne noodles as directed on package; drain. In bowl combine cottage cheese, cream cheese, onion, egg, basil, salt and pepper; blend well. Heat soup until bubbly hot; stir in tuna and crab. Arrange half of noodles in buttered 9x13-inch baking dish; add in layers half of cheese mixture and all of seafood sauce. Cover with remaining noodles and cheese mixture. Arrange tomatoes over top; sprinkle with sugar. Bake at 350 degrees for 20 minutes. Sprinkle with Parmesan cheese; continue baking 30 minutes until hot and bubbly. **YIELD:** 8 servings.

FUDGE MINT FREEZE

1/2 cup butter	1 pint vanilla ice cream
1 cup sifted flour	1/2 cup crushed peppermint stick candy
1/2 cup instant chocolate milk drink powder, divided	1/2 cup miniature marshmallows
1/4 cup sugar	2 cups whipping cream, whipped
1/2 cup chopped toasted almonds	

In heavy saucepan melt butter; stir in flour, 1/4 cup instant chocolate milk drink powder and sugar (mixture will form a ball). Cook, stirring, over medium heat until crumbly, about 5 minutes. Stir in nuts; turn out onto baking sheet. Cool. Spread crumbs evenly in bottom of 9-inch square pan; reserving 1/2 cup for topping. In large mixer bowl combine ice cream and remaining 1/4 cup instant chocolate milk drink powder; stir until ice cream is softened and mixture is blended. Fold in peppermint candy, marshmallows and whipped cream. Spoon mixture over crumbs in pan; top with reserved crumbs. Freeze until firm. Serve in squares. **YIELD:** 9 servings.



EXPO SPECIAL RUM TORTE

1/2 cup butter
1 cup sugar, divided
2 eggs, separated
1/2 cup light rum, divided
1/2 teaspoon vanilla

1/4 teaspoon almond extract
1 teaspoon grated orange rind
2 cups sifted cake flour
2 teaspoons baking powder
1/4 teaspoon soda

1/4 teaspoon salt
1/2 cup orange juice
Cream Filling
Chocolate Frosting
1/2 cup chopped nuts

Cream butter and 3/4 cup sugar until light and fluffy. Add egg yolks; beating well. Stir in 3 tablespoons rum, vanilla, almond extract and orange rind. Sift dry ingredients; add to creamed mixture alternately with orange juice, beating well after each addition. Beat egg whites until soft peaks form; gradually add remaining 1/4 cup sugar, beating well after each addition. Continue beating to stiff glossy peaks. Fold into batter. Turn into two prepared 9-inch round cake pans. Bake at 350 degrees for 25 minutes or until cake tests done. Cool. Split layers in half; sprinkle with remaining 5 tablespoons rum and spread with Cream Filling. Frost with Chocolate Frosting; garnish with nuts, if desired. Refrigerate several hours or overnight. **YIELD:** 10 servings.

CREAM FILLING: Soften 2 teaspoons unflavored gelatin in 2 tablespoons cold water; dissolve over hot water. In bowl whip 2 cups whipping cream; gradually fold in 1/2 cup powdered sugar, 1/3 cup light rum and dissolved gelatin.

CHOCOLATE FROSTING: Combine 1 1-ounce square unsweetened chocolate, melted, and 1 cup powdered sugar. Add 2 tablespoons hot water. Beat in 2 eggs, one at a time. Add 6 tablespoons butter and continue beating until fluffy.

The following is a list of products which are to be featured in the Homemakers Department during July, 1974:

BALL PARK FRANKS—Hygrade
CLAM CHOWDER—Gorton's

HAM—Danola (slices)
MAYONNAISE—Kraft

SOFT DRINKS—Wyer's
WASHINGTON GROWN FRYERS

Dorothy Dean's

C-8

HOMEMAKERS SERVICE--THE SPOKESMAN-REVIEW

SPOKANE, WASHINGTON

"Palate Pleasures"



CIDER TARTLETS

2 cups sweet cider	3 egg yolks
½ cup beet or cane sugar	3 egg whites
½ teaspoon cinnamon	6 tablespoons beet or cane sugar
¼ teaspoon nutmeg	¼ teaspoon salt
½ teaspoon salt	2 teaspoons vanilla
6 tablespoons cornstarch	6 individual pastry tart shells or 1 nine- inch pie shell
Grated rind and juice of ½ lemon	

Heat the cider and combine with the dry ingredients which have been thoroughly mixed. Cook in top of double boiler twenty-five minutes, stirring constantly until thickened. Remove from heat, and add lemon juice and rind. Beat the egg yolks, and gradually add a small amount of the hot mixture, stirring constantly. Then combine the egg yolks with the contents in double boiler, and return to heat for five minutes, stirring. Cool. Make a meringue from the egg whites, sugar, salt and vanilla. Pour the cider filling into the prepared pastry. Top with the meringue, and place in a slow oven (325 degrees) for 12 to 15 minutes, until baked and golden brown.

SWEET POTATO SALAD

1½ cups diced cold cooked sweet potatoes, salted to taste	1 cup drained orange sections
1½ cups sliced celery	½ cup sliced salted peanuts
1½ cups diced tart apples	Cooked salad dressing (fruit flavored)
	Endive or watercress

Combine the potatoes, celery, apples, orange and peanuts with the cooked salad dressing, mixing lightly. Serve on endive or watercress, garnished with additional dressing and orange sections. NOTE: This is a delicious salad to serve with grilled or cold sliced ham and hot biscuits. Serves 8.

LIGHT BUFFET

Grilled Ham
*Sweet Potato Salad
Rolls Butter
Relishes
*Cider Tartlets
Coffee

DINNER

*Pot Roast Supreme
*Golden Glow Casserole
Frenched Green Beans
Tomato Aspic Salad
Rolls Butter
Fruit Cup
*Crunchy Peanut Squares
Coffee

ADDITIONAL RECIPES

*Frozen Apple Cream
*Pumpkin Nut Bread
*Oriental Egg Cutlets
*Spiced Hot Chocolate

FROZEN APPLE CREAM

1 tablespoon gelatin	1 cup thick applesauce
4 tablespoons cold water	1¼ cups beet or cane sugar
¾ cup orange juice	⅛ teaspoon salt
Grated rind of 1 orange	1 teaspoon cinnamon
2 tablespoons lemon juice	¼ teaspoon nutmeg
Grated rind of 1 lemon	1 cup whipping cream, whipped
	2 teaspoons vanilla

Soak the gelatin in the cold water; then dissolve over hot water. Add to the orange juice, and combine with grated orange rind, lemon juice, lemon rind and applesauce which has been sweetened with the sugar. Chill until thick and sirupy; then fold in the remaining ingredients. Pour into refrigerator tray, and freeze, stirring several times during freezing. NOTE: More or less sugar may be needed, depending on the tartness of the applesauce.

GOLDEN GLOW CASSEROLE

2 tablespoons butter	¼ teaspoon pepper
2 tablespoons flour	1 cup milk
1 tablespoon beet or cane sugar	2 eggs
1 teaspoon salt	1½ cups whole kernel corn
	1½ cups grated raw carrots
	1 green pepper, chopped
	¾ cup chopped celery
	⅔ cup grated cheese
	¼ cup dry bread crumbs

Make a white sauce from the butter, flour, sugar, seasonings and milk. Beat eggs, gradually add hot mixture, stirring constantly. Combine with corn, carrots, green pepper and celery. Pour into buttered casserole. Sprinkle with the grated cheese and dry bread crumbs. Set in a pan of hot water, and bake in a moderate oven (350 degrees) for 30 minutes; then reduce to 325 degrees for 30 minutes more or until done. Test as for custard. Serves 8 to 10.

For Homemaking Hints, Write Dorothy Dean, or Phone Main 3321

THE SPOKESMAN-REVIEW

POT ROAST SUPREME

Place a three to four-pound beef pot roast in a bowl. Sprinkle with four tablespoons salad oil, one-fourth teaspoon dried thyme or two sprigs of the minced fresh, one bay leaf, one-eighth teaspoon marjoram, a dash of pepper, two tablespoons minced onion and three tablespoons chopped parsley. Cover lightly with waxed paper, and store overnight in the refrigerator. Brown in the same oil, add three tablespoons flour and turn until absorbed in the meat. Then add one tablespoon vinegar or three slices lemon and one and one-half cups hot water. Cover closely, and cook very slowly for one and one-half to two hours. After the first hour, add one teaspoon salt and, if necessary, a little more hot water. Serves 6.

CRUNCHY PEANUT SQUARES

2 eggs	$\frac{3}{4}$ teaspoon salt
2 cups brown sugar	1 teaspoon vanilla
1 cup melted shortening (half butter)	1 cup peanut butter
$3\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup honey
3 teaspoons double acting baking powder	$\frac{1}{4}$ teaspoon salt

Beat eggs, add sugar and melted shortening. Mix well. Sift flour, measure, and sift again with other dry ingredients. Stir into creamed mixture; then add vanilla. Chill thoroughly. Mix peanut butter, honey and salt to a smooth paste. Roll one-half of the chilled cookie dough $\frac{3}{8}$ -inch thick; lift on to lightly greased baking sheet or pan. Spread with the peanut butter mixture; then cover with the other half of the dough which has been rolled $\frac{3}{8}$ -inch thick. Bake in a moderate oven (350 degrees) for 20 minutes. Remove from oven, cut in $1\frac{1}{2}$ or 2-inch squares; let cool before removing from pan. This recipe makes $3\frac{1}{2}$ to 4 dozen cookies.

ORIENTAL EGG CUTLETS

2 cups bean sprouts	$\frac{1}{2}$ cup butter or substitute
$\frac{1}{2}$ cup chopped green pepper	1 tablespoon cornstarch
$\frac{1}{4}$ cup chopped celery	Salt
$\frac{1}{4}$ cup chopped onion	1 tablespoon soy sauce
5 eggs	$\frac{3}{4}$ cup water
Salt and pepper	Chopped parsley

Thoroughly drain the canned bean sprouts, and mix with the chopped green pepper, celery and onion. Beat the eggs, and add to the vegetables. Season with salt and pepper. Heat the fat in a heavy skillet and place the egg mixture in it in six equal portions. Cook until brown on both sides. Remove from the skillet to a hot platter. Mix the remaining ingredients, and pour into the skillet. Cook until smooth and slightly thickened, stirring constantly. Serve hot, poured over the cutlets. The oriental name for this is "Egg Foo Yong."

SPICED HOT CHOCOLATE

$\frac{1}{4}$ cup ground chocolate	$\frac{1}{4}$ teaspoon cinnamon	1 cup cream or top milk
$\frac{1}{4}$ cup cane or beet sugar	1 cup hot water	$\frac{1}{2}$ teaspoon vanilla
Few grains salt	2 cups milk	Whipped cream or marshmallows

Mix dry ingredients. Add hot water. Boil together 3 minutes. Add the milk and cream. Heat to boiling point, then beat until frothy with rotary beater. Add vanilla. Pour into cups and top with whipped cream or a marshmallow and a dash of cinnamon. Serves 6.

SAVORY SECRETS

(By use of herbs)

A few whole peppercorns in your stew
Make a tasty addition you'll never rue.

* * *

Your soups will have enticing flavor
When powdered cumin adds to their
savor.

* * *

A grating of nutmeg o'er creamed
cauliflower
Has a surprisingly delicious flavoring
power.

* * *

For Welsh rarebit, here's a brand new
wrinkle
Add golden brown mace . . . just a wee
sprinkle.



PUMPKIN NUT BREAD

$\frac{1}{2}$ cup shortening (half butter)	1 teaspoon soda
1 cup beet or cane sugar	1 teaspoon baking powder (double acting)
2 eggs, well beaten	1 teaspoon cinnamon
1 cup cooked or canned pumpkin or squash	$\frac{1}{2}$ teaspoon cloves
$1\frac{1}{2}$ tablespoons sour milk or buttermilk	$\frac{1}{4}$ teaspoon allspice
2 cups sifted flour	1 cup chopped seeded raisins
1 teaspoon salt	$\frac{1}{2}$ cup chopped walnuts or pecans

Cream shortening, add sugar and cream until light and fluffy. Add the beaten eggs, and mix well. Gradually add the pumpkin or squash and the sour milk or buttermilk. Sift flour, measure and sift again with the salt, soda, baking powder, cinnamon, cloves and allspice. Combine the chopped raisins and nuts with the dry ingredients; then stir into the pumpkin mixture, mixing only until all of the dry ingredients are blended with the moist. Turn into a well greased loaf pan (9x5x3), and bake in a moderate oven (350 degrees) for one hour or until done. Serve sliced plain with butter, or make into sandwiches, spreading with butter, marmalade or softened cream cheese.

CHEF'S BLEND OF HERBS

1 tablespoon thyme	1 tablespoon dried parsley	1 tablespoon grated dried lemon peel
1 tablespoon savory	1 tablespoon sage	1 tablespoon celery seed
1 tablespoon marjoram	6 bay leaves	

Crush all the ingredients fine before measuring, then mix thoroughly. Keep in a tightly covered jar, and use very discreetly for seasoning steaks, chops, stews, soups and gravies.

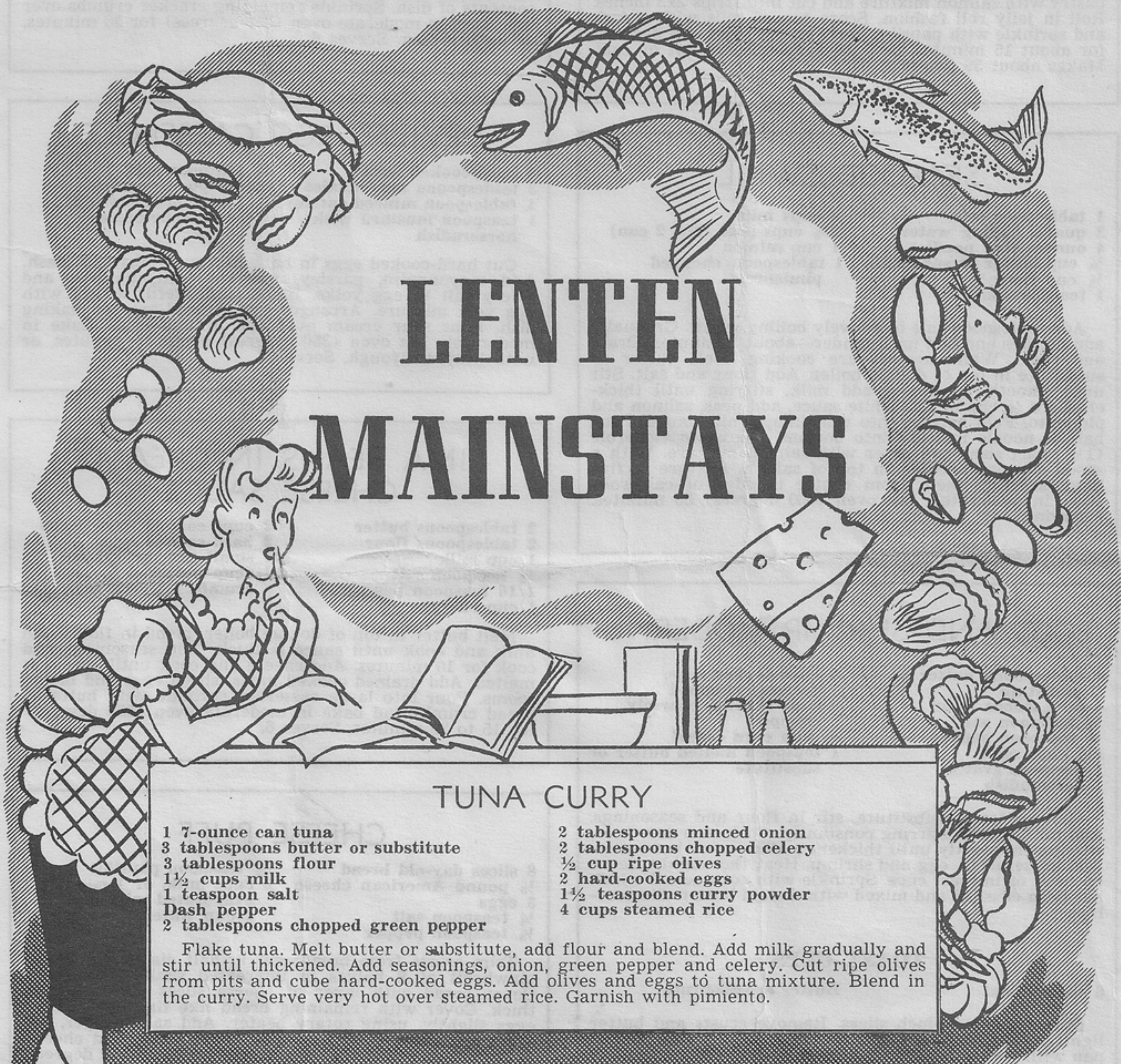
The following products are being featured during October in the Home Economics Department:

Bread—Wonder.	Chocolate — Ghirardelli's Ground Chocolate.	Milk—Waikiki.
Bleach—Clorox.	Dyes and Tints—Rit.	Peanut Butter—Eatsum.
Candy Bars—Curtiss Candy Co. (Baby Ruth, Butterfinger, Jolly Jack, Kokonut Roll).	Eggs, Cheese—Bob's Dairy— Westlake's.	Pickles and Relishes—Heinz.
Canned Goods—Minnesota Valley Canning Co.	Flour—Centennial.	Oriental Canned Foods—La Choy.
Cereals (Ready to Eat)—Shredded Wheat.	Fresh Fruits and Vegetables—G. N. Marks—Westlake's.	Ry-Krisp—Ralston's Ry-Krisp.
Cereals (Unprepared) — Ralston Wheat Cereal.	Gelatin—Knox Gelatine.	Sea Foods—Seafood Market—West- lake's.
Coffee—Schilling's.	Groceries—Greenough's.	Shelf Covering and Doilies—Roylegde and Roilies.
Cookies—Brownie Baking Co.	Ham—Armour's Star.	Shortening—Crisco.
Form Ahe-C8	Health Drink—Ovaltine.	Spices and Flavorings—Schilling's.
	Laundry Soap—Oxydol.	Sugar—U and I.
	Meats—A & K Market.	Toilet Soap—Palmolive.
		Kraft Dinner.

2/25/48
copy

Dorothy Dean's

HOMEMAKERS SERVICE—THE SPOKESMAN-REVIEW
SPOKANE, WASHINGTON



LENTEN MAINSTAYS

TUNA CURRY

- | | |
|------------------------------------|------------------------------|
| 1 7-ounce can tuna | 2 tablespoons minced onion |
| 3 tablespoons butter or substitute | 2 tablespoons chopped celery |
| 3 tablespoons flour | ½ cup ripe olives |
| 1½ cups milk | 2 hard-cooked eggs |
| 1 teaspoon salt | 1½ teaspoons curry powder |
| Dash pepper | 4 cups steamed rice |
| 2 tablespoons chopped green pepper | |

Flake tuna. Melt butter or substitute, add flour and blend. Add milk gradually and stir until thickened. Add seasonings, onion, green pepper and celery. Cut ripe olives from pits and cube hard-cooked eggs. Add olives and eggs to tuna mixture. Blend in the curry. Serve very hot over steamed rice. Garnish with pimiento.

STEAMED RICE

- | | | |
|------------|--------------|-----------------|
| 1 cup rice | 2 cups water | 1 teaspoon salt |
|------------|--------------|-----------------|

Wash the rice very well until all the loose starch is washed away. Place the washed rice in a utensil that has a close-fitting cover, and add the water and salt. Bring to a full boil on high heat. Just as soon as the rice reaches a boiling point, turn off the heat and without lifting the cover allow it to steam for 35 to 40 minutes. This will give a nice fluffy rice, with the rice grains holding their shape.

For Homemaking Hints, Write Dorothy Dean, or Phone Main 3321

SMOKED SALMON ROLLS

- | | |
|---------------------------|--|
| 1 cup salmon | 4 tablespoons mayonnaise or salad dressing |
| 1 teaspoon horseradish | 1 cup prepared pastry mix |
| 2 tablespoons lemon juice | Paprika |
| 1 teaspoon grated onion | |

Drain salmon and flake. Add seasoning and mayonnaise or salad dressing and blend into a paste. Prepare pastry according to directions on package. Roll very thin. Spread pastry with salmon mixture and cut into strips 2x3 inches. Roll in jelly roll fashion. Score top of rolls with a fork and sprinkle with paprika. Bake in hot oven, 425 degrees, for about 15 minutes, or until brown. Serve hot or cold. Makes about 36 two-inch rolls.

SEAFOOD SWIRL

- | | |
|----------------------------|-------------------------------|
| 1 tablespoon salt | 2 cups milk |
| 3 quarts boiling water | 2½ cups peas (No. 2 can) |
| 4 ounces fine noodles | 1 cup salmon |
| ¼ cup butter or substitute | 1 tablespoon chopped pimiento |
| ¼ cup flour | |
| 1 teaspoon salt | |

Add tablespoon salt to actively boiling water. Gradually add noodles and boil until tender—about 5 minutes. Drain and rinse. While noodles are cooking, melt butter or substitute in top of double boiler. Add flour and salt. Stir until smooth. Gradually add milk, stirring until thickened. To ½ cup of this white sauce, add peas, salmon and pimiento. Fold noodles into remaining white sauce. Pour half of noodle mixture into bottom of greased casserole (1½ quart size) and cover with salmon mixture. With a spoon arrange noodles on top of salmon mixture in five lines, swirling them from center to edge of casserole. Bake in moderately hot oven (400 degrees) 30 minutes. 6 servings.

EGGS AND SHRIMP MODERNE

- | | |
|------------------------------------|--|
| 4 tablespoons butter or substitute | 3 hard-cooked eggs, coarsely chopped |
| 4 tablespoons flour | 2 cups shrimp, coarsely chopped |
| ½ teaspoon salt | ¾ cup corn cereal |
| ⅛ teaspoon pepper | 1 teaspoon melted butter or substitute |
| 1½ cups milk | |
| 1 teaspoon grated horseradish | |

Melt butter or substitute, stir in flour and seasonings. Add milk slowly, stirring constantly. Cook over low heat, stirring frequently until thickened. Place over hot water. Add horseradish, egg and shrimp. Heat thoroughly. Serve on toast or in toast cups. Sprinkle with corn cereal which has been crushed and mixed with melted butter. Six servings.

TOAST CUPS

- | | |
|----------------|----------------------|
| 6 slices bread | Butter or substitute |
|----------------|----------------------|

Cut bread in ¾-inch slices. Remove crusts and butter lightly on both sides. Press each slice firmly into muffin pan with points extending uniformly. Bake in moderately hot oven (400 degrees) until crisp and brown-tipped, about 15 minutes.

SCALLOPED OYSTERS

- | | |
|-----------------------|-----------------------------------|
| 1 pint oysters | ½ cup butter or substitute melted |
| 2 cups cracker crumbs | ¼ teaspoon Worcestershire sauce |
| ½ teaspoon salt | 1 cup milk |
| ⅛ teaspoon pepper | |

Drain oysters. Combine cracker crumbs, salt, pepper and butter. Sprinkle one-third of this mixture in buttered casserole. Cover with a layer of oysters. Repeat layer. Add Worcestershire sauce to milk and pour over contents of dish. Sprinkle remaining cracker crumbs over top. Bake in moderate oven (350 degrees) for 30 minutes, or until brown. Serves 6.

DEVEILED EGG CASSEROLE

- | | |
|-------------------------------------|------------------------|
| 6 hard-cooked eggs | ¼ teaspoon salt |
| 3 tablespoons mayonnaise | ¼ teaspoon paprika |
| 1 tablespoon minced parsley | ¼ teaspoon celery salt |
| 1 teaspoon mustard with horseradish | 1½ cups sour cream |

Cut hard-cooked eggs in half. Remove yolks and mash. Add mayonnaise, parsley, mustard, salt, paprika and celery salt to egg yolks. Blend well. Refill whites with egg yolk mixture. Arrange eggs in well-greased baking dish. Pour sour cream over and around eggs. Bake in moderately hot oven (350 degrees) about 15 minutes, or until heated through. Serves 6.

LIMA BEANS IN CREAMY CHEESE SAUCE

- | | |
|----------------------|-----------------------------|
| 2 tablespoons butter | 2 cups cooked lima beans |
| 2 tablespoons flour | 2 hard-cooked eggs |
| 1 cup milk | 1 small can mushrooms |
| ½ teaspoon salt | ¼ cup buttered bread crumbs |
| 1/16 teaspoon pepper | |
| 1 cup cheese | |

Melt butter in top of double boiler, blend in flour; add milk and cook until sauce is thick. Add seasonings and cook for 10 minutes. Add cheese and cook until cheese is melted. Add drained cooked limas, sliced eggs and mushrooms. Pour into large casserole, sprinkle with buttered bread crumbs and bake in moderate oven (350 degrees) for 15 to 20 minutes. Serves 6.

CHEESE PUFF

- | | |
|-------------------------|---|
| 8 slices day-old bread | ½ teaspoon paprika |
| ⅓ pound American cheese | 2 cups milk, or 1 cup evaporated milk and 1 cup water |
| 3 eggs | |
| ¼ teaspoon salt | |
| ⅛ teaspoon pepper | |

Trim crusts from bread; cut in half diagonally. Make pinwheels of 8 halves in ungreased shallow casserole. Cover bread with layer of cheese slices about ¼-inch thick. Cover with remaining bread like first layer. Beat eggs slightly, using rotary beater. Add salt, pepper, paprika and milk. Beat well. Pour over bread and cheese. Let stand one hour. Bake in moderate oven, 350 degrees, about one hour or until puffed and a golden brown. Serve at once.

Following is the list of products to be featured in the Home Economics Department during February, 1948:

Baby Food—Gerber-Armour Strained Meats
Beverage—Pepsi-Cola
Bread—Jacobsen's Hollywood Bread
Canned Peas and Corn—PictSweet
Cereal (ready-to-eat)—Nabisco
Shredded Wheat
Cereal (uncooked)—Roman Meal
Coffee—Chase & Sanborn
Cookies—Dortch's
Dairy—Buttercup Dairy, Central Mkt.
Detergent—Dreft
Flour—Sperry Drifted Snow

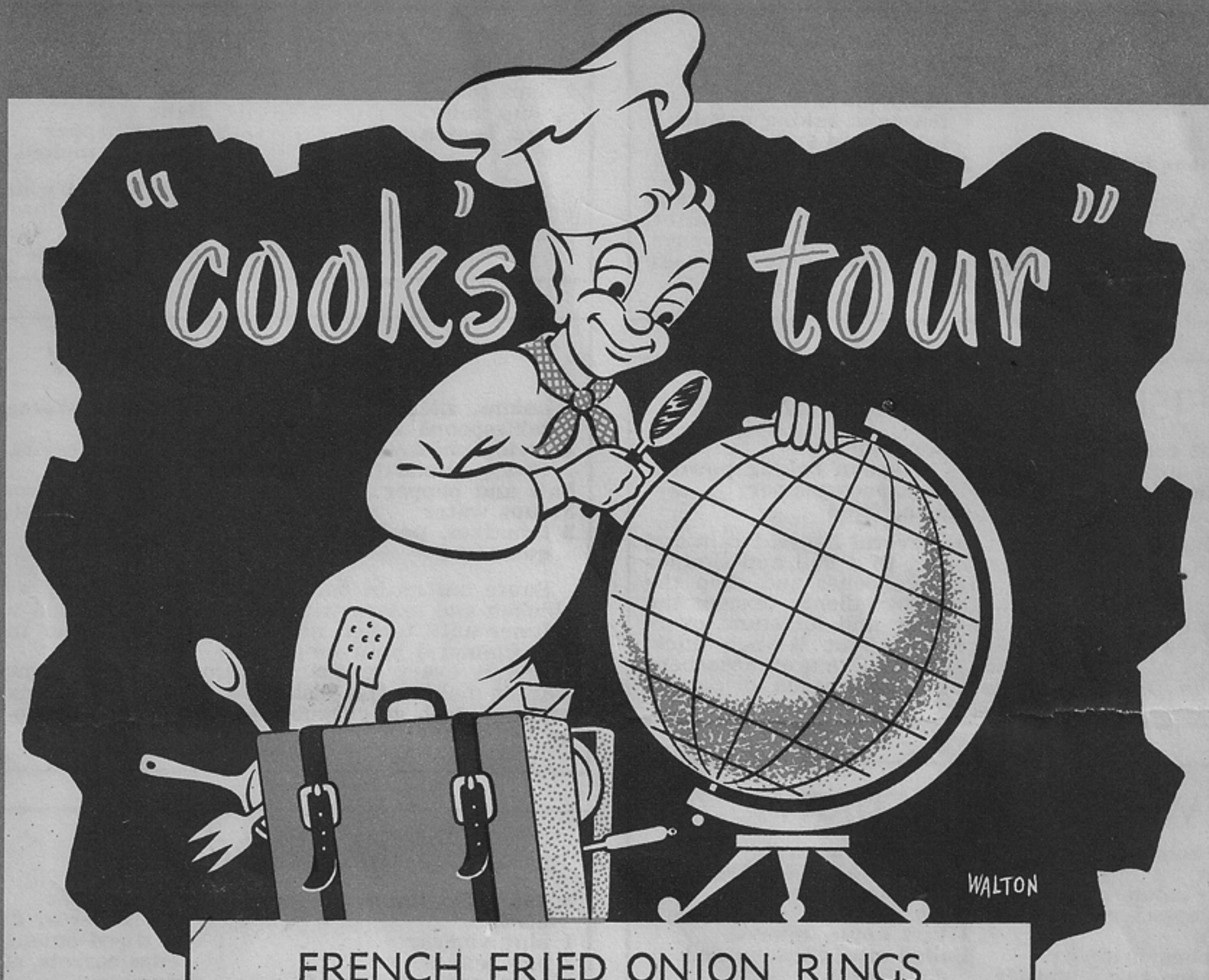
Fruits and Vegetables—Nick Rainier, Central Market
Fudge Mix—Tootsie
Grape Juice—Church's
Groceries—Red & White—Riverside Food Shop
Ice Cream—Carnation
Lemons—Sunkist
Macaroni—Mission
Mayonnaise—Best Foods
Meats—A & K Market
Meat—Armour's Pork Sausage
Meat Sauce—Tabasco

Milk (fresh)—Carnation
Olives—Wyandotte
Oranges—Sunkist
Pancake flour—Aunt Jemima
Pickles—Hunt's CHB
Popcorn—Jolly Time
Salt—Leslie
Sea Food—English Sea Food, Main and Post Market
Soup Mix—Lipton's Noodle
Spices and Flavorings—Schilling's
Squash—Erickson's
Sirup—Old Yankee
Tuna—Star-Kist

Dorothy Dean's

T-5

HOMEMAKERS SERVICE—THE SPOKESMAN-REVIEW
SPOKANE, WASHINGTON



FRENCH FRIED ONION RINGS

2 large sweet onions
½ cup milk

1 egg, well beaten
1 cup coating mix

Peel onions and cut into ¼-inch slices. Separate into rings. Add milk to beaten egg. Dip rings into egg and milk mixture and then into coating mix. For a crisp coating that sticks to onions, dip again into each mixture. Fry in deep hot fat (380) until a light brown, about 3 minutes. Drain on absorbent paper. Serve with main course or as an appetizer.

ANADAMA BREAD

2 cups water
½ cup yellow cornmeal
2 tablespoons shortening

½ cup molasses
2 teaspoons salt
2 cakes compressed yeast

½ cup lukewarm water
5 cups flour (about)

Bring water to a boil; add cornmeal gradually, stirring constantly. Add shortening, molasses and salt; let stand until lukewarm. Add crumbled yeast cakes to lukewarm water and then add the cornmeal mixture. Stir in flour to make a stiff dough. Knead well. Place in greased bowl, cover and let rise in a warm place until doubled in bulk. Cut through the dough several times with a knife; cover and let rise again for about 45 minutes, or until light. Toss onto floured board and knead well. Add more flour if necessary. Make into 2 loaves and place in greased loaf pans. Cover and let rise in warm place until doubled in bulk. Bake at 400 deg. for 15 minutes, then reduce heat to 350 deg. and bake about 45 minutes longer, or until done.

For Homemaking Hints, Write Dorothy Dean, or Phone MAdison 3321

THE SPOKESMAN-REVIEW

BLUEBERRY SLUMP

4 cups blueberries
 ½ cup sugar
 2 cups flour

½ teaspoon salt
 4 teaspoons baking powder
 1 tablespoon sugar

⅓ cup shortening
 1 egg, well beaten
 ½ cup milk

Cook blueberries with sugar until a thin sirup forms over the berries. Sift dry ingredients and cut in shortening until mixture is like coarse cornmeal. Add egg and milk all at one time, stirring just until moistened. Turn out on lightly floured board and pat or roll thinly. Cut in squares. Strain berries off the sirup and return sirup to the heat. When it begins to boil, drop squares of thinly rolled biscuit dough into the sirup. Cover closely and cook for 20 minutes. Serve hot with blueberries poured over the dumplings—and with heavy cream. Serves 6.

SPOON BREAD

1 cup white or yellow cornmeal
 3 cups milk
 2 tablespoons butter

1 teaspoon salt
 1 teaspoon baking powder
 1 tablespoon sugar
 2 eggs, well beaten

Combine cornmeal and milk in top of double boiler and cook over boiling water for about ½ hour. Stir in butter, salt, baking powder and sugar. Add slowly to beaten eggs, stirring constantly. Pour into greased casserole and bake at 375 deg. about 30 minutes.

CORN FRITTERS

2 cups cooked corn
 ½ cup milk
 1 egg, beaten

½ cup prepared pancake flour
 Salt and pepper
 1 teaspoon melted butter

Combine corn, milk and egg. Mix with dry ingredients and stir in melted butter. Drop by spoonfuls into deep hot fat (375 deg). Fry until brown, turning if necessary. Drain on absorbent paper and serve at once.

CODFISH CAKES AND BACON

2 cups salt codfish
 2 cups hot mashed potatoes
 1 tablespoon butter
 1 egg

1 cup milk
 ½ teaspoon baking powder
 ⅛ teaspoon pepper
 Bacon, fried

Soak codfish in cold water for several hours. Drain and cover with fresh cold water. Bring to a boil and simmer until fish is tender. Drain. Remove bones and chop the fish. Combine fish with all other ingredients (except the bacon), and beat until light. Cover and let stand overnight. In the morning mold cakes about ½ inch thick. Fry 2 strips of bacon for each person. Drain on absorbent paper, then fry the fish cakes in the bacon drippings.

BRUNSWICK STEW

2 onions, sliced
 2 tablespoons bacon fat
 1 frying chicken (2-2½ pounds)
 Salt and pepper
 3 cups water
 3 tomatoes, peeled and quartered

2 teaspoons Worcestershire sauce
 2 cups lima beans, fresh or frozen
 2 cups whole-kernel corn
 2 tablespoons butter

Saute onions in bacon fat in Dutch oven. Add cut-up chicken and season with salt and pepper. Add water and simmer until tender, about 1 hour. Add other ingredients and simmer 1 hour longer.

Nearly every southern community has its own special way of making this dish. The original stew was made of squirrel with no vegetables but onions; okra is often an addition.

WEST INDIA CURRY

2 pounds beef, chuck or shoulder
 1 medium onion, minced
 ¼ cup chopped celery and tops
 3 tablespoons drippings
 2-3 teaspoons curry powder
 2 tablespoons chopped parsley

1 cup boiling water
 1 teaspoon beef extract
 1 teaspoon salt
 Dash pepper
 1 tart apple, minced
 Boiled rice, chutney and condiment

Wipe and cut meat into 1-inch cubes. Cook onion and celery slowly in the drippings until just beginning to turn color. Add meat and stir over moderate heat 5 minutes. Sprinkle curry and parsley over meat and cook 5 minutes longer. Dissolve beef extract in boiling water and add to meat. Season with salt and pepper. Cover and simmer, never allowing mixture to boil, about 1½ hours, or until meat is tender. Add minced apple when curry is half-done. Serve with boiled rice, chutney and other condiments.

Other condiments: Sliced bananas, shredded coconut, crushed peanuts, diced hard-cooked egg white, sieved hard-cooked egg yolk, crumbled fried bacon, small onion slices.

SAUERBRATEN

3 pounds round or rump beef
 1 pint vinegar
 3 bay leaves
 12 peppercorns
 6 whole cloves
 1 sprig chopped parsley
 2 tablespoons flour

Salt and pepper
 ¼ cup butter or drippings
 1 cup sliced onions
 1½ cups carrots, cut in strips
 1 dozen gingersnaps
 1 tablespoon sugar

Wipe meat with cloth. Place in glass or enamel pan or earthenware crock; add vinegar and enough water to cover. Add bay leaves, peppercorns, whole cloves and parsley. Cover and place in refrigerator for 3 or 4 days, turning the meat daily. Drain off liquid, reserving it for sauce. Rub meat on all sides with seasoned flour. Brown in drippings. Add onions, carrots and 2 cups of the spiced liquid. Cover and simmer gently for about 2 hours, or until meat is tender. Remove meat to hot platter. Add gingersnaps (rolled into fine crumbs) and sugar to the gravy; cook about 10 minutes. Add more salt if desired. Pour sauce over meat. Serves 6 to 8.

The following products are being featured in the Home Economics Department during October, 1951:

Baby Food—Heinz
 Baked Beans—Heinz Oven Baked
 Beverage—Seven-Up
 Bluing—Blu-White Flakes
 Bouillon Cubes—Nestle's
 Bread—Wonder
 Cake Mixes—Swans Down Instant and Devil's Food
 Cereal (ready-to-eat)—Quaker Puffed Grains
 Cheese—Tillamook
 Chop Suey and Chow Mein—Chun King

Cleaner—Arm and Hammer Sal Soda
 Cleanser—Bab-O
 Coating Mix—Fri-Mix
 Cocoa—Nestle's Ever Ready
 Coffee—Instant, Nescafe
 Condiments—Heinz
 Crackers—Sunshine Krispy
 Dessert—Royal Puddings, Custard, Gelatin
 Detergent—Fab
 Flour—Sperry Drifted Snow
 Honey—Superior Honey and Butter

Margarine—Durkee's
 Milk (dry)—Borden's Starlac
 Milk (evaporated)—Pet
 Pancake Mix—Pillsbury
 Peanut Butter—Skippy
 Salt—Leslie
 Shortening—Snowdrift
 Soup—Heinz
 Sugar—C & H
 Tea—McCormick
 Toilet Soap—SweetHeart
 Tuna—Star-Kist

Where Dorothy Dean is shopping this month:

Dairy Products—Burgan's
 Fruits and Vegetables—Eagle Fruit and Produce Co.

Groceries—Greenough's
 Meat—A & K Market

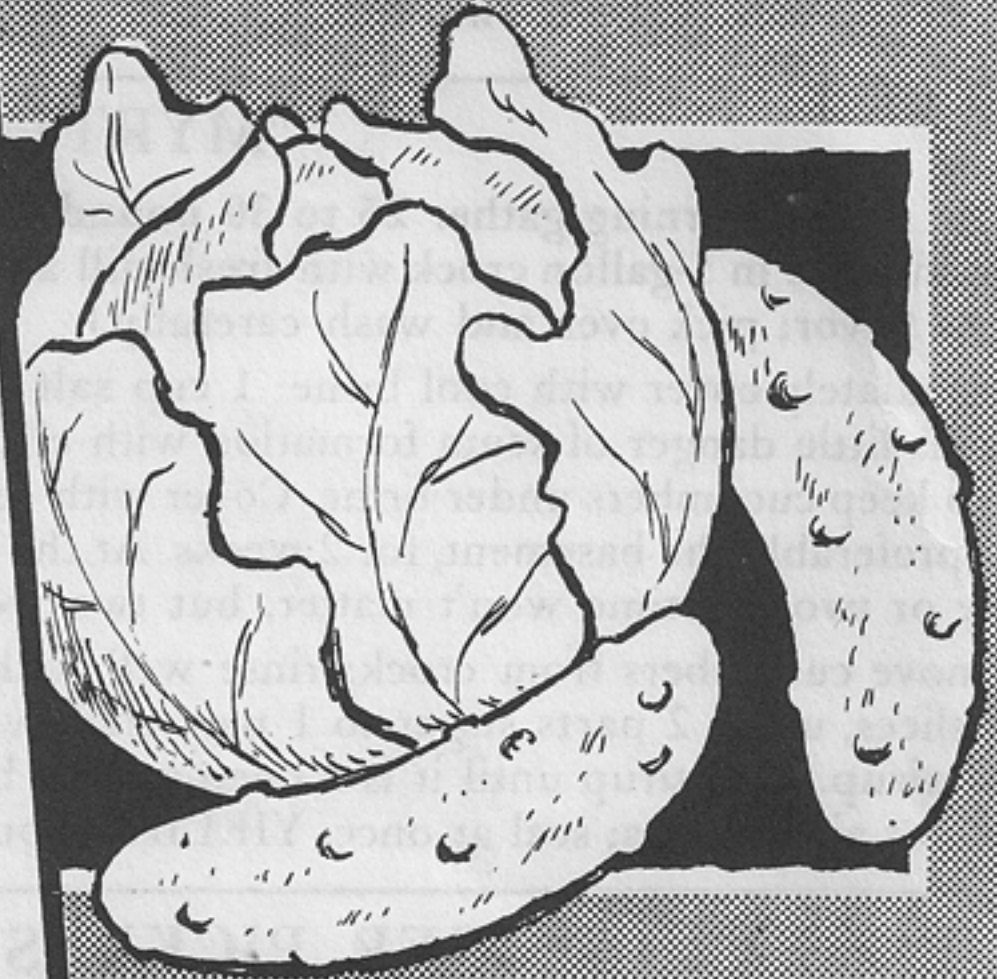
Sea Foods—Sea Food Market, Main and Post

Dorothy Dean's

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HOMEMAKERS SERVICE — THE SPOKESMAN-REVIEW
SPOKANE, WASHINGTON

Pickles and Sauerkraut



SAUERKRAUT

For making sauerkraut, select mature, sound heads of cabbage. Trim away dirty or decayed leaves. Wash cabbage in running water; quarter heads; remove cores. Weigh cabbage; allow $\frac{1}{4}$ pound salt (6 tablespoons) for each 10 pounds trimmed cabbage (6 medium-size heads). **Important:** Use granulated flake (dairy) salt, not table salt.

Shred cabbage and mix with salt. To secure even distribution, mix shredded cabbage with salt in large pan; allow to stand until cabbage begins to look shiny. Then pack down into container firmly but without bruising the cabbage. Juice will form and rise above cabbage as it is packed.

KRAUT IN A CROCK: In stoneware crock, cover cabbage with clean cheesecloth, then plate that fits inside rim of crock. Weight down plate with fruit jar filled with water or sand.

For best fermentation, temperature should be between 70 and 75 degrees. Kraut held in this temperature range will cure in two to three weeks. Lower temperatures will slow down fermentation.

To prevent spoilage during fermentation, examine kraut every other day. Remove and wash cheesecloth, plate and weight; skim surface if any scum appears; replace cover.

Kraut is cured when bubbles cease to rise and cabbage is translucent, light yellowish in color.

KRAUT IN FRUIT JARS: To make 4 quarts of sauerkraut in fruit jars, weigh out $7\frac{1}{2}$ pounds of washed and trimmed cabbage. Shred it into large pan; sprinkle with $4\frac{1}{2}$ tablespoons salt; mix well. Allow to stand until shiny, then pack firmly into jars, pressing down with wooden spoon until juice covers cabbage. Fill to within $\frac{1}{2}$ -inch of jar top; cover loosely with jar lid. Let jars stand on enamel pan or on plates while fermenting. If juice bubbles out over jar top, pour it back into jar. Skim if necessary. When bubbles cease to rise and cabbage is a light yellowish color, the kraut is cured.

ADDITIONAL BRINE: Cabbage must be covered with brine during cure and storage. If liquid is lost during cure, replace with a little of the following Brine: 4 cups water, 4 tablespoons vinegar, 2 tablespoons salt.

STORING SAUERKRAUT: If cool storage is available, kraut made in jars may be stored by wiping jar tops and sealing. Glass lids are best for this purpose but metal lids will not harm kraut. If lids have corroded during curing, replace with new ones. Kraut made in a crock may be sealed by pouring melted paraffin over surface of brine. If kraut cannot be stored in a really cool place it should be canned or frozen.

To Can Sauerkraut: Preheat kraut to simmering. Pack in clean jars; cover with brine, leaving $\frac{1}{2}$ -inch head space; seal. Process 25 minutes in boiling water bath. If kraut has been cured in canning jars, adjust brine level so that cabbage is covered, leaving $\frac{1}{2}$ -inch headspace; close jars. Process 30 minutes in boiling water bath.

To Freeze Sauerkraut: Pack cured sauerkraut into freezer containers. Seal, label, quick-freeze.

CUCUMBER RELISH

8 cups chopped cucumbers	1 cup chopped onions	1 to 2 cups brown sugar
2 cups chopped sweet red peppers	1 tablespoon turmeric	1 tablespoon mustard seed
2 cups chopped sweet green peppers	½ cup salt	2 sticks cinammon
	8 cups water	2 teaspoons whole cloves
	4 cups vinegar	2 teaspoons whole allspice

Combine chopped vegetables; sprinkle with turmeric and salt. Pour the water over vegetables; let stand for 3 hours. Drain, cover with fresh cool water; let stand for 1 hour. Drain. In a large kettle combine vinegar and sugar. Add spices, tied in a bag; bring to boil. Add vegetables; let stand in cool place overnight. Bring to boil; simmer 3 minutes. Remove spice bag. Pack boiling hot into hot sterilized jars; seal. YIELD: About 6 pints.

MYRTLE'S CHERRY DILLS

Early in the morning gather 25 to 30 pounds of 4 to 5-inch cucumbers, about 65. Carefully wash; remove blossom ends and place in 5-gallon crock with fresh dill and cherry leaves between layers of cucumbers. (Sweet cherry leaves are best for flavor; pick over and wash carefully.)

Immediately cover with cool brine: 1 cup salt dissolved in 6 quarts water. Top with additional dill and cherry leaves. (There is little danger of scum formation with cherry leaves for protection.) Weight with plate and fruit jar filled with sand to keep cucumbers under brine. Cover with several thicknesses of newspaper tied down well. Place crock in cool place, preferably the basement, for 2 weeks. At the end of this time the cucumbers should be a good translucent green. (A day or two overtime won't matter, but two weeks should be long enough.)

Remove cucumbers from crock; rinse well with cold water. Slice ¼-inch thick; pack in sterilized jars. Make sirup to cover slices, using 2 parts sugar to 1 part cider vinegar. Add 1 cup mixed pickling spices, tied in a thin cloth, for each 4 cups sirup. Boil sirup until it is a deep golden brown. Pour boiling hot sirup over pickles in jars to cover completely. Work out air bubbles; seal at once. YIELD: About 8 pints.

RIPE CUCUMBER PICKLES

12 large ripe cucumbers	1 tablespoon whole cloves
½ cup salt	1 stick cinnamon
4½ cups water	6 cups sugar
2 tablespoons mustard seed	4 cups vinegar

Wash, peel, cut cucumbers into strips. Scrape out seeds with a spoon. Dissolve salt in water; add cucumbers, let stand overnight. Put spices in a bag, add to sugar and vinegar; bring to boil. Drain cucumbers well; add to sirup and simmer about 20 minutes until cucumbers are transparent. They should remain crisp. Discard spice bag. Remove pickles with slotted spoon, pack into hot sterilized jars. Cover with boiling sirup; seal at once. YIELD: About 6 pints.

BREAD AND BUTTER PICKLES

7 medium cucumbers, sliced thin, 8 cups	¼ cup salt
4 or 5 small white onions, sliced thin	Ice cubes
½ green pepper, cut in strips	2½ cups sugar
½ sweet red pepper or pimiento, cut in strips	2½ cups cider vinegar
	1 tablespoon mustard seed
	1 teaspoon celery seed
	¾ teaspoon turmeric
	¼ teaspoon powdered cloves

Mix sliced cucumbers, onions, peppers, salt and plenty of ice cubes (three trays) in large kettle; let stand 3 hours. Drain. Mix remaining ingredients; pour over cucumbers, heat just to boiling. Seal at once in hot sterilized jars. YIELD: About 4 pints.

WATERMELON PICKLES

22 cups cut-up watermelon rind (25-pound melon)	3 cups cider vinegar
4 tablespoons salt	4½ teaspoons whole allspice
4 cups cold water	1½ teaspoons whole cloves
9 cups sugar	1 (3-inch) stick cinnamon

Trim tough outside skin off watermelon leaving white rim. Soak cut-up rind in salt-and-water solution in bowl or crock four hours; drain. Place in kettle; cover with warm water; cook on high heat until fork-tender, about 20 minutes. Drain. Set aside. In kettle combine sugar, vinegar and spices (tied in a thin cloth bag). Bring to a boil on high heat. Add drained, cooked rind. Bring back to boil; reduce to medium heat. Cook until rind is transparent, about 5 minutes, stirring occasionally. Remove from heat. Take out spice bag. Pack into hot sterilized jars; seal at once. YIELD: About 8 pints.

CLASSIC CHILI SAUCE

14 medium-sized red tomatoes, 5 pounds	2 cups cider vinegar
4 small white onions, ½ pound	2 tablespoons salt
4 medium green peppers	1½ teaspoons cinnamon
1 small apple	1 teaspoon allspice
3 cups sugar	1 teaspoon cloves
	1 teaspoon nutmeg
	¼ teaspoon cayenne

Peel, core and quarter tomatoes; measure 2½ quarts. Peel and chop onions; measure 1¼ cups. Core and dice peppers; measure 2⅞ cups. Peel, core and dice apple. Combine all ingredients in large kettle. Bring to a rolling boil; reduce heat and simmer gently 3 hours or until quite thick, stirring occasionally. (For a smoother sauce, use your potato masher after a couple of hours.) Remove chili sauce from heat; pour into hot sterilized jars; seal. YIELD: About 4 pints.

The following is a list of products which are to be featured in the Homemakers Department during July, 1959:

Baby Food—Heinz
Beverage—Libby's Deep Minted Hawaiian Pineapple Drink
Bleach—Clorox
Bread—Hollywood
Butter—Darigold
Cereal (ready to eat)—Kellogg's All Bran

Cheese—Borden's
Chinese Dinners (frozen)—Kubla Khan
Cleaner—Procter & Gamble "Mr. Clean"
Facial Tissue—Powder Room
Flour—Pillsbury Best
Frozen Yeast Dough—Carnation Simple Simon Ease
Margarine—Kraft
Marshmallows—Kraft

Milk—Darigold
Pancake Mix—Betty Crocker
Peanut Butter—Peter Pan
Relish—Heinz
Salad Dressings—Girard's
Shrimp (canned)—Pacific Pearl
Spices—Schilling
Sugar—C & H