

ROMANTIC DINNER that deserves to be served by candlelight is this menu of braised Rock Cornish hens, golden pilaff of rice in a heart shape and peaches in champagne. This elegant dinner for two is right for celebration of St. Valentine's Day.

DRINK A TOAST

Dinner for Two Is
Elegant Valentine

This is the year of the elegant dinner party so celebrate St. Valentine's Day with an elegant dinner for two.

As the candlelight flickers, dish up a pair of love birds, Rock Cornish hens braised to match tenderness, a heart mold of rice, your favorite vegetable and for dessert, a peach in champagne.

Remember to drink a toast to the good Bishop Valentine, who in the third century married lovers in defiance of an edict of the Roman Emperor Claudius, and was beheaded for his pains — on February 14.

Or to Samuel Pepys, erudite yet romantic, who first mentioned a Valentine greeting modern style, in his famous diary.

Or to those pagans who once celebrated a carnival in honor of Pan and Juno in mid-February, and in their own fashion established this time of year as the special season for lovers.

LOVE BIRDS

- 2 Rock Cornish hens
- Salt, pepper
- 1/4 cup butter
- 2 tbs. gin for blazing
- 1/2 cup chicken bouillon
- 2 tbs. gin for sauce
- Pinch thyme
- 1 tsp. chopped parsley

Season the birds with salt and pepper, brown them in a skillet on all sides in melted butter.

Heat the gin. Ignite it and pour it blazing over the birds. When the flame dies, transfer birds to casserole fitted with cover, or a small heavy Dutch oven.

AMONG MY SOUVENIRS

Winter weather inspires home baking and nothing tickles the taste buds like the fragrance of freshly baked bread.

This recipe is a favorite of ours and we promise the bread goes fast if the family comes home when it's hot from the oven.

WONDERFUL BREAD

- 1 cup quick-cook rolled oats, uncooked
- 1 cup whole bran cereal
- 1 tbs. shortening
- 1/2 cup dark molasses
- 1 tbs. salt

Pour 2 cups boiling water over the above combined ingredients. When lukewarm, add 2 yeast cakes or packages of granular yeast which have been dissolved in 1/2 cup water (lukewarm for cake yeast and warm for g. anular yeast.)

Add 5 to 6 cups of white flour, combining until all flour is blended. Knead until smooth and elastic, adding little flour as necessary so it does not stick to hands or board.

Let rise in warm place (85 degrees) until double in bulk. Work into 2 loaves and put into pans 9x3x4-inches.

Let rise to double its bulk in warm place. Bake at 375 degrees about 45 minutes. Remove from pans and cool on backs or bottoms of pans, inverted.

Add chicken bouillon, remaining gin, thyme and parsley to skillet and cook a minute or two, stirring in the brown bits.

Four this over the hens. Cover casserole tightly and braise the birds at 350 degrees about 45 minutes or until the birds are tender.

Arrange birds on heated serving plate. Cover the leg bones with paper frills.

HEART OF RICE

- 1/2 cup rice
- 1 cup water
- 2 tsp. butter
- 1 chicken bouillon cube
- 1 can pimientos

Bring rice to boil with water, butter and bouillon cube. Stir, cover pan, reduce heat and simmer 14 minutes or until liquid is absorbed and rice is tender.

Press the cooked rice firmly into heart-shaped mold and unmold onto warm serving platter. Decorate with small heart cut from pimiento and pimiento scallops.

CUPID'S COCKTAILS

Soak large peach halves in gin for several hours, allowing one jigger for each two halves.

Chill champagne. To serve, place peach half in each champagne glass. Pour chilled champagne over them.

Cabbages Know No Season: Ever Here

Cabbage is available the year around. No longer do you have to eat over-matured cabbage that is strong in flavor and aroma.

California and Arizona growers have cabbage plants at different growth stages to keep the market supply constant.

Selection of a cabbage head should be on weight and color. The head should be heavy for its size with fresh green leaves.

Store cabbage in a moist and well-ventilated place. Remove any discolored leaves and place head in container or plastic wrap.

Cabbage should be cooked, covered, in 1-inch of boiling salted water, 10 to 15 minutes, until just tender. This preserves nutrition, flavor and color.

Another way is to cook cabbage in a cup of milk, remembering to keep heat low so milk will not scorch.



Another suggestion for the cookie jar is this recipe for Raisin Spice Drops.

RAISIN SPICE DROPS

- 1 cup shortening
- 1 cup brown sugar, firmly packed
- 1 egg
- 1 1/4 cup sifted flour
- 1/2 cup instant mashed potato granules
- 2 tsp. baking powder
- 1 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. each cloves and nutmeg
- 2 cups milk
- 1 1/2 cups raisins, chopped
- 1/2 cup chopped nuts

Cream shortening and sugar. Beat in egg. Sift together flour, instant potato, baking powder, salt and spices.

Add to creamed mixture alternately with milk. Stir in raisins and nuts.

Drop by heaping teaspoonfuls onto greased baking sheets. Bake at 350 degrees 15 to 20 minutes.



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more meat
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Tomato Sauce Highlights Fresh Fish

With the appearance of the Lenten Season on our calendars, we find ourselves searching for interesting meatless recipes.

Here's a variation for you which combines the wonderful flavor of tomato sauce and fish.

And the good part is that you can use almost any variety of fish.

You'll find the ready-prepared tomato sauce of Del Monte is carefully simmered and richly seasoned with the appetites of the esters in mind. It gives fish the zest you want.

Try today's suggestion, then add it to your repertoire of meatless recipes.

WESTERN FISH BAKE

- 2 lbs. fish, cut in 1-inch thick slices (any white fish)
- 2 tbs. butter
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/2 tsp. oregano, crumbled
- 1 small onion, thinly sliced
- 2 sprigs parsley
- 1 can (8-oz.) DEL MONTE Tomato Sauce

Arrange fish in baking dish. Dot with butter; sprinkle with



TOMATO SAUCE and fresh fish make a wonderful flavor combination for a meatless entree. Served with baked potato, a green vegetable and hot muffins this fish bake is a good beginning for the season of Lent.

salt, pepper and oregano. Lay sliced onion and lemon over fish and top with parsley. Pour tomato sauce over fish.

Bake uncovered at 375 degrees, basting occasionally with sauce until fish flakes easily with a fork; about 40 minutes. Serves 4 to 5.

Egg Self Wrapped for Preservation

The hen makes it easy for us to use eggs. It is simple to use the whole egg but the hen keeps the white and yolk separate for easy use in angel cake, meringues, sunshine sponge or chiffon cakes.

The hen wraps all this food value in a package she developed herself. California laws require that eggs be handled on their trip to market in such a manner as to preserve the original quality.

Serve Onions in Wine Sauce

Wash and peel 2 pounds small white onions. Combine them with 1/2 cup canned condensed bouillon or consomme and 1/4 cup Sauterne or other white table wine in saucepan.

Bring to boil; cover and simmer for 25 to 30 minutes or until onions are tender. Drain and place in shallow baking dish 10x6x2.

Mix 1/4 cup melted butter, 1 tablespoon prepared mustard, 1 tablespoon sugar, 1/4 teaspoon Worcestershire sauce, 1/2 teaspoon paprika and salt to taste. Pour evenly over onions.

Bake uncovered at 350 degrees for 30 minutes, turning onions or basting occasionally. Makes 6 servings.

Do You Know That...

To make cheese-flavored biscuits, add 1/4 cup shredded cheese for each cup mix or flour in your favorite biscuit recipe.



COOK FANCY
with the flavor of the West

When you're cooking up any exciting dish that calls for tomato flavor, be sure to do it justice with DEL MONTE Tomato Sauce!

For there's no other tomato sauce quite like DEL MONTE to suit a Californian's ideas about good food. Born in the West for Western tastes, it's the sauce good cooks have counted on for nearly 50 years to give their dishes bright, lively tomato flavor.

Uniquely seasoned, simmered smooth and rich—the quality of DEL MONTE® Brand Tomato Sauce lives up to your finest recipes. Buy several cans today.

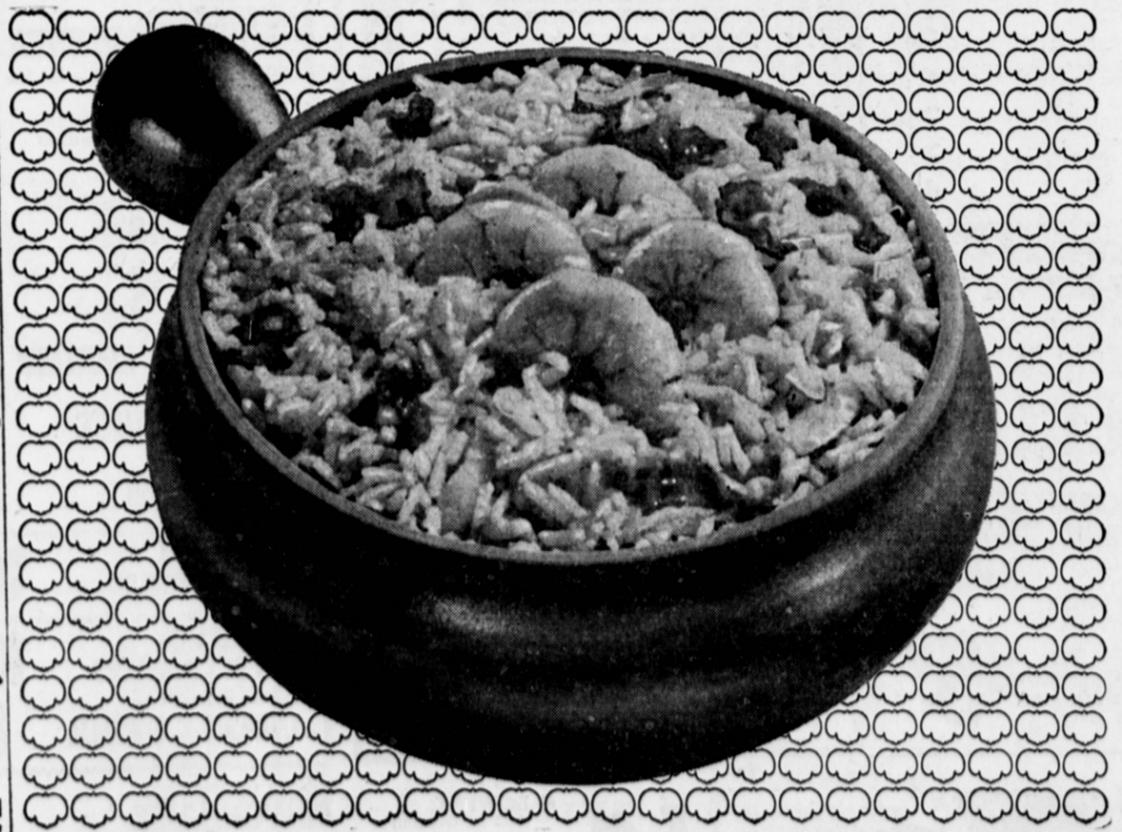
P.S. Want 18 good recipes with the flavor of the West? Write to Mary Wise, Del Monte Tomato Sauce, P.O. Box 18, Los Angeles 51, California, for your free recipe cards.



SHRIMP CREOLE

- 4 Tbsp. butter or margarine
- 1 clove garlic, minced
- 1/2 cup diced celery
- 1/2 cup diced green pepper
- 1/2 cup chopped onions
- 1/4 tsp. thyme, crumbled
- 1 can (8 oz.) DEL MONTE Tomato Sauce
- 1 cup water
- 4 cups cooked rice
- 1 lb. shrimp, cooked and cleaned

In heavy skillet, melt butter. Add next 5 ingredients and cook gently until the vegetables are tender. Add DEL MONTE Tomato Sauce and 1 cup water; bring to a boil. Stir hot mixture into cooked rice and fold in shrimp, reserving a few for top. Turn into buttered 2-qt. casserole, garnish with reserved shrimp. Bake uncovered in mod. hot oven (375°F.) 30-40 min., till thoroughly hot. Serves 5 to 6.



Del Monte Tomato Sauce