

FOOD & FAMILY

Elegant Dessert Is Secret of Successful Dinner Party

By following a few basic rules, the bride of a few months is sure to make her husband proud when she hostesses her first dinner party. Successful parties do not happen—they're planned carefully. The experienced hostess chooses a menu that is easy to handle, yet colorful and harmonious.

It's a wise homemaker who learns as a newlywed that making superb coffee and turning out an elegant dessert is an essential ingredient in achieving success as a hostess.

Brides also need helpful hints on how to highlight a simple buffet menu with a colorful salad or a luscious homemade cake. Once she learns how to bake a devil's food cake and rich butter cake, she can make these recipes over and over again for any occasion by baking the cakes into different shapes and by frosting them differently.

Here are some basic recipes and tips for successful entertaining that should be helpful to a new bride or an inexperienced hostess.

What Every Bride Should Know About Cake Baking

Choose a tested recipe, one that has been tried and proved by experts.

Use only the finest ingredients—freshest of eggs, butter and milk and cake flour—for the finest of cakes.

Measure ingredients exactly, just as specified in the recipe. Scoop dry ingredients lightly into a measuring cup until heaping full, then level off by drawing a knife or spatula across the top. Always use a glass measuring

cup for liquids. Pan sizes are very important. All batters cannot be baked in all ways, so be sure to use size specified in the recipe. Measurement usually is stamped on back of the pan. For best results fill the pans only half full. Shiny metal pans are a good choice since they heat quickly yet reflect the heat so that resulting cakes are delicately browned.

A well regulated oven is a good friend and a necessary one. Higher or lower heat than recommended can do strange and unappealing things to a cake.

When you have mastered your favorite cake recipe, cherish it and use it again and again with different flavorings and frostings to get the variety you desire.

KEY LIME CAKE

1 pkg. (3-oz.) lime flavor gelatin
1 cup boiling water
1 or 2 tps. grated lime rind

1/2 cup lime juice
2 egg yolks, well beaten
1 1/3 cups sweetened condensed milk

1 tsp. angostura bitters
2 egg whites
Few drops green coloring (optional)

1 baked 9" pie shell, cooled

Dissolve gelatin in boiling water. Add lime rind and juice and slowly pour into beaten egg yolks, stirring constantly. Add condensed milk and bitters. Fold into gelatin mixture. Add coloring. Pour into pie shell. Chill until firm—about three hours. Garnish with whipped cream, if desired. Makes

FROSTED DEVIL'S FOOD CAKE

2 cups sifted cake flour
1 tsp. baking soda
3/4 tsp. salt
1/2 cup shortening
1 1/3 cups sugar
2 eggs
3 squares unsweetened chocolate, melted
Milk*
1 tsp. vanilla

*With vegetable shortening, use 1 cup plus 2 tablespoons milk. With butter or margarine, use 1 cup milk.

Sift together flour, soda and salt three times. Cream shortening, gradually add sugar, and cream together until light and fluffy. Add eggs, one at a time, beating well after each. Blend in chocolate. Then add flour mixture alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla; blend.

Pour batter into two round 9-inch layer pans which have been lined on bottoms with paper. Bake in moderate oven (350 deg. F.) 25 to 30 minutes until cake tester inserted in center comes out clean. Cool thoroughly, then frost with Seam Foam Frosting.

SEA FOAM FROSTING

2 egg whites
1 1/4 cups firmly packed brown sugar
Dash of salt
1/3 cup water
1 tsp. vanilla

Combine egg whites, sugar, salt and water in top of double boiler. Beat with rotary beater or electric beater one minute, until thoroughly mixed.

ed. Then place over boiling water and beat constantly with rotary beater or at high speed of electric beater, 7 minutes, or until frosting will stand in stiff peaks. (Stir frosting up from bottom and sides of pan occasionally with rubber scraper, spatula or spoon.)

Remove from boiling water. Add vanilla and beat 1 minute or until thick enough to spread. Makes about 5 1/2 cups frosting or enough to generously cover tops and sides of two 9-inch layers, or about 2 dozen cupcakes.

Note: For a smoother frosting, wipe down sides of pan with a fork wrapped in a damp cloth before and during cooking and beating, to prevent crystallization.

CIDER-CRANBERRY MOLDS (Dessert or Relish)

1 pkg. (3-oz.) strawberry flavor gelatin
1 1/4 tsp. salt
1 cup boiling sweet cider
3/4 cup cranberry juice
Cream Cheese Topping

Dissolve gelatin and salt in boiling water. Add cranberry juice and water. Pour into individual molds. (For relish, use small molds.) Chill until firm. Unmold.

Garnish dessert with the Cream Cheese Topping. Serve relish with fish, meats, or poultry. Makes 4 to 6 dessert servings or 8 relish molds.

Cream Cheese Topping

Soften 1 pkg. (3-oz.) cream cheese. Add 3 tablespoons light cream and a dash of salt. Beat with rotary beater until light and fluffy. Makes about 2/3 cup topping.



BRIGHT AND TANGY accompaniment for roast turkey or platter of cold meats, jellied cider-cranberry relish is a prepare-ahead dish that leaves hostess free to be with her

guests. The molds, which are prepared with fruit flavor gelatin, cranberries and cider, can double as a calorie-conscious dessert.

Heart-Conscious Cooks Offered Picnic Fare

By BETTY SELLER

This column will bring you additional help with your meal planning if you or a member of your family are one of the thousands who are on a special diet because of a heart disorder.

Of course, only your physician can prescribe the right diet for you. But, hopefully some of the information and recipes which have been approved by your Los Angeles County Heart Association can help all you Heart-Conscious Cooks prepare more interesting meals for your families.

October is the time for picnics . . . and the hamper can still hold the same amount of old time favorites even if you are on a fat-controlled diet. They are merely dressed up in a new look. Your family will undergo no hardship either, for here is picnic fare that is delectable to all.

If a definite amount of oil is included in your diet every day, the amounts of oil given for each serving will help you plan your meals. And a word to the wise — plan well-balanced meals for each day and don't forget to watch calories if this is part of your special diet.

Instead of cold fried chicken substitute an oven barbecued one. Chicken is high on your list of approved foods and the following recipe will make a hit with the entire family.

OVEN BARBECUED CHICKEN

1 frying chicken (2 1/2 to

3 pounds), cut into serving pieces
1/4 cup water
3/4 cup vinegar
3 tablespoons vegetable oil
1/2 cup chili sauce or catsup
3 tablespoons Worcestershire sauce
1 teaspoon dry mustard
1 1/2 teaspoon salt
1/2 teaspoon pepper
2 tablespoons chopped onion (optional)

Preheat oven to 350 deg. Combine all ingredients except chicken in saucepan, place over heat, and simmer for 5 to 10 minutes. Place chicken, skin side up, in large baking pan. Pour half of the barbecue sauce over chicken and bake, uncovered, for about 45 to 60 minutes.

Baste with remaining sauce every 15 minutes during cooking. Dieter should remove skin from chicken. Four servings; one serving equals two teaspoons of oil.

A delicious accompaniment to the chicken is this special orange nut bread. Easy to mix . . . a picnicker's delight.

ORANGE NUT BREAD

2 1/4 cups sifted all-purpose flour
2 1/4 teaspoons baking powder
1 1/4 teaspoon soda
3/4 teaspoon salt
1 cup sugar
1 egg, beaten
2 tablespoons vegetable oil
3/4 cup orange juice
1 tablespoon grated orange rind

Heat oven to 350 deg. (mo-

derate). Sift together dry ingredients, add nuts. Combine egg, vegetable oil, orange juice and rind. Pour liquid ingredients into flour mixture; stir only until smooth.

Bake in oiled 9 1/2 x 5 1/4 x 2 3/4 inch loaf pan for 60 to 65 minutes. If loaf is covered with aluminum foil for the first 20 minutes of baking, it is less likely to crack on top. Twelve servings, each serving equals 1/2 teaspoon of oil.

The rest we'll leave to your imagination . . . the carrot and celery sticks, the thirst quenchers and perhaps an angel food cake. Of course you'll bypass the olives, though they are easy to include for the rest of the family. Devilled eggs are also on the forbidden list, unless stuffed with crab or another substitute for the egg yolk. Diet or no diet, it's easy to plan a picnic. Have fun!

QUESTION AND ANSWER

Question: May a person who is on a low sodium restricted diet use artificial sweeteners?

Answer: Yes, but you must be certain to buy the kinds without sodium. This information may be found by carefully reading the label.

Question: The low sodium diet seems to make foods tasteless, particularly when one likes highly seasoned foods. Is there a remedy?

Answer: Try using lemon just like salt. Fresh lemons are virtually sodium free. They improve the flavor of your food immeasurably.



DEVIL'S FOOD CAKE, with delicate Sea Foam Frosting is sure to make a man glow with pride when his bride of a few months serves it at their first dinner party. An honest to goodness homemade cake, made with soft cake flour, it's a basic recipe that can be called on to highlight any special occasion.

Supper on a Tray Good Most any Day

By BEA WEBB
Southern California Gas Co. Home Economist

Tray supper are perfect for Indian summer meals — family and guests will appreciate the opportunity to enjoy eating in a cool spot in the yard on an unusual warm October day. Almost any food can be served on trays in the kitchen and taken to the eating area. However, for the sake of convenience it is best to serve food which needs no extra accompaniments in order to prevent extra fuss.

A casserole is a fine entrée for this type of meal. Serve it with a big salad of greens, buttered hot rolls, and an assortment of relishes.

Meringue shells filled with ice cream — topped with fresh fruit look fancy and are delectable to eat but easy to prepare.

CHICKEN CASSEROLE

4 oz. broad noodles
3 tbsp. butter
4 tbsp. flour
1 1/4 cup chicken stock
3/4 cup light cream
salt and pepper
1 cup sliced mushrooms
2 tbsp. butter
2 cup cooked chicken, cut in large pieces
1 cup thinly sliced water chestnuts
1 cup sliced almonds

Cook noodles 'til just tender in boiling salted water. Drain. Melt butter in a saucepan on automatic top

burner set at 150 degrees. Blend in flour. Stir in cream and cook at 200 degrees stirring constantly until thickened. Season to taste with salt and pepper. Saute mushrooms in butter.

Arrange noodles, chicken, mushrooms and water chestnuts in layers, in oiled shallow casserole. Pour on sauce. Top with almonds. Bake in modern gas oven at 375 degrees until bubbly and browned, about 30 minutes, six servings.

MERINGUE SHELLS

6 egg whites
3/4 tsp. salt
1/4 tsp. cream of tartar
1 1/2 cup sugar
1/2 tsp. vanilla

Beat egg whites until frothy; sprinkle salt and cream of tartar over them. Continue beating until stiff but not dry. Gradually beat in the sugar, adding vanilla with the last of the sugar. Shape as desired on unglazed paper.

Bake in oven at 250 degrees 30 to 45 minutes or until delicately browned and dry on the surface. Remove from paper while still warm. If they are difficult to remove, dip spatula in water.

PREACHING

The best sermon is preached by the minister who has a sermon to preach and not by the man who has to preach a sermon.

—William Feather

Honey Adds Differance To Peppermint Ice Cream

"The only reason for being a bee that I know of is making Honey. And the only reason for making Honey is so I can eat it." This is the glorious logic of Pooh Bear, the beloved chief character of the Winnie - The Pooh books by A. A. Milne.

Winnie-The-Pooh always managed to eat Honey several times a day even if he had to steal it from the bees or beg it from his friends. Usually Pooh took his Honey "straight" from the jar, however, if someone had offered him Honey Peppermint Ice Cream, it is most probable that he would have been delighted.

But even though you have no cuddly, fuzzy bear to feed at your home, it won't hurt a bit to offer some Honey Peppermint Ice Cream to the family.

HONEY PEPPERMINT ICE CREAM (Freezer)

1 1/2 teaspoons gelatin
2 tablespoons water

2 1/2 cups coffee cream
1/2 cup milk
1/3 cup Honey
3/4 cup crushed peppermint stick candy

Soak gelatin in cold water. Heat milk and cream and add Honey; mix well. Add gelatin slowly, stirring constantly to prevent lumping. (Thoroughly chill if you wish to shorten freezing time.)

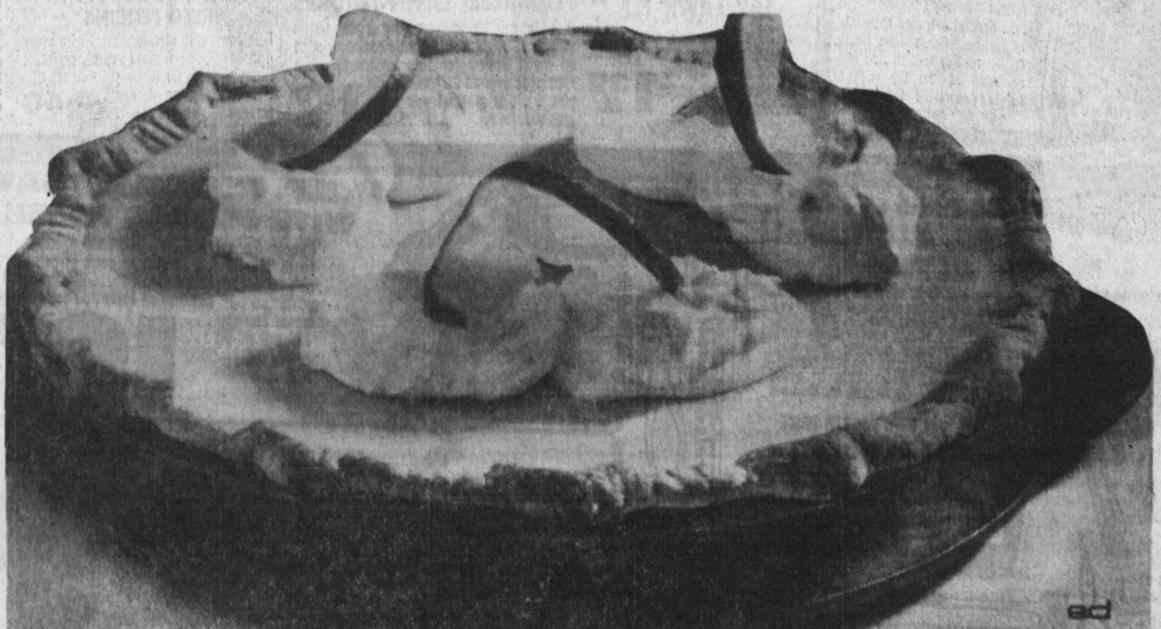
Pour in freezer with crushed candy and freeze, or if bits of the candy are desired in the ice cream, add it after the mix has become semi-solid.

Unsweetened chocolate (1 square) cut into very small pieces may be added. (A good proportion of salt and ice to use is 1 part of salt to 4 of ice.)

WOMAN

Kindness in women, not their beautiful looks, shall win my love.

—Shakespeare



COOL GREEN CLIMAX to simple buffet supper is new version of Key Lime Pie. Topped with slivers of lime and dabs of whipped topping, the refreshing dessert is prepared with fresh lime juice, lime

flavor gelatin and condensed milk. Serve with crunchy salad and hearty casserole as an easy-to-the-hostess idea for autumn.