

# FOOD & FAMILY

## School Menus Told for Week

As a public service, the Torrance Press publishes elementary school lunch menus to aid housewives preparing to do marketing to plan dinner accordingly.

### THURSDAY

Tacos with shredded lettuce, buttered carrots and peas, jellied grapefruit salad, apple section, bread and butter and milk.

### FRIDAY

Tuna burgers, buttered green beans, creamy cole slaw, cherry sundae and milk.

milk.

### MONDAY

Hamburger on a bun, buttered spinach, relish sticks, sliced peaches, gingersnap and milk.

### TUESDAY

Oven baked chicken, potatoes au gratin, tossed green salad, fresh orange section, bread and butter and milk.

### WEDNESDAY

Pizza with beef and cheese, buttered peas, cole slaw, fresh pear, hot biscuit and milk.

## What's New

By BOB MANN

One of the biggest problems the supermarket manager faces is how to stock the tremendous variety of items in a limited space. The average market carries 6000 items; however, there are approximately 2000 new items which come along each year. Manufacturers are constantly seeking new products to present to you, the consumer, to tempt your taste ease your work, and, incidentally, divert a small part of your marketing budget.

In this column we will present some of these new products for your consideration, and occasionally read the Tea Leaves to see what marvels are being cooked up for the future.

### NEW ITEMS

Diet Rite Cola . . . Royal Crown's contribution to the weight-watchers. Full Cola-flavor, but with no sugar and only one calorie per serving.

Larson's Veg-All . . . A combination of seven vegetables, diced, sliced and ready for use in soups, stews, and salads and casseroles.

For Baby . . . two new foods to stimulate baby's taste buds — one, a mixed juice put out by Gerber's combines apple, pineapple, orange, and tropical fruits in a mildly sweet combination. Vitamin C is added. From Heinz comes the first strained and junior creamed corn.

For Fido, too . . . According to Morrell & Co., two out of three pooches choose

the new fortified Red Heart Dog Food. The three new food flavors come in beef, liver, and fish.

One-Step Floor Care . . . Armstrong's new product, which cleans and waxes floors in one operation.

Ajax Floor and Wall Cleaner . . . In time for spring cleaning comes this new powder which contains ammonia.

Treats for the Sweet Tooth . . . Banquet has added a new pie to its collection. Chocolate cream with a graham cracker crust. Needs no baking, just eating. Also for you sweet people comes a variety of 11 new chocolate covered candies from Kraft.

As a special incentive to try new items, many products are introduced with price-cutting deals such as coupons, money-back offers, and two for one sales. This, of course, is a money-saving proposition for all; and, who knows, you may try something that will prove to be just what you've been searching for all your life.

### READING THE TEA LEAVES

It is possible that in the future you may be washing your clothes with sugar. Chemists are busily experimenting with sugar in order to produce a detergent which will be easily digested by bacteria. It seems that the present-day "hard" detergents are not completely broken down and are causing many problems. Foam has been found in water systems, streams and even oil fields.



WINNING COOK is Mrs. Francis Stockham of 24831 Winlock Dr., whose recipe for Soya Tuna Casserole wins her \$5 in the Cook of the Week contest. Although recipes of all types are welcome by the Gourmet Editor,

particular attention will be given to meatless dishes during the lenten season. If you wish to submit an entry, address it to Gourmet Editor, The Press, 3238 W. Sepulveda Blvd., Torrance. —PRESS photo

## Sweet Orange Breads Feature Fresh Flavor

Of all fruit flavors, orange is the most versatile and the most popular. If you're one of those who find it downright irresistible, here are three orange yeast breads for you to make — all from a single, easy-to-follow recipe.

Spiced Fruit Bread is the kind of recipe that women find invaluable when they're hosting a luncheon or tea. This flavorful bread is the ideal accompaniment for salad or a beverage, and its saucy round shape adds a further note of interest.

Double-Crumb Coffeecake features a spicy pecan mixture that's so good it's used both for the bottom and top of the coffeecake!

Frosted Orange Loaf, the third variation, is a beautifully festive bread for special occasions.

### SWEET ORANGE BREADS (Makes 3 from 1)

- 1/2 cup milk
- 3/4 cup sugar
- 1 1/2 teaspoons salt
- 3/4 cup warm water (105 deg. to 115 deg. F.)
- 3 packages or cakes yeast, active dry or compressed dry or compressed
- 4 3/4 cups unsifted flour
- 3/4 cup (1 1/2 sticks) Fleischmann's Margarine
- 3 eggs, beaten
- 1 tablespoon grated orange rind

Scald milk; stir in 1/4 cup sugar and salt. Cool to lukewarm. Measure warm water into warm bowl. Sprinkle or crumble in yeast; stir until dissolved. Stir in milk mixture and 2 cups flour. Beat until smooth. Cover. Let rise in warm place, free from draft, until light, about 20 minutes.

Meanwhile, cream margarine until light and fluffy. When yeast mixture is light, stir and beat in margarine, remaining 1/2 cup sugar, eggs and orange rind with spoon. Stir in remaining flour; beat hard, until smooth and somewhat elastic, about 1 minute. Proceed with one or more variations below. One-third of batter makes one loaf.

**SPICED FRUIT BREAD**  
Lightly toss together 1/2 cup seedless raisins, 1/2 cup chopped pecans, 1/2 cup

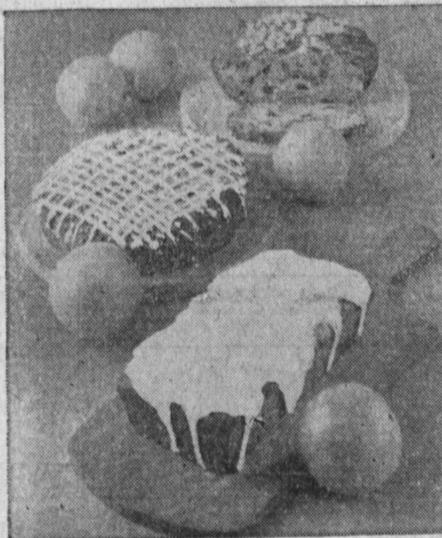
chopped mixed candied fruit, 1/2 teaspoon cinnamon, 1 1/2 teaspoon ginger and 1/4 teaspoon nutmeg. Add to one-third of batter and mix well. Turn into well-greased 1 1/2 quart mold. Cover. Let rise in warm place, free from draft, about 1 1/2 hours. Bake in moderate oven (375 deg. F.) 25 to 30 minutes, or until done. Cool. If desired, sprinkle with confectioners' sugar.

### DOUBLE-CRUMB COFFEECAKE

Rub together with fingers until crumbly 1/2 cup sifted flour, 1/3 cup brown sugar (packed), 1/2 cup chopped pecans, 1/4 cup (1/2 stick) margarine, 1 1/2 teaspoons cinnamon. Sprinkle 1/2 mixture tin bottom of a greased 8-inch layered cake pan. Turn 1/3 batter over crumb mixture. Top with remaining crumb mixture. Cover. Let rise in warm place free from draft, about 1 hour. Bake in Moderate oven (350 deg. F.) 30 to 35 minutes or until done. When cool, drizzle with confectioners' sugar icing.

### FROSTED ORANGE LOAF

Turn one-third of batter into well-greased 9 x 5 x 3-inch loaf pan. Cover. Let rise in warm place, free from draft, about 1 hour. Bake in moderate oven (375 deg. F.) 25 to 30 minutes, or until done. Cool and frost with one cup confectioners' sugar that has been combined with 2 tablespoons orange juice and 1 teaspoon grated orange rind.



## COOK OF THE WEEK

The green color of soya macaroni adds a Springtime touch to the favorite Lenten meal of the Francis Stockham family, Soya Tuna Casserole. Rich Tillamook cheese sauce and tuna pack a double-protein wallop into the stick-to-the ribs casserole meal. A colorful dash of paprika adds additional eye appeal.

Mrs. Stockham, who resides at 24731 Winlock Dr., receives \$5 for her winning recipe.

### SOYA TUNA CASSEROLE

- 3 cups white sauce
- 1 large package of soya-macaroni
- 1 6 1/2 oz. can tuna
- 3/4 lb. tillamook cheese
- small can mushrooms
- paprika

Four 3 cups of milk into saucepan or double boiler.

Stir in 1/4 cube butter; add dash of salt and pepper. Place over low heat.

Prepare a white or dark sauce placing 1/2 cup of white or dark flour into small bowl and stirring warm water into flour with a fork until it reaches pouring consistency. Stir into milk and butter with fork. Stir constantly until thick and boiling. Remove from heat.

Add 1/2 lb. of grated tillamook cheese, cover, and let stand until cheese is melted.

Follow boiling instructions on soya macaroni package. Drain well.

Combine macaroni, sauce, one 6 1/2 oz. can tuna, and small can mushrooms. Top with paprika. Bake 30 minutes at 325 deg. For additional color, Veg-a-moni or spinach-roni may be used.

## Pinwheel Bunburgers Feature Cheese Spread

That great American favorite, ground beef, becomes party fare when it's shaped and sliced into Pinwheel Bunburgers.

### PINWHEEL BUNBURGERS (Makes 6 servings)

- 2/3 (small can) undiluted evaporated milk
- 1 egg
- 1 1/2 pounds ground beef
- 1/2 cup fine cracker crumbs
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1 teaspoon dry mustard
- 1/4 cup finely chopped onion
- 1 cup finely chopped green

pepper  
1 jar (5 ounces) pimiento cheese spread  
6 hamburger buns, split in half

Combine evaporated milk, egg, beef, cracker crumbs, salt, pepper, mustard, onion and green pepper. Blend together until well - mixed. Form meat mixture into 12-inch square on waxed paper. Spread with cheese spread. Roll up jelly-roll fashion; seal edge. Cut into 1-inch slices. Place each slice on hamburger bun half, covering completely. Place burgers on broiler pan. Broil 5 to 7 minutes (or to taste).

## Cocoa Almond Pie Elegant at Parties

When it's time for a party at your house, "Cocoa-Almond Party Pie" will guarantee its success.

The creamy chocolate filling floats on a bed of finely-chopped almonds in this elegant chilled dessert. To give it extra flair, you might top the pie with dollops of whipped cream encrusted with crisp-toasted almond halves.

Whether chopped, halved, diced, silvered or whole, crunchy almonds always provide unique flavor and texture. Use them in poultry stuffings, soups, sandwich fillings and sauces for meat, fish and vegetables.

### COCOA-ALMOND PARTY PIE

- 1/2 cup finely-chopped almonds
- 1 baked 8-inch pastry

shell  
1 envelope plain gelatin  
1/4 cup cold water  
1/2 cup unsweetened sifted cocoa

1 cup sifted powdered sugar  
1 pint whipping cream  
1 teaspoon vanilla

Sprinkle almonds into bottom of pastry shell. Soften gelatin in cold water. Dissolve over hot water. Remove from heat. Combine cocoa, powdered sugar, whipping cream and vanilla. Beat until light and fluffy. Gradually beat in dissolved gelatin. When mixture forms stiff peaks, turn into pastry shell. Refrigerate several hours before serving. If desired, garnish with dollops of whipped cream and toasted almond halves.

Makes 1 (8-inch) pie.

## Canned Dry Soup Mix Makes Dip

There's no need to have an elaborate feast every time guests are coming. Remember the old saying . . . "it's not so much what you eat but with whom you eat that makes eating fun." Regardless of the time of day . . . or night . . . simple refreshments extend as much cordial hospitality.

For something that will please all serve a tempting dip made with the new canned onion dry soup mix. Dips are so gay and festive and involve so little preparation time. Try this one . . . to be scooped with apple and Gouda cheese wedges.

### CREAMY WALDORF DIP

- 1 can (1 5/8 ounces) onion dry soup mix
- 2 cups (1 pint) dairy sour cream
- 1/4 cup chopped celery
- 1/4 cup chopped walnuts
- 1/4 teaspoon prepared mustard

Gently combine all ingredients. Chill. Serve with wedges of apple and Gouda cheese. Makes about 2 1/4 cups dip.

The men folk will go for this one:

### Peppery Hot Dip

- 1 package (3 ounces) cream cheese, softened
- 1 tablespoon milk
- 1 can (1 5/8 ounces) on-

ion dry soup mix  
1 cup dairy sour cream  
1 tablespoon finely chopped hot chery peppers Parsley

Blend cream cheese and milk until smooth. Stir in soup mix, sour cream, and peppers. Garnish with parsley. Chill. Serve with celery sticks. Makes about 1 3/4 cups dip.

### SPRING DANCE SET

Congregation Ner Tamid of South Bay will hold its third annual spring dance at 8 p.m. Saturday, April 20 at the Neptunian Club in Manhattan Beach. Music will be provided by the Dick Walker orchestra. Donation will be \$6 per couple. Persons desiring ticket information are asked to contact Mrs. William Finkel, FR 5-5351 or Mrs. Norman Ro-

sen, FR 8-6712.

### DANCE RECITAL

The three Arts Dance Studio, located at 2252 W. Carson St., Torrance, will present students in an Easter dance recital at 7 p.m. Monday, April 8 at the Clerks Union Auditorium 25949 Belle Porte Ave., Harbor City. The public is invited to attend.

## Pies Today Differ From Early Variety

By BEA WEBB  
Southern California Home Economist

### BAKE A PIE

A NATIONAL FAVORITE  
Pies are an American heritage. They have been baked in American homes since



BEA WEBB

the first settlers arrived in New England and Virginia. Through inheritance, adoption, and improvements, the pies that we know today are quite different from the first ones baked. Most often when we think of pie, we are thinking of one with a rich crust and our favorite luscious filling. Here are two favorites of ours — a limet

chiffon pie and butterscotch pie.

### LIME CHIFFON PIE

- 9" pastry shell with high fluted edge
- 3 egg yolks
- 6 Tbsp. sugar
- 1/4 tsp. salt
- 1 Tbsp. grated lime rind
- 3/4 cup lime juice, unstrained
- 1/2 cup boiling water
- 3 Tbsp. lemon flavored gelatin
- 3 egg whites (1/2 cup)
- 1/4 tsp. cream of tartar
- 6 Tbsp. sugar

Mix together in a saucepan egg yolks, sugar, salt, lime rind and lime juice. Cook over a low flame, stirring mixture until it boils. Turn off the flame. Dissolve the gelatin in the boiling water. Then, with a rotary beater, beat in the hot custards. Cool. When mixture is partially set, beat until smooth. Beat the egg whites and cream of tartar until stiff and glossy. Fold the custard-gelatin mixture into the meringue. Pile into the cooked, baked pie shell. Chill until set (about 2 hrs.). Serve cold.

NOTE: For a more intense color add green food coloring to the gelatin-custard mixture.

### BUTTERSCOTCH PIE

- 9" pastry shell
- 6 Tbsp. butter
- 1 cup dark brown sugar
- 1 cup boiling water
- 3 Tbsp. cornstarch

- 2 Tbsp. flour
- 1/2 tsp. salt
- 1 2/3 cups milk
- 3 egg yolks, slightly beaten
- 1 tsp. vanilla

Melt the butter in a skillet using a low flame. When butter is golden brown add brown sugar and boil until foamy (2-3 min.), stirring constantly. Stir in 1 cup boiling water. Mix in a saucepan cornstarch, flour and salt. Stir milk in gradually until smooth. Stir in the brown sugar mixture. Cook over low flame, stirring constantly until boiling. Boil 1 minute. Stir some of the brown sugar mixture into the egg yolks; then blend into hot mixture. Boil 1 minute longer. Turn off flame and blend in 1 tsp vanilla. Cool, stirring occasionally. Pour into cooled baked pie shell. Chill. Top with sweetened whipped cream and decorate with toasted nuts. Serve cold.

### BREAKFAST SLATED

Mrs. Marge Baudin, 2208 Arlington, will open her home for a public breakfast Saturday for benefit of the Torrance Royal Neighbors. Breakfast will be served between the hours of 8 a. m. and noon.

### SINCERITY

Sincerity is more successful than genius or talent. —Mary Baker Eddy