

## Molded Desserts Are Fashioned of Glamour

It is a wise homemaker who has learned she can add to her family's good health with desserts using dairy products of many forms.

Chocolate milk drink is increasingly popular. If there are children in the family, you have probably ordered it from your milk man or picked it up in carton form or bottle from the dairy section of your market.

They have enjoyed it as a beverage. Today we suggest its use in a dessert mold.

Evaporated milk can perform magic in desserts, too. It gives a satiny smoothness as well as milk's superlative nutrients.

### CHOCOLATE ALMOND MOLD

- 2 env. unflavored gelatine
- 2 1/2 cups dairy-made chocolate milk drink
- 1/2 cup sugar
- 1 1/2 cups heavy cream whipped
- 1/4 cup toasted, chopped almonds

Soften gelatine in 1/4 cup chocolate milk. Heat remaining 2 cups chocolate milk drink. Add 1 cup to gelatine and stir until gelatine is dissolved.

Cook sugar in small saucepan over low heat, stirring constantly, until melted and lightly browned. Gradually add remaining cup of hot chocolate milk drink, stirring constantly until well blended.

Add to gelatine mixture and mix well. Chill until slightly thickened. Beat well; fold in whipped cream and almonds.

Turn into a 1 1/4-qt. mold. Chill until firm. Unmold. Garnish with additional whipped cream, if desired.

### ORANGE CREAM

- 1 pkg. orange flavored gelatin
- 1 cup boiling water
- 1/2 cup sugar
- 1/2 cup orange juice plus lemon juice to make 1/2 cup
- 2 tsp. grated orange rind
- 1 can or pkg. (3 1/2 or 4 oz.) shredded coconut
- 1 1/2 cups evaporated milk

Orange sections from 3 oranges

Dissolve gelatin in boiling water. Add sugar, juices and orange rind. Stir until sugar is dissolved.

Reserve 2 tbs. coconut for garnish; stir remainder into gelatin. Chill until consistency of unbeaten egg white.

Meanwhile, chill evaporated milk in freezer tray until ice crystals form around edges.

Turn milk into chilled bowl and whip until milk is stiff. Fold into gelatin mixture, quickly and thoroughly.

Place 2 orange sections in bottom of each of 8 sherbet glasses. Pile cream on top and garnish each serving with 2 more orange sections and a sprinkle of coconut.

Chill 2 hours before serving.



MARCH IS EGG MONTH. Their plentiful supply makes entrees of this golden nugget more popular. Hard-cooked eggs are combined with American cheese in a sauce of tomato, mayonnaise and dairy sour cream for these individual casseroles of nutritious eating. Toss a salad and your menu is planned.

## Golden Egg Contains Nuggets of Nutrition

March is National Egg Month. With egg supplies on the increase and priced to please everyone's budget, now is the time to take advantage of the outstretched "handful of health."

Food values in eggs are essential to good health. Egg protein comes so near to perfection that scientists use it as a standard to measure the value of protein in other foods.

Because eggs furnish this complete protein, their use as a main dish is of importance. Not to be forgotten are other nutrients in eggs.

Use them every day.

### PIE PAN CHEESE OMELET

- 6 slices sharp processed cheese
- 4 eggs
- 1/2 cup milk
- 1/4 cup sliced pitted ripe olives
- 1/4 cup chopped pimiento
- 1/4 tsp. salt

Cut cheese slices into quarters and arrange them in 9-inch pie pan which has been rubbed with butter.

### EGG-CHEESE TOMATO CASSEROLE

- 1 can tomato soup
- 6 tbs. mayonnaise
- 1/4 cup dairy sour cream
- 2 tbs. chopped parsley
- 1/4 tsp. salt
- 6 hard-cooked eggs
- 1/2 lb. American cheese

Combine all ingredients except eggs and cheese. Heat thoroughly, but gently.

Cut cheese in small thin slices. In individual casseroles,

## SPICY ROLLUPS ARE COFFEE HOUR DELIGHT

Sugar and spice is so nice in Pineapple French Toast Rollups. These are just right for serving at the neighborhood morning coffee hour.

Using an egg-milk French toast dip, substitute pineapple juice (drained from a can of crushed pineapple) for half of the milk.

Dip Wonder Soft Whipped bread slices in the pineapple-bread mixture and brown in a skillet. To serve, spread each hot slice with crushed pineapple that's been spiced with finely chopped candied ginger.

Then roll up and coat with sifted brown sugar.

Continue until all cheese and egg slices are used. Pour tomato sauce over all and bake at 375 degrees for 15 minutes. Serves 4.

Place an egg slice, overlap with cheese slice, then egg, etc.

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## High Protein Wheat Nuts Now Available

French burr stone mills, grinding slowly so no heat is generated to destroy vitamins, are used in the preparation of Kinslow's Wheat Nuts, the uncooked cereal so rich in nutrients.

This cereal undergoes neither toasting nor pre-cooking in its preparation so minerals are preserved.

Wheat Nuts are made of high quality protein wheat, with some of the softer portion of the grain removed. This lowers calorie count

without disturbing the nutrients of the whole wheat.

Top rated for elderly people as well as children, Wheat Nuts serves not only as a cereal but as an extender of

food values in meat loaves, breads and casseroles.

Distribution of this cereal in Southern California is good.

Look for it at your favorite market.



THIS LUSCIOUS DESSERT MOLD is prepared with bottled or cartoned chocolate milk. This favored milk drink is combined with whipped cream and almonds, to be molded in gelatine. Another dessert, using dependable evaporated milk is included today.

## Shortcuts in Kitchen

Shortcuts in the kitchen are important to the modern homemaker. Why? Because people are living at a more rapid pace than ever before in history. Today's homemaker has far less time to spend in the kitchen.

Reba Staggs, well-known home economist, has suggested several time-savers in meat cookery. Now you can take little time to turn out a wholesome meat dish, one with appetite appeal.

Bake meat loaf mixture in muffin pans or a 9-inch square pan for shorter baking time.

Separate ground beef during cooking with a potato masher when browning meat for casseroles.

Dice bacon, trim pie crusts and cut parsley and other greens with kitchen shears.

Cook bacon for a group more quickly by placing bacon on a rack in an open roasting pan and baking it in the oven.

Open both ends of meats in a can for easy removal. Loosen around edge of meat and push it through.

Cut through several slices of meat at one time for quick julienne-style pieces.

Mix flour and seasonings in a bag and shake with pieces of meat when recipe calls for floured meat.

Grind liver more easily by first lightly browning the slices in a small amount of lard or drippings.

Assemble all necessary ingredients and utensils on a tray before preparing a recipe.

Sharp knives are necessary for meat carving ease.

## No Laughing Matter

Not many years ago we laughed when scientists said someday we'd go around in glass or paper. Today many women venture forth clothed only in gas. You might be one in your nylon "unmentionables," your synthetic furs, plastic shoes or simulated pearls.

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