



**GUACAMOLE IN SHELL** is easy-do for entertaining. Summer avocados provide rich and flavorful fruit and their shells are just right for the containers. Serve this dunk with crackers, shrimp and celery sticks.

## Versatile Avocado Serves Hostess Well

Summer avocados make hot weather entertaining easy to manage. The thick-skinned fruit which ranges from deep green to dark black-purple in color makes a wonderful container for a most delicious spread.

The fruit itself is rich and flavorful and when ac-

cented with a few supplemental ingredients sparks a party to success.

Avocados are versatile, too, and we include a suggestion for chilled soup which is so appetizing for California's hot Septembers.

### SUMMER DAYS CALL FOR HEARTY SALAD

Serve Garden Macaroni Salad chilled as one of this summer's taste treats.

It's a melange of elbow macaroni, radishes, celery and green pepper tossed with sour cream dressing enlivened with horseradish and onion.

When the weather is warm, most homemakers prefer to spend as little time as possible in the kitchen.

**MACARONI SALAD**  
8 oz. elbow macaroni  
½ cup sliced radishes  
½ cup chopped celery  
½ cup chopped green pepper  
Horseradish Cream Dressing  
1 tbs. minced parsley

Cook macaroni until tender in boiling salted water. Drain and cool. Lightly toss together macaroni, radishes, celery, green pepper and dressing.

Sprinkle with parsley and chill.

Make the dressing this way: Blend ½ cup dairy sour cream, 3 tbs. wine vinegar, 2 tbs. mayonnaise, 1 tbs. instant minced onion, 1½ tsp. salt, 1 tbs. prepared horseradish and ¼ tsp. sugar. Chill and use as directed above.

"This fresh green of spring has yellow in it as if the sunlight had melted into the leaf." Oliver John Gogarty

### GUACAMOLE IN SHELL

1 large avocado  
Lemon juice  
1¼ tsp. salt  
2 tbs. chopped green chili pepper  
1 tsp. grated onion  
4 tbs. mayonnaise

Cut avocado into halves lengthwise and remove seed. Scoop out pulp with spoon, keeping shell intact.

Sprinkle inside of shell with lemon juice. Mash pulp thoroughly or force through a sieve. Blend in 1 tablespoon lemon juice and salt, chill pepper and onion.

Spread mayonnaise over top. Chill thoroughly. Just before serving, stir mayonnaise into avocado mixture and heap into prepared shells. Serve as a dunk with crackers, shrimp and celery sticks.

### CHILLED FALLBROOK SOUP

2 avocados  
½ cup dairy sour cream  
4 small tomatoes  
1 (10½-oz.) can condensed beef bouillon  
¾ cup finely chopped green onion

1 tsp. salt  
Dash garlic powder  
¼ tsp. dill weed  
2 tbs. lemon juice  
Dash Tabasco

Cut avocados lengthwise into halves. Remove seeds and skin. Sieve fruit into bowl, then mix well with sour cream. Peel and chop tomatoes and stir into mixture with rest of ingredients. Chill before serving.

## AMONG MY SOUVENIRS

Fresh fruits crowding the markets — and yes our own back yards, bring to mind their use for now and later. Try these recipes for pears and figs.

### JELLIED GINGER PEARS

1 pkg. lemon-flavored gelatin  
¾ cup water  
1 cup ginger ale  
½ cup seedless white grapes

1 cup sliced fresh pears  
¼ cup lemon juice  
½ cup finely shredded carrot

2 tbs. chopped preserved ginger  
Dissolve gelatin in water. Add ginger ale and chill. When slightly thickened, fold in fruit, lemon juice, carrots and ginger.

Chill in individual molds until firm.

### PICKLED FIGS

8 lbs. figs (6 quarts)  
8 cups brown sugar  
1 qt. vinegar  
7 pieces (3-inches long) stick cinnamon  
2 tsp. whole cloves

Wash figs and boil in salt water (1 tbs. salt to 1 gallon water) for 15 minutes.

Combine sugar and vinegar and bring to boil. Add spices. Drain figs well, then add to boiling syrup and simmer for 1 hour.

Pack hot into hot sterilized jars. Seal at once, being sure figs are covered with syrup before sealing.

For refreshing dessert, spoon cantaloupe balls into sherbet glasses and drizzle with melted mint jelly.

# Banana Chiffon Pie Is Dessert Temptress

Guests who ordinarily say they don't care for desserts will change their minds when served this Chocolate-Banana Chiffon Pie with its elegant garnish of whipped cream and sliced bananas.

The recipe below is for the 9-inch pie which will serve 6 to 8 guests.

### CHOCOLATE-BANANA PIE

1 chocolate wafer crust\*  
1 envelope unflavored gelatine  
Dash salt  
½ cup sugar  
2 cups milk  
3 eggs, separated  
1 tsp. almond extract  
1 cup sliced bananas  
½ cup heavy cream, whipped  
Additional sliced bananas for garnish

Combine gelatine, salt and sugar in top of double boiler. Add milk gradually. Heat over boiling water until gelatine dissolves. Beat egg yolks slightly; stir in a little of hot mixture and return all to double boiler.

Cook over hot water, stirring constantly until mixture thickens and coats spoon. Cool.

Beat egg whites stiff, fold into custard mixture with extract and bananas. Pour into crust, arranging half-cookies around edge. Chill until firm.

When serving, garnish with whipped cream and additional banana slices.

\*Chocolate Wafer Crust. Combine 1 cup chocolate wafer crumbs with 2 tablespoons softened butter and 2 tablespoons sugar. Press firmly into buttered 9-inch pie pan. Bake at 375 degrees for 8 minutes. Cool.



**THIS DELICATELY FLAVORED** banana chiffon pie nested in its buttery, chocolate wafer crumb crust will be certain to please family and guests. Chocolate wafer halves add decorative effect.

## Lemon Nut Bread Has Delicate Fragrance

The delicate fragrance of this Lemon Nut Bread will wake up the weariest appetite at breakfast, lunch or the ever-present snack time when children are around.

Good nutrition, too, since it is made with double-rich evaporated milk.

The bread has a tangy fruit flavor and nut-crunchy texture which remains tender and moist until the last crumb is consumed.

### LEMON NUT BREAD

2½ cups sifted flour  
1 cup sugar  
½ teaspoon salt  
4 teaspoons baking powder  
1 cup chopped nuts  
1 egg, well beaten  
2 teaspoons grated lemon rind  
½ cup water

¾ cup evaporated milk  
2 tablespoons butter, melted

Sift the flour, sugar, salt and baking powder together into a medium size mixing bowl. Stir in nuts. Mix the beaten egg with the lemon rind, water, evaporated milk and melted butter in a small bowl.

### Summer Care

Milk and dairy products require special care in the summertime. Nutritionists for Dairy Council of California remind us to follow the rule of the 3 C's and a D when it comes to these important foods.

Keep milk Clean, Cold, Covered and in the Dark. Refrigerate immediately; return to refrigerator promptly after use. Same rules apply to all fresh dairy products.

## Berry Is Berry Except When It Isn't!

If you came to California from the "cold country," a currant may be what Webster describes as "the acid berry of several species of a genus of shrubs of the gooseberry family, used chiefly for jelly and jam."

They do not thrive here, so there are limited supplies in our markets. Their season is very short and their price seems high.

However, they are so high in perfect jelly-making properties that the cost per glass of jelly averages out low.

### This Is a Raisin

Webster describes another currant as "a small seedless raisin used extensively in cookery and confectionery."

These currants are a small but very important California specialty crop. Untreated, the Zante currants are tiny dark grapes on small clusters.

### What Is a Berry?

If you are not completely confused about currants, try this question: what comes to

mind when you hear the word berry?

You are correct if this is your definition: a berry is any simple fruit having a pulpy fleshy pericarp. So a berry is a currant, a grape, gooseberry, cranberry, tomato or banana. Now to the berry, Zante.

### Design to Size

Growers of the Zante currant can now literally design a currant to fit the bun.

San Joaquin Valley farmers, who grow almost the entire Zante crop, have approval to use gibberellin as a growth regulator. Two years of successful experiments have pointed the way.

Paul Baranek, University of California farm advisor in Madera County says, "We can design the size of the berry, improve the quality, and increase the yield."

Spraying the vines with "gib" gives 5000 berries per pound. Without "gib" Zante currants produce much

smaller berries... more than 8000 to the pound.

Science has come to the aid of these currants in improving both size and quality of the berries.

### Curried Crab

Cut 3 medium green peppers in halves lengthwise; remove seeds. Cover peppers with boiling salted water and parboil 5 minutes. Set aside and drain.

Combine 2 cups crabmeat, 2 eggs slightly beaten, ½ cup soft bread crumbs, 1 tablespoon grated onion, 2 tablespoons melted butter or margarine, 2 tablespoons lemon juice, ¼ teaspoon cayenne pepper, ¼ teaspoon curry powder, ¼ teaspoon salt; mix well.

Fill drained pepper halves with crab mixture; cover with dry bread crumbs and dot with butter or margarine.

Bake at 400°F. for 10 minutes, or until heated through. Garnish with toasted, slivered almonds, if desired.



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