

FOOD & FAMILY

Hot Sandwiches Make Tasty Lunch

The old standby for lunch, soup and sandwich, takes on a new twist when the sandwiches are toasty warm on a cold January morning. Appealing to the children on days when the prefer mom's company to the cafeteria crowd at school are Brazilian cheese dreams and ham-and-cheese snacks.

BRAZILIAN CHEESE DREAMS
1 1/2 cups grated process sharp cheese
1/2 cup tomato catsup
1/4 finely chopped Brazil nuts
1 teaspoon finely chopped onion
6 sliced bread
Combine cheese and next 3 ingredients. Toast bread on one side. Spread 1/4 cup

HAM AND CHEESE SNACKS
1 package (8 ounces) oven-ready biscuits
1/2 can (12 ounces) chopped ham, minced
1 cup grated process sharp cheese
1/4 cup catsup
1/3 cup sweet, India for fresh cucumber relish
1 teaspoon Heinz 57 sauce
Heat oven to 425 degrees F. (hot). Place biscuits on greased baking sheet; flatten biscuits to approximately 3 1/2 inches in diameter. Bake 10 minutes; remove from

(Continued on Page C-9)

Delicious Desserts Make Memorable Meals

Happiest note on which to end any meal is an unusual dessert. Be it party dinner or family supper, desserts with imagination linger in the memory. A quarter of unique desserts are a spicy pear compote, noodle delight, rosy apple crumble and tropicana sundae.

ROSY APPLE CRUMBLE
4 cups sliced, pared tart apples
1/2 cup catsup
2 teaspoons lemon juice
3/4 cup sifted flour
3/4 cup sugar
1/3 cup softened butter or margarine
1/2 teaspoon ground cinnamon

Heat oven to 350 degrees F. (moderate). Place apples in buttered baking pan (10" x6" x1 1/2" or 8" x8" x2"). Combine catsup and lemon juice; spoon over apples. With fingers, work together flour and remaining ingredients until crumbly. Spread over apples. Bake 40 minutes. Serve warm with vanilla ice cream. Makes 6-8 servings.

TROPICANA SUNDAY
1/2 cup min-flavored apple jelly
1/4 cup catsup
1/4 cup chopped walnuts or pecans
Combine jelly and catsup in saucepan. Simmer, stirring, 5 minutes. Add nuts. Serve warm or cold over vanilla ice cream. Makes about 2/3 cup sauce.

SPICY PEAR COMPOTE
1 can (1 pound 14 ounces) pear halves
1 cup orange juice
1/2 cup brown sugar

1/2 cup catsup
1 tablespoon lemon juice
1 teaspoon ground nutmeg
1/4 teaspoon ground ginger
2 tablespoons butter or margarine
1/2 cup sliced, blanched almonds (optional)
Heat oven to 450 degrees F. (hot). Drain pears, reserving 1/2 cup syrup. Combine pear syrup with orange juice and next 6 ingredients; boil 20 minutes. Arrange pear halves in baking dish (10" x6" x1 1/2"); cover with sauce. Sprinkle with almonds. Bake 10 minutes. Serve warm with cream or ice cream. Makes 5-6 servings.

NOODLE PUDDING DELIGHT
2 cups medium wide noodles
2 eggs
3 tablespoons catsup
3 tablespoons sugar
1 tablespoon lemon juice
Dash salt
1 teaspoon vanilla
3 tablespoons salad oil
1 can (1 pound 4 ounces) crushed pineapple, drained
1 cup seedless raisins
Heat oven to 400 degrees F. (moderately hot). Cook noodles in boiling salted water until tender; drain; rinse. Beat eggs with next 5 ingredients until well blended. Add drained noodles; stir in salad oil. Add pineapple and raisins; turn mixture into greased 1 1/2 quart casserole or individual casseroles. Bake 40-45 minutes, or until mixture is set. Serve hot. Makes 6-8 servings.



CONTEST WINNER is Mrs. Joan Junkin of 212 W. 219th St., Torrance, whose unusual dessert, "Mock Chocolate Igloo," saves cream, eggs, time and dishes by substituting a gelatine sponge in place of the pudding called for in the original version of chocolate igloo. Mrs. Junkin enjoys trying new recipes on her husband and two children.

January Doldrums Lifted By Trying New Recipes

By BARBARA DUFFY
We use up more than the average amount of energy during the busy holiday season, and spirits may lag in the weeks that follow. For a quick pick-up, try a revitalizing beef broth break. It takes just a few minutes to heat a cup of this steaming amber liquid. Pour condensed beef broth straight from the can; add 1/2 to 1 soup can of water; flavor with a dash of cinnamon, Worcestershire or lemon juice for added tanginess.
With fresh cranberries still on market shelves and the children back in school, January is a good time to

bake cranberry-nut bread.
CRANBERRY BREAD
1 1/4 ounce package orange muffin mix
3/4 cup whole berry cranberry sauce (canned)
1 cup finely chopped nuts
1 egg
For fancy slices at tea parties, collect seven 6-ounce empty frozen juice concentrate cans. Wash, dry and grease sides and bottom thoroughly. Prepare muffin mix (using both envelopes) according to directions on package. Fold in cranberry sauce and nuts. Spoon better into greased cans, filling 2/3 full. Bake in moderate electric oven (375 deg. F.)

for 30 to 35 minutes. Cool and remove bread from cans. After thoroughly cooled, wrap aluminum foil. Wait until second day to slice. Yield: 7 loaves.
When winter rains keep you in doors tuck in a few hours in the kitchen and try your hand at chocolate marshmallow candy or Swedish gingersnaps.
CHOCOLATE MARSHMALLOW CANDY
2 cups miniature marshmallows
1/2 cup crunchy peanut butter
1 6-ounce package semi-sweet chocolate
(Continued on Page C-7)

Chicken Favorites Wear Many Guises, Cost Little

With chicken a year-round budget-booster, housewives whose holidays have made them mindful of January pursestrings would do well to offer their families tasteful chicken dinner this month.
Dishes featuring chicken in many guises are offered in the following recipes.
CHICKEN CACCIATORE
2 to 2 1/2 pound chicken, cut up
3 tablespoons shortening
Salt and pepper
1/2 cup sliced onion
1 clove garlic, minced
1/2 cup chopped carrots
2 tablespoons chopped parsley
1 cup tomato catsup
1 cup water
1 bay leaf
1 teaspoon salt
Dash pepper
2 tablespoons dry red wine or sherry
Brown chicken in shortening. Sprinkle with salt and pepper. Remove chicken from skillet. Sauté onion and next 3 ingredients in skillet until lightly browned. Stir in catsup and remaining ingredients. Add chicken. Simmer, covered, 1 1/2 hours or until tender. Makes

4-5 servings.
COUNTRY CAPTAIN
3 to 3 1/2 pound chicken, cut up
1/3 cup flour
1 Tbsp. salt
1/4 tsp. pepper
1/4 cup shortening
1 cup chopped onions
1 cup chopped green pepper
1 clove garlic, minced
1 1/2 cups water
1 bottle (14 ounces) catsup
1 tsp. curry powder
1/2 tsp. ground thyme
3 cups hot, cooked rice
1/3 cup dried currants
1/2 cup chopped blanched almonds
Heat oven to 350 degrees F. Remove skin from chicken; coat with mixture of flour, salt and pepper. In Dutch oven or roaster, brown chicken in shortening. Remove from pan. Add onions, green peppers and garlic to same pan; sauté until lightly browned. Add water, catsup, curry powder and thyme; mix well. Add chicken, making sure each piece is well coated with sauce; cover. Bake, stirring occasionally, 1 1/2 hours or until

chicken is very tender. Remove chicken to large platter, surround with rice. Add currants to sauce, pour over chicken. Sprinkle with almonds. Makes six servings.
CHICKEN LEGS PIQUANT
6 whole chicken legs and thighs (2 to 2 1/2 pounds)
2 tablespoons butter or margarine
1 cup chopped celery
1 cup chopped onions
1 bottle (14 ounces) catsup
2 tablespoons vinegar
1 tablespoon prepared horseradish
1 tablespoon worcestershire sauce
1 cup water
1 teaspoon salt
1/8 teaspoon pepper
Heat oven to 375 degrees F. (moderately hot). Sauté chicken in butter until lightly browned; remove to greased 2-quart casserole. Using same skillet, combine celery and remaining ingredients; simmer 10 minutes. Pour sauce over chicken. Cover; bake 1 hour. Uncover; bake 30 minutes more, basting occasionally. Makes 6 servings.
BARBECUED CHICKEN
(Continued on Page C-7)

Sauces Add Savor To Vegetables

When appetites pall and children balk at downing nourishing vegetables, the bright cook will dress up the lowly onion, potato or carrot with a glamorous sauce that gives a new personality to an old standby. Especially pleasing are glazed carrots in a sweet tomato-flavored sauce with a hint of bacon, deviled onions, Italian potatoes and coral rice island casserole.
GLAZED CARROTS
12 medium carrots, halved lengthwise
1/2 cup catsup
3 tablespoons brown sugar
2 tablespoons bacon drippings
1/4 teaspoon allspice
Cook carrots in boiling salted water until tender; drain. Combine catsup and remaining ingredients; pour over carrots. Simmer carrots 15 minutes, turning and basting occasionally, until they are well glazed and sauce is thick. Garnish lightly with minced parsley. Makes six servings.
CORAL RICE ISLAND CASSEROLE
3 slices bacon, diced
1 cup catsup
2 tablespoons dairy sour cream
1 can (4 ounces) mushroom pieces, drained
1/3 cup finely chopped, blanched almonds
1 1/2 teaspoons salt
2/3 cup halved, pitted ripe olives
1 small can gooseberries, drained (optional)
3 cups cooked rice
6 whole almonds, blanch-

ed
Sauté bacon in large skillet until crisp. Blend in catsup and next four ingredients. Cover; cook over low heat eight minutes. Stir in olives, gooseberries and ice. Heat well. Pack ice mixture firmly into greased 1-quart casserole. Keep warm until ready to serve, then unmold onto large heated platter. Garnish top with blanched almonds. Makes six servings.
DEVILED ONIONS
4 large or 8 small onions
1/3 cup catsup
1/3 cup water
1 tablespoon butter or margarine, melted
1/4 teaspoon salt
Few grains pepper
Cook onions in boiling water for 20 minutes or until tender. Heat oven to 350 deg. F. (moderate). Combine remaining ingredients. Place onions in shallow baking dish; pour sauce over onions. Bake for 45 minutes. Baste occasionally. Makes four servings.
ITALIAN POTATOES
1 medium onion, sliced
1/4 cup shortening
4 cold, cooked medium potatoes, thinly sliced
8 black olives, sliced
1 cup catsup
1/2 cup water
1 teaspoon salt
Brown onion in shortening. When onion is tender, add potatoes; brown. Combine remaining ingredients. Pour over potatoes; simmer five minutes. Makes four servings.

Eggs Take to Trimming, Do Dinner-Table Stint

High in protein, low in cost, the egg takes to trimming to double as main course for luncheon or dinner in penny-prudent January menus for Torrance tables.
Festive fare concocted from eggs includes deviled eggs, eggs ample, eggs oriental and Texas hot eggs. Recipes follow.
DEVILED EGGS
3 hard-cooked eggs
1 tablespoon sweet or India relish
1 tablespoon catsup
1 tablespoon mayonnaise or salad dressing
1/2 teaspoon mustard
Salt and pepper to taste
Cut eggs lengthwise; remove yolks. Mash yolks; blend with remaining ingredients. Refill egg whites with mixture. Chill. Makes eight deviled eggs.
EGGS AMPLE
3 cups hot mashed potatoes
1 cup scalded milk
1 egg, beaten
3 tablespoons butter or margarine, melted
1 teaspoon salt
1/8 teaspoon pepper
6 eggs
Cut eggs lengthwise; remove yolks. Mash yolks; blend with remaining ingredients. Refill egg whites with mixture. Chill. Makes eight deviled eggs.

Heat oven to 325 deg. F. (moderate). Whip potatoes with next 5 ingredients. Spoon 1/2 cup potatoes around edge of each of 6 individual casseroles. Place 1 tablespoon catsup in center of each potato ring. Drop egg onto catsup. Bake 15 minutes or until egg is cooked. Garnish with paprika. Makes six servings.
EGGS ORIENTAL
1 cup sliced fresh mushrooms
1/3 cup chopped green pepper
1/4 cup butter or margarine
1 can (10 1/2 ounces) cream of mushroom soup, undiluted
1/3 cup catsup
2 tablespoons milk
1/2 cup grated process American cheese
1/2 teaspoon worcestershire sauce
1/2 teaspoon salt
4 hard-cooked eggs, sliced
Sauté mushrooms and pepper in butter until tender. Add soup, remaining ingredients except eggs. Heat, stirring, until cheese melts; add eggs. Serve over hot chow mein noodles or rice. Makes 4 to 5 servings.

Stains Can Be Removed With Proper Supplies

Stain removal can be easy and successful or impossible and difficult depending on the treatment. If you remember that prompt action is one of the most important ingredients for success in removing stains you will no doubt have better results.
Adequate supplies for stain removal should be at hand at all times so that prompt action can be taken. These should include a grease solvent (such as carbon tetrachloride, Energine, etc.), a chlorine bleach, a sodium perborate bleach, ammonia, white vinegar, and an absorbent powder (such as cornstarch, talc or cornmeal). This is just a basic list, but these few ingredients will help with just about any common stain.
Hot sudsy water can cause problems for many stains, so pretreatment of stains before washing is most important. Cool water will loosen and remove many stains, so soaking washable fabrics especially table linens immediately is one of the best treatments. Remaining stains can then be



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gives more specific attention.
Stains can usually be divided into three categories: Greasy stains, non-greasy stains, and combination stains. Greasy stains usually require the use of a grease solvent such as one of those mentioned before; (Continued in Page C-9)

Cook of the Week

An inexpensive version of a more elaborate dessert, "Mock Chocolate Igloo" saves precious minutes and dishes. A combination cake and pudding, it substitutes a gelatine sponge in place of the pudding. Mrs. Joan Junkin of 212 W. 219th St., Torrance, receives \$5 for her winning recipe.
Mock Chocolate Igloo
1 envelope unflavored gelatine
3/4 cup sugar
1 tbs. instant coffee
1 tbs. cocoa
1/8 tsp. salt
Mix well and add 1 1/2 cups very hot water. Stir. Add 1

tsp. vanilla and chill until thicker than egg white. Add two unbeaten egg whites. Beat until it begins to hold its shape. Turn into an eight inch cake pan. Chill until firm.
While gelatine mixture is chilling, make one layer of chocolate cake in nine inch pan. Cool thoroughly.
Turn firm gelatine sponge out on top of cool cake layer. Frost with whipped cream and sprinkle with chocolate cake decorations.
Enter your favorite original recipe in our food and family contest. Weekly winners will receive \$5. Submit entries to Gourmet Editor, Torrance Press.