

# Food Forum

**Dorothy Johnson**  
REAL GOLD

Our reference here is not the Gold Strike in up-state Nevada reported recently in the news but to the golden fruit of summer--PEACHES gold as the sun that ripens them and which frozen or canned, are available year 'round.

Summer is the season of plump ripe peaches to be eaten out of hand, or sliced into a pie or used for cool delectable salads on a hot day. If you're a peach lover (and we don't know anyone who isn't) you'll love the many ways to prepare them. The varieties are numberless, both the yellow and the white fruit--favorite is the Golden Elberta. Here are a few 'peachy' recipes.

### OLD FASHIONED PEACH SHORTCAKE

**FILLING:** 2 lbs. fresh ripe peaches (about 6), 3 tbs. granulated sugar, 1/4 c. cointreau (optional).

**SHORTCAKE:** 2 c. packaged biscuit mix, 1/4 c. granulated sugar, 2/3 c. light cream, 1 or 2 tbs. butter or margarine.

**TO MAKE FILLING,** wash peaches; peel, cut in halves, remove pits, slice peaches thinly into bowl, or crush coarsely with potato masher. Sprinkle with sugar and cointreau stirring occasionally.

Meanwhile, to make shortcake; preheat oven to 450 degrees. In large bowl, combine biscuit mix and granulated sugar. Stir in light cream, and beat 15 strokes. Turn dough onto lightly floured surface--knead gently. Divide dough in half--with lightly floured hands, pat one half evenly in bottom of an ungreased layer cake pan, and spread with melted butter. Pat remaining dough on top--Bake 15 to 20 minutes, or until lightly browned.

**TO ASSEMBLE SHORTCAKE,** place one layer on serving platter and top with half of peach mixture; add second layer, top with rest of peach mixture. Finally, whip 1 c. heavy cream adding 2 tbs. confectioners sugar and serve atop shortcake.

### PEACH TORTE

**MERINGUE LAYERS:** 4 egg whites, 1 tsp. cream tartar, 1/4 tsp. salt, 1/2 tsp. vanilla extract, 1 c. granulated sugar.

**FILLING:** 2-1/2 lbs. fresh ripe peaches, 1/4 c. sifted confectioners sugar, 1 c. heavy cream.

**TO MAKE MERINGUE layers,** let egg whites stand at room temperature for one hour. Preheat oven to 275 degrees. Line large cookie sheet with heavy brown paper. Using a 9-inch round cake pan as guide, draw two circles on paper and grease paper well. In large bowl of electric mixer, beat (at high speed) egg whites with cream of tartar, salt and vanilla just until soft peaks form when the beater is raised. Gradually beat in sugar, 3 tbs. at a time. Continue beating until egg whites are shiny and form stiff peaks when beater is slowly raised. Spread half the meringue evenly over each circle on brown paper. Bake one hour, or until cream-colored and crisp. Turn off oven. Let meringue (covered with paper to prevent overbrowning) cool in oven at least two hours. Cool completely on wire rack.

Just before serving, wash peaches and peel. Halve, remove pits, slice peaches reserving 1/2 c.. To assemble Torte, place one meringue layer on serving plate--arrange peaches on meringue layer, sprinkle with 2 tbs. sugar and top with other layer. Crush remainder of peaches, add remaining sugar and mix well. Fold peaches gently into whipping cream and spread over top of Torte.

### FRESH PEACH ICE CREAM

2 lbs. fresh peaches (about 6), 2 eggs separated, 3 tbs. lemon juice, 2 tbs. confectioners sugar, 1-1/2 c. granulated sugar, 1 c. heavy cream.

Set refrigerator control at coldest temperature. Reserving two peaches for garnish, peel peaches, halve, and remove pits. Place peaches in mixing bowl with lemon juice. Crush with potato masher and stir in granulated sugar. In medium bowl, (with rotary beater) beat egg yolks very well. Beat egg whites with confectioners sugar until soft peaks are formed. Fold yolks gently into whites using wire whip. Whip cream until it holds soft peaks formed, then fold into the egg mixture. Fold in peaches--pour into 1 quart refrigerator tray. Freeze until firm. Serve with reserved peaches as garnish.



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# RACE ROUNDUP

### FBI PROBE

ATLANTA - (NPI)--The Federal Bureau of Investigation was investigating a brief battle which broke out at an Army induction center as Negro pickets shouting "Black Power!" tried to storm the place. Government officials were seeking to determine whether action is warranted. Members of the Student Nonviolent Coordinating Committee were said to be among the pickets. Among the 12 persons arrested was a SNCC field worker charged with assault.

### TOWNS FAVORED

PRINCETON, N.J. - (NPI)--Negroes would do better in small Northern towns than in big cities, the Gallup Poll reported. Negroes and whites as agreeing. The poll said 65 per cent of all persons interviewed thought Negro families would have a better life in smaller towns. Seventy-five per cent of Negroes interviewed were of this opinion. But only half of those interviewed favored taking any steps to move Negroes out of the big cities.

### GETS 10 YEARS

ATHENS, Ga. - (NPI)--A Ku Klux Klansman, convicted last month on federal charges of conspiring to violate Negroes' rights, has been sentenced to 10 years in prison for assault with intent to murder his wife. Joseph Howard Sims, 43, was convicted in the shooting of his wife Betty, mother of eight. Sims had pleaded guilty to the charges last month.

### TABLES TURNED

WASHINGTON - (NPI)--Two women accused of attacking two Klansmen were freed in Hyattsville. Peoples court by Judge Richard E. Painter, who considered jailing Kluxers instead, if they had no "valid excuse" for missing court. Imperial Wizard Xavier Edwards and Klansman Alton Shelton had obtained warrants against Carolyn Banks, 25, of Washington, and Carol Carozza, 13, of Pittsburgh--both white--after they broke up a Klan rally. The women said they were prepared to go to jail rather than pay for a Klansman's robe that had been torn in the melee.

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