

FOOD FORUM *

Dorothy Johnson

"EASY AS PIE"

Coconut custard and lemon pies have a long standing reputation as a beautiful, delicate dessert. Prepared correctly, they are as delicious as they are attractive.

The coconut custard pie adds to its great appearance and texture a flavoring of California Sherry and you have a new, winning combination.

SHERRIED COCONUT CUSTARD PIE

4 eggs slightly beaten, 1/2 c. sugar, 1/2 tsp. salt, 2 tsp. vanilla, 1/8 tsp. almond extract, 2 c. rich milk, scalded; 1/4 c. California Sherry, 1/3 c. flaked coconut, 1 unbaked pie shell with fluted rim.

Combine eggs with sugar, salt and flavorings. Stir into hot milk. Add Sherry and coconut. Pour into pie shell. Bake below oven center in hot oven (400 deg.) 25 to 30 minutes or just until pie tests done. Remove to wire rack. Let pie cool before cutting. Top may be garnished with puffs of sweetened whipped cream and sprinkled with additional flaked coconut, if desired.

LEMON CREAM PIE

1/3 c. all-purpose flour, 2 tbsp. cornstarch, 3/4 c. sugar, 1/4 tsp. salt, 2-1/2 c. milk, scalded; 4 egg yolks, beaten; 1/2 c. fresh lemon juice, 2 tsp. grated lemon rind, 3 tbsp. butter or margarine, yellow food coloring (optional), 9-inch pie shell, baked, whipped cream.

In heavy saucepan, mix first 4 ingredients. Gradually stir in milk and cook, stirring, over medium heat until thickened. Stir small amount of mixture into egg yolks; then combine the two mixtures and cook, stirring, for 1 minute. Add lemon juice, rind, and butter. Stir in a few drops of food coloring and pour into baked shell. Top with whipped cream. Makes 6 servings.

LEMON CHEESE PIE

2 tbsp. soft butter, 1-1/2 shredded coconut, 12 oz. cream cheese, 3 eggs, 1/4 tsp. salt, 3/4 c. sugar, grated rind of 1 lemon, 3 tbsp. lemon juice, sweetened whipped cream.

Spread a 9-inch pie pan with the butter. Sprinkle with coconut and press firmly in butter. Beat cheese until light and fluffy. Add eggs, one at a time, beating thoroughly after each addition. Gradually beat in sugar; blend in salt, lemon rind, and juice. Pour into coconut pie shell. Bake 30 minutes in moderate oven. Cool and spread with cream.

LEMON MERINGUE PIE

1 baked (9-in.) pastry shell, 1/2 c. sugar, 1/4 c. cornstarch, 1/4 tsp. salt, 1-1/2 c. water, 3 egg yolks, 1/2 c. sugar, 2 tbsp. butter or margarine, 1/3 c. lemon juice, 1-1/2 tsp. grated lemon rind, 3 egg whites, 6 tbsp. sugar.

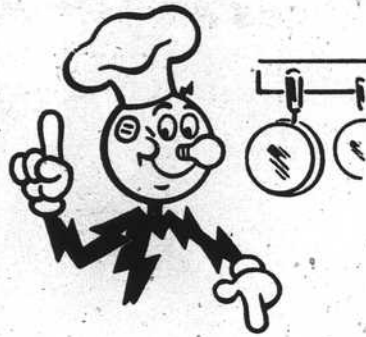
Combine 1/2 cup sugar, cornstarch, and salt in double boiler top. Gradually blend in water. Cook over boiling water, stirring constantly, until thickened. Cover; cook 10 minutes longer, stirring occasionally.

Meanwhile, beat together egg yolks and 1/2 cup sugar. Blend a little hot mixture into egg yolk mixture, then stir all into remaining hot mixture in double boiler top. Cook over boiling water. Add margarine, lemon juice and lemon rind. Cool. Pour into baked shell. Beat egg whites until foamy. Add sugar, 1 tablespoon at a time, beating well after each addition. Continue beating until stiff peaks form when beater is raised. Spread meringue around edge first, to touch crust all around; fill in center. Bake until meringue is lightly browned, 15 to 20 minutes in 350 deg. (moderate) oven or about 5 minutes in 425 deg. (hot) oven.

P.S. This recipe especially for Avanelle Lewis.

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MTA



REDDY KILOWATT'S HELPFUL HINTS FOR HOMEMAKERS

Our recipe files bulge with tempting food ideas. Some of the recipes are given us by customers. Mrs. Mattie Johnson contributed one of her favorites while we helped her with her electric range. She said the recipe originally came from a famous Southern cook.

CUSTARD CORN BREAD

1 c. cornmeal	3 eggs
1 c. boiling water	1 c. milk
1 Tbls. sugar	1 Tbls. flour
1/2 tsp. salt	2 tsp. baking powder
1 Tbls. butter	

Mix the cornmeal, water, sugar, salt and butter and let mixture stand overnight. In the morning, beat eggs with milk. Add to cornmeal mixture alternately with flour and baking powder which have been sifted together. Stir until smooth. Pour into greased loaf pan. Bake at 350 deg. F. for 30 minutes.

Mrs. Johnson suggested the cornbread be served with fresh fruit, country sausage and apple rings, and coffee.

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FASHIONS AT A GLANCE

By Mattie Smith Colin
(NPI)

If the holiday happenings have taken their toll on your waistline, and your slacks fit a little more snugly than they did in September, you will have to do more than "think thin" and "think Spring."

Resolve now to change those bulges back into "curves." Pounds have a unique and sneaky way of adding up those nuts, fruitcakes, candies and liquid refreshments.

Above all, do not let "snacking" become habitual. Eat the same foods you usually do at mealtime, but eat a little "less." Say "No" to that extra piece of toast at breakfast and use a light hand with the salad dressing at dinner--or try one of those "diet" salad dressings.

If the main course is high in calories, eat a small serving and choose fresh fruit for dessert.

DON'T starve yourself with a "crash diet." Make sure you get plenty of regular exercise, along with watching your food intake; then you will find shopping for Spring fashions delightful.

* * *

London fashion scene appears somewhat jumbled: Mini, bright tights and tall boots, are vying with vampish styles harking back to the 1930's, freakouts with long-belted sweaters, long swinging skirts and berets tilted on long lanky hair.

Some of the swingers and the girls behind the counters in the trendy boutiques are going for the so-called Bonnie and Clyde look. Carnaby Street is being called "old hat" and "ratty", but with it all, it's still anybody's guess what happens next!

* * *

Fashions may be more feminine, romantic and softer this year it seems. . . . Teal Traina lavishly uses soft fabrics that flow into easy shapes -- opening with brightly colored plaids in flat plush wool . . . detailed navy, red and white, . . .

Fashions are also moving closer to the body. . . the return of the waistline, some high and some low, and some just normal, but not cinched. Belts vary in design as well as fabrics.