

FOOD FORUM *

Dorothy Johnson

For The Younger Set

This week being Youth Appreciation Week, my column offers suggestions for teen-age week-end parties. Unpredictable characters, these shy, friendly, fastidious, quiet AND boisterous, (and infuriating) youngsters. Remember, how infuriating you were to your parents?

These boys and girls are growing up, and beginning to take an interest in, and to form opinions about ways of living. Their homes are very important to them; and if they can feel that they and their new-found "gang" will always find a warm welcome there, they will move into grown-upmanship a great deal more comfortably and gracefully.

Another thing about teen-agers; they are the hungriest people in the world. Whether while doing homework, listening to music, after the game, or after the dance, they are constantly at death's door from starvation.

SPAGHETTI WITH MEATBALLS

2 onions chopped, 2 garlic cloves, minced; 2 tbsp. cooking oil, 3-1/2 c. (1 lb. 12oz.) can tomatoes, 1 c. water, 2 leaves fresh or dried basil, 1/4 c. chopped parsley, 1/2 tsp. crumbled thyme, 2 tsp. salt, 1/4 tsp. pepper, 1/4 tsp. crushed dried red pepper, 1 can (6 oz.) tomato paste, 12 oz. spaghetti, cooked and hot.

In large saucepan, saute onion and garlic in hot oil until golden. Add tomatoes and bring to boil. Simmer, uncovered, for 20 minutes, stirring occasionally. Add remaining sauce ingredients and the browned meatballs, and simmer uncovered for 1 hour longer, stirring occasionally. Add more seasoning, if desired. Serve on hot cooked spaghetti.

MEATBALLS

1/2 lb. ground beef, 1/2 lb. ground pork, 2 onions minced, 1 garlic clove minced, 1/4 c. chopped parsley, 1/2 c. Parmesan Cheese, 1/2 c. fine dry bread crumbs, 1 egg, 2 tsp. salt, 1/2 tsp. pepper, 2 tbsp. cooking oil.

Mix all ingredients, except oil, thoroughly. Add a little water if mixture seems dry. Shape into 24 balls and brown slowly in hot oil.

SPAGHETTI WITH TUNA SAUCE

8 oz. spaghetti, 2 tbsp. butter or margarine, 1 small onion chopped, 1/4 c. chopped green pepper, 2 cans (10-1/2 oz. ea.) condensed cream of mushroom soup, 1 can (9-1/4 oz.) tuna, drained and flaked; 1/4 c. heavy cream.

Cook spaghetti according to directions on package. Drain and rinse with hot water. Melt butter and saute onion and green pepper until tender. Add soup, tuna, and heavy cream. Heat only until mixture starts to boil. Spoon sauce over hot spaghetti.

FRANKFURTERS AND NOODLES

1 onion chopped, 1/4 c. butter or margarine, 1 can (9 oz.) tomatoes, 4 oz. wide noodles, 1 tsp. sugar, 4 frankfurters, cut into 1-inch pieces; 1/2 c. grated Cheddar cheese, salt and pepper to taste.

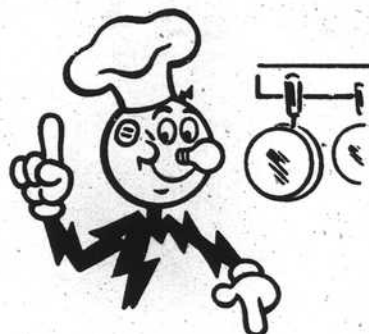
Cook onion in butter in skillet until golden. Add tomatoes, noodles, and sugar. Bring to boil and simmer, uncovered, for 20 minutes, stirring frequently. Add remaining ingredients, and heat. Makes 4 servings.

VALENTINE HEART CAKE

2 (8 or 9-inch) pound cake layers, made from your favorite cake mix, Seven Minute Frosting, tinted pink; red cinnamon candies, 1-1/2 c. (about) flaked coconut.

Make the layers from a cake mix. Cool. Place cake on large plate or tray. Spread frosting between the two layers.

From one side of the cake, cut out a wedge about 3-1/2 inches wide and 3 inches deep. Place this wedge at opposite edge of cake to form point of heart. Cover top and sides with remaining frosting. On top of cake, use red cinnamon candies to outline a heart about 3-1/2 inches wide and 4 inches deep. Fill in the heart



REDDY KILOWATT'S HELPFUL HINTS FOR HOMEMAKERS

February 11th is the anniversary of the birth of Thomas Alva Edison. As we flick a switch to light a room we will thank him for inventions that make this possible to us. With excellent light sources available, we will list for you a recipe for proper study and reading lighting.

Better Light-Better Sight

1. Light spread over the entire working surface.
2. No shadows from hands or body on the work.
3. No direct view of bulb or under-shade brightness.
4. No glare spot of the light bulb through shade.
5. Light-colored desk surface.
6. Light-colored back wall.
7. Some light thrown up on walls and ceiling.
8. Some general lighting elsewhere in the room.

If you follow all of these rules you'll find your study place comfortable for seeing and your reading easier on the eyes. More pleasurable reading and better school-work often result when home lighting is improved.

We invite you to use the services offered by our Home Economics Department. For assistance with electrical appliances, kitchen planning, home lighting, menus and recipes

**CALL
384-4600
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HOME SERVICE**

with more candies. Sprinkle coconut around the heart and on sides of cake.

VALENTINE ALASKA

1 pkg. cherry cake mix, egg whites, water, 1 square pint firm vanilla ice cream, 1 pkg. fluffy white Frosting Mix, boiling water, 1/2 c. sliced toasted almonds, 1/4 c. strawberry preserves.

Prepare cake mix with egg whites and water, following label directions. Pour batter into 2 greased and floured baking pans (9x9x2). Bake in moderate oven (350 deg.) 30 minutes, or until centers spring back when lightly pressed with fingertip. Cool in pans on wire racks 10 minutes; remove from pans; cool completely. Wrap one layer and set aside to frost for another meal.

About 15 minutes before serving, cut remaining cake square in half; place one half on cutting board or ovenproof platter slightly larger than cake. Halve square of ice cream horizontally; place pieces on cake, trimming as needed to fit. Press remaining half cake layer on top. Place in freezer while preparing frosting meringue. Prepare frosting mix with boiling water, following label directions. Measure out about 1/2 cup if you wish to make the heart trim; spread remainder over sides and top of filled cake. Shape outline of heart on top with saved frosting, building up sides about 1/4 inch. Press almonds into frosting along sides of cake. Bake in hot oven (400 deg.) 3 minutes, or until frosting is tipped with gold. Spoon preserves into heart on top; cut cake into thick slices with sharp knife.

VALENTINE PUNCH

1 pkg. Cherry instant soft drink mix, 1 c.

sugar, 2 c. pineapple juice, 1/4 c. lemon juice, 2 qts. water with ice-cubes, red and green maraschino cherries, pineapple chunks.

Combine instant soft drink mix, sugar, fruit juices, and water with ice cubes. Stir until soft drink mix and sugar are dissolved. Make shish-kebob stirrers by alternating red and green cherries with pineapple chunks on skewers or wooden sticks. Place a stirrer in each glass of punch. Makes about 20 servings, 1/2 cup each.

PATIO PUNCH

2 cans (6 oz. ea.) quick-frozen concentrated lemonade, 1 can (6 oz.) quick-frozen concentrated orange juice, water, maraschino cherries, 1/2 tsp. bitters, 2 tbsp. maraschino cherry juice.

Mix 1 can each concentrated lemonade and orange juice with water as directed on can. Pour each juice into an ice cube tray, setting aside any juice that is leftover. Place a maraschino cherry in each section of ice cube tray. Freeze until firm. When ready to serve, mix second can of lemonade with cold water as directed on can. Add bitters and cherry juice and any remaining reconstituted fruit juices. Serve with fruit-ice cubes. Makes about 4 quarts.

Stuffed celery, carrot sticks, potato chips, dill pickles, may be served with either of the entrees chosen.

FASHIONS AT A GLANCE

By Mattie Smith Colin (NPI)

According to Beauty News from Clairol... the "shape" is back. Clothes have it...and hairdos have it...The swing is to costumes that reveal, rather than conceal...a girlish curve or two...and the hairdos are cut and styled to show off the shape of the head.

Hair fashion forecasters for 1968 also herald the return of the part. Missing from the beauty scene for a long time, partings are forecast as returning in numerous guises--unobtrusive, the line will be there, but the hair will probably be brushed lightly over it.

Parts will be "mist-ed," "partial" and "diagonal"...and by the way, perfect hair "color" becomes a MUST...or parting can be "unglamorous"... Camouflaging of dark roots by brushing up and over is out...Regular color refreshings are "in"...

Clairol Institute of Haircoloring predicts the trend for 1968 "is to keep haircoloring close to the natural shade."

For any style, hair must be sleek and shining and skillfully shaped. Claircare de Paris promises, when swished on after shampooing, and setting and combing, the hair will be in a state of sheer luxury until the next shampoo!

**Sell Your Lawnmower--
YOU WON'T NEED IT!
MTA**