

FOOD FORUM

DOROTHY JOHNSON

Harbinger Of Spring Strawberries

As American as Apple Pie, Ham and Eggs, and Hot Dogs, the Queen of all fruits - strawberries.

The rich soil and abundant rain in the Pacific Northwest produce some of the finest berries in the United States. Washington, California and Arizona furnish us with most of our berries. However, Mexico sends us part of our abundance of strawberries. With a pleasant interchange of recipes, families share their best with us.

FRENCH STRAWBERRY PIE

- 1 baked 9-inch pie shell
- 1 quart strawberries
- 1/2 pint whipping cream, whipped
- Powdered sugar to taste

Sprinkle sides and bottom of baked pie shell with powdered sugar. Clean fresh strawberries drain and put into refrigerator to cool. When pie shell is cool, fill with strawberries and sprinkle with additional powdered sugar. If berries are large cut them in half. Also taste berries for tartness, then add sugar accordingly. Top with whipped cream and decorate each piece with whole berry. Chill before serving.

STRAWBERRY ROLL

- 4 eggs
- 3/4 cup granulated sugar
- 3/4 cup sifted cake flour
- 1/4 tsp. salt
- 3/4 tsp. double acting baking powder
- 1 tsp. vanilla
- confectioners sugar
- Filling

Let eggs stand at room temperature for one hour. Preheat oven to 400 degrees. Line bottom of a 15 x 10 x 1 inch jelly roll pan with waxed paper. Sift together flour, salt, and baking powder. Beat eggs at a high mixing speed until they are foamy. Beat in 3/4 cup sugar slowly; continue beating until very thick and light colored. Fold in flour and vanilla. Turn into jelly roll pan, spreading evenly. Bake until light brown, approximately 13 minutes. Lightly dust clean muslin dish towel with confectioners sugar. When cake is done loosen from sides of pan and invert on towel. Lift pan off and peel away paper. Cut off crisp edges with a sharp knife. Starting at narrow end of cake, roll up in towel very gently. This will prevent cake from sticking. Let cool. At this stage cake can be wrapped in foil and frozen. When the roll is to be used, allow it to thaw in towel and foil.

FILLING

- 1 cup heavy cream, whipped and then sweetened with confectioners sugar
- 1 tsp. vanilla extract
- 2 cups sliced fresh unsweetened strawberries, or frozen sliced strawberries.

About 1-1/2 hours before serving unroll cake and lay it flat on towel. Spread with whipped cream; sprinkle cream with sliced strawberries. Roll cake up from narrow end by folding edge of cake over, then tucking in under. Lift towel higher and higher with one hand as roll is guided by the other hand. Finish with open end of cake on underside. Place on serving plate. Refrigerate about one hour. Just before serving sprinkle top of cake with confectioners sugar. Cut into one-inch slices and garnish with whole strawberries. Serves six to eight persons.

STOVETOP STRAWBERRY PIE

- 1/3 cup butter
- 3/4 cup all-purpose flour
- 1/3 cup diced, toasted almonds
- 2 Tbsp. honey
- 1 cup swiss style strawberry yogurt or 1 cup commercial sour cream
- 1 cup boiling water
- 3-ounce package lemon flavored-gelatin
- 1/2 cup sugar
- 1/2 tsp. salt

REDDY KILOWATT'S

Helpful Hints
For The Homemakers
Helpful Household Helpers



VACUUM CLEANERS:

Before selecting a vacuum cleaner, study the types of cleaning you need to do. The tank or canister vacuum cleaner efficiently cleans bare floors and above floor furnishings; however, the upright vacuum cleaner, makes rug cleaning easier.

Canister vacuum cleaning attachments, powered by separate air turbines or electric motors, clean rugs as well as but perhaps less conveniently, are available to convert most uprights into all purpose cleaning appliances.

Ask about such conveniences as retractable cords, disposable bags, full bag indicators and rear blowers. Rear blowers, generally found on canister and tank cleaners, provide a continuous blast of air capable of blowing up inflatable furniture or forcing dirt from difficult areas.

TOASTERS:

A new low wattage "heat and serve" setting allows some toasters to precision brown all pop-up foods. If pop-up convenience foods are used, remember to buy a toaster with a well large enough to accommodate them. Examine the toaster to see whether its crumb tray can be easily emptied.

PORTABLE HAND MIXERS

Should be beater ejectors, comfortable handles, and stable heel rests. Unusual portable mixer features include verticle handles that permit a natural grip and nylon beaters for use in Teflon Pans.

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NEVADA POWER COMPANY

2 cups strawberries, cut up.

Melt butter in skillet. Add flour, almonds and honey to skillet, cook over medium heat, stirring constantly, until mixture barely begins to brown, 3 to 4 minutes. Cool slightly. With back of spoon or fork, lightly press mixture into bottom and sides of a 9-inch pie pan. Refrigerate. For filling, dissolve gelatin in boiling water; add sugar and salt until dissolved. Add yogurt or sour cream to gelatin mixture. Mix with rotary beater until well blended. Refrigerate until thickened but not set. Stir strawberries into gelatin and spoon into pie shell. Refrigerate until set.

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VA FACTS

Interest rates on home loans guaranteed by VA were reduced from 7.5 to 7 per cent on Feb. 18, the third reduction in recent months.

Any veteran who financed his home with a VA guaranteed loan before May 1968, still has a \$5,000 or \$8,500 loan entitlement available depending upon when he received his loan.

Needy veterans who served during America's border conflict with Mexico are now eligible for disability pension benefit from VA on the same basis as other wartime veterans.

Veterans and servicemen who have used their GI home loan guaranty and, through no fault of their own are forced to sell their homes for reasons of health, employment, condemnation proceedings, or other compelling reasons now may have their guaranty privileges restored by VA.

Veterans benefits such as compensation and pension, educational assistance, subsistence payments to vocational rehabilitation trainees, and grants for homes or autos to severely disabled veterans are exempt from taxation, and need not be reported as income on tax returns. GI insurance dividends also are not taxable. However, the interest earned on these dividends is considered earned income.

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