

FOR THE LADIES...

Dishin It Out *By Nona*

BAKED CHICKEN BREASTS

- 2 tablespoons butter or margarine
- 2 tablespoons salad oil
- 6 large chicken breast halves (2½ to 3 pounds)
- 1 can (10½ ounces) condensed cream of chicken soup
- ½ cup light cream (20%)
- ½ cup dry sherry or, if desired, ½ cup apple juice plus 3 tablespoons sherry flavoring
- 1 teaspoon tarragon leaves
- 1 teaspoon Worcestershire sauce
- ¼ teaspoon chervil leaves
- ¼ teaspoon garlic powder
- 1 can (6 ounces) sliced mushrooms, drained

Heat oven to 350°. In oven heat butter and oil in baking dish, 13½x9x2 inches, until butter is melted. Place chicken in baking dish, turning to coat with butter. Arrange skin side up; bake uncovered 1 hour.

Heat soup, cream and wine, stirring occasionally. Stir in tarragon leaves, Worcestershire sauce, chervil leaves, garlic powder and mushrooms. Remove chicken from oven; drain fat from dish. Pour soup mixture over chicken. Cover tightly; cook 15 to 20 minutes longer or until fork-tender.

VARIATION

Sherried Chicken with Fruit:

Omit tarragon leaves, Worcestershire sauce, chervil leaves and garlic powder; stir 1 can (13½ ounces) pineapple tidbits, drained, and ½ cup sliced seedless green grapes into soup mixture with the mushrooms.

SCALLOPED CORN

A rich, colorful vegetable casserole

- 4 ears fresh corn*
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1 teaspoon salt
- ½ teaspoon paprika
- ¼ teaspoon dry mustard
- Dash pepper
- ¾ cup milk
- 1 egg, slightly beaten
- 1/3 cup cracker crumbs
- 1 tablespoon butter or margarine, melted



Nona Carroll

MENU

Baked Chicken Breasts Corn Rice Strawberry Cheese Torte Fresh Lemonade

Heat oven to 350°. Cook and stir onion and green pepper in 2 tablespoons butter until onion is tender. Remove from heat. Stir in flour and seasonings. Cook over low heat, stirring until mixture is bubbly. Remove from heat. Gradually stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in corn and egg. Pour into ungreased 1-quart casserole. Combine cracker crumbs and the 1 tablespoon melted butter; sprinkle evenly over corn mixture. Bake uncovered 30 to 35 minutes.

**Or use 1 package (10 ounces) frozen whole kernel corn, cooked and drained, or 1 can (1 pound) whole kernel corn, drained.*

STRAWBERRY CREAM CHEESE TORTE

Preparation time: about 1 hour

Oven temperature: 350°F

Baking time: 55 to 65 minutes

For the most elegant torte, bake the cake in a 10-inch springform pan, then split it into 3 layers. Baking time is about double that of baking in 3 separate layer pans, but the effort is worth it.

For 1 10-inch torte, 10 to 12 servings, you will need:

- 1 cup milk
- ¼ cup butter or margarine
- 1½ cups sugar
- 1 tsp. vanilla extract
- 4 eggs
- 1¾ cups all-purpose flour
- 3 tsp. baking powder
- ½ tsp. salt
- Cream Cheese Filling and Frosting (recipe follows)
- 1 pint cleaned, fresh strawberries

Cream Cheese Filling and Frosting: Whip 1 lb. (2 8-oz. pkgs.) room temperature cream cheese until smooth. Beat in ½ cup powdered sugar and 1 pint whipping cream until mixture is very light and fluffy.

Tips: Cake can be made several hours before serving or the day before, but should be covered and refrigerated so it will not absorb odors of other foods.

Preparation:

1. Heat milk to boiling in small saucepan. Add butter. Set aside.
2. In large bowl, blend sugar, vanilla and eggs. Beat at high speed for 3 min. until thick and lemon colored.
3. Add flour, baking powder and salt. Beat 1 min. at low speed. Add milk-butter mixture. Beat 1 min. more at low speed.
4. Pour into well-buttered and floured 10-inch springform pan. Bake at 350°F for 55 to 65 min. or until a tester inserted in center comes out clean. Cool thoroughly. Remove from pan.
5. Split cooled cake into 3 layers. Fill between layers with about ¾ cup filling, placing sliced strawberries on top of filling before stacking cake.
6. Frost stacked cake with Cream Cheese Filling. Press about 1 cup through pastry bag to decorate top. Garnish with more berries. Chill until ready to serve.

BEAUTY TIPS

Oatmeal

This is another great beauty aid.

For Blackheads: Rub with oatmeal, egg white and a drop of spirits of camphor. Leave the mask on the face for 15 minutes. Remove with luke warm water.

Oatmeal and honey is a good mask for dry skin.

For softening the bath water, use a cotton bag filled with oatmeal.

Lack of Time

Many people do not have a good, mixed diet. Instead, they subsist on hastily prepared convenience foods, starchy snacks and confectionery. If they ate properly instead, then perhaps the cry for the preservation of minerals and vitamins in foods would be unnecessary.

You can hardly blame manufacturers for producing the kinds of goods that people want. Nor can you blame them for the fact that people are using items meant as useful additions to a diet as staple foods. (When the first frozen peas were marketed no one envisaged that a whole generation of children might grow up not knowing what a fresh pea tasted like!) But the manufacturers are, perhaps encouraging the steady increase in bad eating habits with clever advertising.

Time rather than lack of money seems to be the main excuse for bad eating habits. Even an affluent family may be eating badly - particularly if the mother is too tired to shop daily for fresh produce. Here are some ideas to overcome this problem.

SHOPPING

If you work, shop once a week for main store-cupboard foods, weekend meat and bread. Use lunch-hours for buying fresh produce. Buy in small amounts that are easy to carry home - that way they will be fresher, too.

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