Braised Stuffed Pork Chops enhanced with orange sauce

The richness of pork makes it an ideal candidate for wine cooking. Beginners in the art of using wine with meats will find this recipe for braised pork chops an easy, and rewarding, way gain experience.

Either a dry reed or white wine is good with pork. To test this recipe, white was chosen because the color is better with the orange juice that also makes up part of the liquid. Either a Sauterne or Chablis produced in California has the desirable tartness for this recipe.

And Braised Stuffed Pork Chops with orange Sauce use 4 pork chops, about 1¼ inches thick, 2 cups (firmly packed) grated soft bread crumbs, 2 tablespoons grated onion, 6 tablespoons melted butter or margarine, salt and water, 3 tablespoon flour, 1 cup orange juice ¼ cup California Sauterne or other white dinner wine, ¼ cup water, ¼ cup brown sugar, 2 tablespoons grated orange rind, and 1 teaspoon grated lemon rind.

Have chops slit from fat side to bone to form a pocket. Mix bread crumbs, onion and 3 tablespoons of the melted butter; season with salt and pepper.

FILL POCKETS of pork chops with this stuffing; fasten openings securely with skewers or toothpicks. Heat a large, heavy skillet, and grease it with a bit of fat trimmed from chops; brown chops slowly on both sides.

Blend remaining 3 tablespoons melted butter with the flour; add orange juice, wine and water; cook, stirring, until mixture boils and thickens. Add brown sugar, orange rind, lemon rind and salt to taste; pour sauce over browned chops.

* * *

COVER AND simmer gently about 1¼, or until chops are tender. Turn and baste chops occasionally, and add a little additional water if gravy becomes too thick.

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FRESH CARROTS IN VINAIGRETTE —Not only are modern carrots crisper, sweeter, but more and more good carrot recipes have been discovered, as for instance, Fresh Carrots in Vinaigrette.

Cereal cookies

Make the birthday child a breakfast-cereal cooky to start his day with a touch of excitement.

Puffed rice or puffed wheat, regular or presweetened, work equally well in the recipe for Cereal Molasses Hearts. But, be mindful of the fact that no special treat should be allowed to interfere with breakfast.

SURVEYS reveal that breakfast cereals are found in over 80 per cent of the homes. On the average morning, about two-thirds of the children eat cereals for break fast. So, right at your hand is the main dish of an adequate breakfast during the course of the Iowa Breakfast Studies on the role of breakfast in the diet regimen. Fruit or juice, cereal, milk, sugar, bread and butter, is the easy-to-serve menu that means your children will have an adequate morning meal.

* * *

CEREAL MOLASSES Hearts require 6 cups puffed wheat or puffed rice, regular or presweetened, ¾ cup salted peanuts, ¾ cup light corn syrup, ¼ cup light molasses, 2 tablespoons vegetable oil, 1 teaspoon vinegar, ½ teaspoon salt and 1 teaspoon vanilla.

Pour cereal and nuts in greased bowl; mix Combine syrup, molasses, oil, vinegar and salt in saucepan and cook to hard ball stage (250 degrees F).

REMOVE from heat; stir in vanilla. Pour syrup over cereal and nuts; mix until cereal is evenly coated with syrup. Use buttered heart-shaped cutters in sizes 4, 4¾ and 5½ inches to shape hearts.

Place cutters on waxed paper; press cereal mixture into cutters. Remove cutters and repeat until mixture is used, making 4 hearts of each size.

Cool at room temperature. Yield: 12 heart-shaped cookies.

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Peaches and Cottage Cheese combine in favorite dessert

Two long-time favorites, canned cling peaches and cottage cheese, get together again with memorable flavor results in "Peach Glow Sponge."

This dessert is so easy to make that you may wonder how it comes by its delicious flavor. It's simply a case of the right ingredients converging in a single recipe.

* * *

THE COMPATIBILITY of juicy canned clings and cottage cheese has long been a known fact to food fanciers who enjoy them in various salads and desserts. Here the cottage cheese is scooped into peach halves and baked in a richly satisfying sauce.

Heating canned clings performs wonders with the fruit's fragrance and flavor. And they retain their shapely appearance and refreshingly sunny golden color after a trip to the oven or under the broiler.

* * *

FOR PEACH GLOW Sponge use 1 can (1 lb.) cling peach halves, 2/3 cup cottage cheese, 1 cup sugar, 2/4 cup flour, 2/4 teaspoon salt, 1 teaspoon grated lemon rind, 2 tablespoons melted butter or margarine, 1 cup milk, 3 eggs, separated; and 1/4 cup lemon juice.

Drain peaches well; place cup-side up in well-greased 9 1/2 oz. casseroles or 8 x 8 x 2-inch square baking dish.

* * *

MOUND CENTERS of peaches with cottage cheese. Combine sugar, flour, salt, lemon rind and butter; beat until blended, then mix in milk. Beat egg yolks until thick and lemon-colored; blend into sugar mixture along with lemon juice.

Beat egg whites until stiff but not dry; fold into sugar mixture. Pour around peaches.

Place in pan of hot water and bake in 325-degree (moderately slow) oven 45 to 50 minutes. Cool in casseroles. Serve slightly warm.

Makes about 6 servings.

Chicken with mushrooms

It's hard to believe that a company casserole could be so easy and still be as delicious as Baked Chicken Breasts in Mushroom Gravy.

It can be assembled early in the day and popped into the oven just one hour before serving time. The chicken breasts don't even require browning. And thanks to Carnation Evaporated Milk the gravy is deliciously smooth and tasty.

Fluffy rice, buttered broccoli and a molded fruit salad are nice to serve with this tasty dish.

BAKED CHICKEN breasts in mushroom gravy require two to three whole large chicken breasts, one can (10 ounces) cream of mushroom soup, tro-third cup of undiluted Carnation Evaporated Milk, one cup grated cheddar cheese, one-eighth teaspoon pepper, one-fourth pound fresh sliced mushrooms, 10 to 12 little boiling onions, Paprika.

Smile: If you must carry a chip on your shoulder, get a job in a lumber yard, where it won't be noticed.

* * *

Smile: Some of the 'room at the top,' is created by the men who go to sleep there and fall off.

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Date Whirl sandwiches

It's hard to imagine many fruits as perfect sandwich ingredients. But it would be equally hard to imagine "Date Whirl Sandwiches" without their delicious fresh California Dates.

The luscious flavor and rich color of fresh dates enhance many sandwich spreads, hot breads, salads and desserts. And whole dates packed in lunch boxes are a welcome sweet treat. Their natural sugar is quickly turned into food energy for active youngsters and grown-ups alike.

* * *

DATE WHIRL Sandwiches are made with 1 package, (8 oz.) cream cheese, ¼ cup soft butter, ½ teaspoon grated orange rind, 2 teaspoons chopped crystallized ginger, ½ teaspoon lemon juice, 1 loaf unsliced fresh white or whole wheat bread, pitted fresh California dates and flaked coconut.

Soften cheese, blend in butter. Stir in orange rind, ginger and lemon juice. Trim crusts from bread.

* * *

CUT LOAF into 3 or 4 lengthwise slices. Spread one side of each slice with cheese mixture. Cover each slice with ½ cup slivered or chopped dates; sprinkle with coconut.

Starting from narrow end, roll up like jelly roll. Wrap and tasty.

The six healthy children of Mr. and Mrs. Rufus L. Dukes stand as evidence! Carnation is the healthy family milk, with extra Vitamin D for sound teeth and straight, sturdy bodies! Left to right: Glenrose, 15; Olivia, 17; Mr. Dukes holding cute little Cary, 2; Clifford, 10; Mrs. Dukes; Christopher, 8; and Carl, 12.

"Carnation puts the sunshine in their smiles"

"Every one of my children started on Carnation—and stayed on Carnation!" declares their remarkable young mother, Mrs. Rufus Dukes. Both Mr. and Mrs. Dukes are still in their 30's and already have a lifetime of achievements behind them.

Rufus Dukes is manager of a leading auto agency in Chicago. He served with the United States Air Force after attending college. The Dukes are developing a 280-acre farm on which they have built a spacious country home and are completing a luxurious summer-winter resort. Their family was featured as "Family of the Month" in a recent issue of Cart Magazine.

"The main thing in a family this size is to be sure they all get plenty of the right nourishment. If the children are healthy, everything else will take care of itself," Mrs. Dukes believes. "Carnation is our favorite milk for everything—drinking, cereals, coffee, cooking. You should see what it does for my meat loaf!" (See recipe below.) Even when you add an equal amount of water, Carnation is richer than sweet, whole milk."

"The Doctor recommended Carnation for Cary, and of course we kept him on Carnation after formula days," Mrs. Dukes explains. It's the milk every doctor knows.

*U.S. Dept. of Agriculture Handbook #8. Composition of Foods

recipe:

CARNATION'S STAY-MOIST MEAT LOAF
Always juicy—never crumbles

2/3 cup (small can) undiluted CARNATION EVAPORATED MILK
1½ pounds ground beef
½ cup fine cracker meal
1 egg
½ cup chopped onion
1 teaspoon garlic salt
½ teaspoon salt
1 tablespoon prepared mustard

Mix ingredients together. Place in loaf pan. Bake in moderate oven (375°F.) about 50 minutes. Let stand on a wire rack about 10 minutes before removing to serving platter. (Makes 6 medium servings)

"from Contented Cows"

Modern carrot goes to the very best dinners in town

The modern carrot goes to some of the very best dinners in town. Once this wasn't so.

Many centuries ago the Greeks recognized the carrot as an excellent tonic, but they regarded it as a medicine rather than a food.

Of all vegetables available in big volume, carrots are the best source of vitamin A. Nutritionists discovered long ago that the more intensely golden-orange the color of the carrot, the richer the vitamin A content.

This is because the coloring matter of the carrot is largely carotene, the substance the body converts to vitamin A. Plant breeders have been selecting and perfecting carrots for their color as well as sweetness.

FRESH CARROTS are truly an easy-to-prepare vegetable. Needn't bother to peel them unless it's a lifelong habit. Just wash, trim off the little scar at the top and the tap root, then slice, dice or cut into "shoestrings."

Cook quickly in just enough boiling water to keep them from sticking. Season with salt, a half teaspoon of sugar and black pepper. Onion, celery leaves and/or parsley are excellent flavorings for carrots.

* * *

FRESH CARROTS in vinaigrette require 12 medium-sized fresh carrots, boiling water, 2 teaspoons salt, and vinaigrette dressing.

Wash, pare and cut carrots into lengthwise quarters. Cut each quarter in half, crosswise. Place carrots, 1-inch boiling water and salt in a saucepan. Cover and cook 10 minutes or until crisp tender. Drain well. Add Vinaigrette Dressing to cover carrots. Cover and refrigerate about 1 hour. Serve as a cold vegeable.

YIELD: 6 servings.

* * *

FOR Vinaigrette Dressing use ¼ cup olive or salad oil, 1 teaspoon salt, 1 teaspoon paprika, ⅓ teaspoon powdered mustard, ¼ teaspoon basil leaves, teaspoon ground black pepper, ½ clove garlic, 1 tablespoon chopped green onion tops or chives, 1 tablespoon pickle relish, 1 tablespoon finely chopped green pepper, 1 tablespoon fresh lemon juice, and 1½ tablespoon cider vinegar.

CARROTS NEWBERG is made with 4 cups diced uncooked carrots, 1-inch boiling water, 1 teaspoon salt, ½ teaspoon sugar, 2 tablespoons butter or margarine, 2 tablespoons flour, ¾ cup chicken stock, ¼ cup heavy cream, ½ teaspoon chopped fresh parsley, ¾ teaspoon finely chopped fresh onion, 2 teaspoons finely chopped green pepper, and ¼ teaspoon salt.

Place carrots, 1-inch boiling water and 1 teaspoon salt and sugar in a saucepan. Cover and cook 12 minutes or until just crisp-tender. Melt butter or margarine in a saucepan. Blend in flour.

Add chicken stock, cream, parsley, onion and green pepper and salt. Stir and cook 5 minutes or until of medium thickness. Add carrots. Serve hot.

YIELD: 6 servings.

* * *

FOR carrot and orange souffle use 8-10 medium-sized fresh carrots, 1-inch boiling water, 1½ teaspoon salt, ½ teaspoon ground nutmeg, 3 tablespoons butter or margarine, 4½ tablespoons flour, 1 cup fresh orange juice, and 4 eggs.

Wash, pare and slice carrots. Place in a saucepan with 1-inch boiling water and salt. Cover and cook 12 minutes or until tender. Add nutmeg. Drain and mash carrots. Set aside to use later. Melt butter or margarine in a saucepan. Blend in flour. Add orange juice slowly.

Stir and cook until the mixture has thickened. Beat egg yolks until thick and mix with carrots. Add to the sauce. Beat egg whites until they stand in soft, stiff peaks. Fold into the mixture. Turn into a 1½ quart casserole. Place in a pan of hot water.

Bake in a preheated slow oven (325 degrees Fahrenheit) 1 hour and 20 minutes or until a silver knife inserted in center comes out clean.

YIELD: 6 servings.

* * *

MAPLE flavored carrots require 18 small, young tender fresh carrots, 1-inch boiling water, ½ teaspoon salt, 1 teaspoon sugar, ¼ cup maple flavored syrup, ¼ cup (½ stick) butter or margarine, 1 teaspoon powdered mustard and 1/8 teaspoon ground white pepper.

Wash carrots and peel. Place in a saucepan with 1-inch boiling water, salt and sugar. Cover and cook 10 minutes or until crisp-tender. Remove carrots to a dish and keep warm. Cook the carrot water until it is reduced to about ½ cup.

Add maple flavored syrup, butter or margarine and mustard. Cook until a heavy syrup is formed, about 7 minutes. Add white pepper and carrots. Cook until carrots are glazed. Serve hot.

YIELD: 6 servings.

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Set is in raw silk, cotton, blend.

Printed Pattern 4627 comes in Misses' Sizes 10, 12, 14, 16, 18. Size 16 takes two and three-fourth yards of 45-inch fabric.

* * *

SMART START into Spring can be the sheath with a flippant scarf tie and left-of-center buttoning. Make it for little money in twill, cotton, surah.

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JUST OUT: 304 design ideas plus coupon for free pattern — any one you choose in new Spring-Summer Pattern Catalog. Send 50 cents now.

Old-style molasses has new 1963 look

Isn't the smell of MOLASSES-GOODIES baking in the oven captivating? It creates such an old-fashioned, homey atmosphere. So many favorites can be made from this inexpensive sugar-cane prdouct - MOLASSES. Here is one Recipe that can be mixed, while you bat an eye:

* * *

NEW ORLEANS DROP COOKIES

- ¾ cup shortening
- ¾ cup Molasses
- 2 eggs
- 2 cups sifted all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1½ teaspoons cinnamon
- ½ teaspoon baking soda
- ½ cup milk
- ½ cup seedless raisins
- ½ cup chopped walnut meats

* * *

SLOWLY MELT shortening; cool. Add molasses and eggs; beat well. Sift together flour, baking powder, salt, cinnamon and baking soda; add alternately with milk to first mixture.

Add raisins and nut meats. Drop by teaspoons on greased baking sheet. Decorate with nut halves, if desired. Bake in hot oven, 425 degrees F. 8-10 minutes. Makes 4 to 5 doz.

* * *

SUCH DISHES as Baked Beans, Candied Sweets, Baked Ham, Chop Suey, Pot Roasts and Baked Winter Squash, have extra flavor-goodness, when MOLASSES is an ingredient. This food is not only fascinating in taste, but it adds nutritional wholesomeness to the meal.

See how easy it is to tuck extra Iron in the daily diet. Iron is one Mineral that is lacking in our meals—all too often. So, let's keep MOLASSES on our Staple-Shelf — and use it.

SPICY Gingerbread always wins compliments. There are many ways to glamourize this delicious dessert, but have you tried this unusual treat?

GINGERBREAD PEACH SHORTCAKE

- 1¾ cup sifted all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon ginger
- ½ teaspoon cinnamon
- ½ teaspoon salt
- ½ teaspoon baking soda
- 3 tablespoons shortening
- ½ cup sugar
- 1 egg
- ½ cup molasses
- ½ cup boiling water
- 1 pint heavy cream or whipped topping
- 4 cups sliced peaches

* * *

SIFT TOGETHER flour, baking powder, ginger, cinnamon, salt and baking soda. Cream together shortening and sugar; add egg; beat well. Add molasses. Add flour mixture; beat smooth. Gradually add water. Pour into 2 greased 8-inch layer cake pans. Bake in moderate oven, 350 degrees F. 30 min. Cool 5 minutes; remove from pans.

Beat cream or topping until stiff; flavor with vanilla extract and sweeten, if desired. While cake is warm, place cream and peaches between and on top of cake layers. Serve immediately.

Many excuses are offered for not drinking milk. Change it by adding one tablespoon Molasses to each warm or cold glass of milk — with a swiftdash of Cinnamon or Nutmeg — there is a Molasses Milk Shake that should hit-the-spot. Egg Nog and Malted Milk become very special for children, if Molasses is added.

* * *

FOR THAT "come-again-flavor" that is guaranteed to please the whole family, makethis next Recipe for your Sunday Dessert:

HARVEST APPLE CAKE

- ½ cup shortening
- ½ cup sugar
- 2 eggs
- ½ cup Molasses
- 2 cups sifted all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 2 teaspoons ground

Noodles Francisco casserole is versatile as dinner dish

Here's a noodle dish that is about as versatile as a casserole can be. It serves as a flavorful main dish for luncheon or as the starchy accompaniment for the meat course at dinner time.

Being wine-flavored, it will center a party buffet table with distinction.

* * *

THE INGREDIENTS are simple and easy to assemble. Bacon, tomato soup, mushrooms, noodles and corn are the principal items. California Sherry blends all their flavors nicely and adds a piquancy of its own: For a main course dish, sprinkle plenty of grated cheese over the top and serve it hot and bubbly with a green salad and glasses of red or white dinner wine.

As a side dish, add the cheese sparingly and cut down on the size of the servings. Then let the meat determine the choice of accompanying wine.

* * *

NOODLES FRANCISCO requires 8 slices bacon, "diced" with scissors, 1 medium-sized onion, chopped 1/2 green pepper, chopped 2 cans (10 1/2-oz. each) condensed tomato soup, 1 2/3 cups water, 1 (4-oz.) can broiled-in-butter mushrooms (undrained), 1/4 cup California Sherry, Salt and pepper, 1/2 pound uncooked wide egg noodles, and 1 (12-oz.) can vacuum-packed whole kernel corn, drained

Cook bacon, onion and green pepper together gently in a large, heavy skillet or a Dutch oven until bacon begins to brown. Add soup, water, undrained mushrooms, Sherry, salt and pepper. Bring to a boil, then stir in noodles.

* * *

COVER AND SIMMER very gently, stirring frequently for 10 minutes. Add corn. Cover and continue cooking, again stirring frequently, for 5 to 10 minutes, or just until noodles are tender and liquid is absorbed.

Serve with grated American or Parmesan cheese.

THE TURKEY crop in 1963 is expected to be larger than 1962 and the second largest in history. Stocks of frozen turkey are much lower than a year ago, so prices may be higher the first half of 1963 than last year.

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Beall to introduce national park bill

Sen. J. Glenn Beall of Maryland Monday introduced a bill for the establishment of the Chesapeake and Ohio Canal National Historical Park to extend from Washington, to Cumberland, Md.

Senator Beall said that the measure "came close to passing in the last Congress" and expressed the opinion that he would be able to get the bill through the present Congress.

Under the bill, "the Secretary of the Interior is authorized to accept donations of money, land or interests in land for park purposes," thus taking advantage of the Maryland Act of 1953 which authorized the conveyance of over 4,000 acres of land to the United States Government.

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ELNA VEGETABLE SOUP . . . 11 10½-oz. cans $1
DEL MONTE DRINK PINEAPPLE-GRAPEFRUIT . . . 11 12-oz. cans $1
HI-C FRUIT DRINK ORANGE-PINEAPPLE . . . 11 12-oz. cans $1
DOLE PINEAPPLE JUICE . . . . 11 12-oz. cans $1
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