food FEATURES



PERK UP PORK chops with fruit. For example, orange - flavored pork chops teamed with fruit make a delighful home style meal. Top it off with bread and butter pudding capped with ice cream for a perfect wintry night dinner.

Tokay salad

Tokay salad mold Italienne is well - filled with goodness, and provides lots of taste appeal served in squares atop a bed of shredded greens. To prepare 24 servings: Halve and seed one and one - half quarts Tokay grapes. Dissolve one and one - half pounds lemon gelatin and one and one - half teaspoons salt in two quarts boiling water. Stir in one quart cold water and one and one - third cups Italian dressing.

Chill until mixture mounds on spoon. Fold in the one and one - half quarts Tokay grapes, one pint each diced green pepper and slivered salami and one cup crumbled blue cheese.

Turn into a large oblong pan. Chill until firm. Cut into squares, place on salad greens and serve with whipped cream, flavored with Italian dressing.

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HARVEST MOON Tarts boast Tokay grapes as an ingredient. To prepare a test recipe of eight three - inch tarts: Halve and seed two cups Tokay grapes. Combine one (three and one - fourth ounces) package vanilla pudding mix with two cups apricot whole fruit nectar, and one - eighth teaspoon powdered ginger.

Cook, stirring constantly, until pudding thickens and boils. Stir in one - half teaspoon grated lemon rind and two tablespoons lemon juice. Set aside to cool thoroughly. Whip one - half pint whipping cream with two tablespoons sugar until stiff.

Fold whipped cream into cold - pudding mixture. Add the two cups halved Tokay grapes. Heap lightly into eight pre - baked and cooled three - inch tart shells. Garnish with toasted coconut and chill until firm.

Good eating for a day

Here's a menu for a day's good eating which makes good use of plentiful, reasonably priced foods.

BREAKFAST
Sliced Oranges
Cornflakes
Hot Biscuits - Apple Butter
Milk for Children
Coffee for Adults

LUNCH
Cream of Tomato Soup
Frankfurter and Roll
Fruit
Milk

DINNER
Meat Loaf and Gravy
Succotash
Smothered Cabbage
Raspberry Sherbet
Milk
Coffee or Tea

This recipe for MEAT LOAF is for the main dish of the dinner meal:

Two lbs. ground beef, one-half lb. sausage or salt pork, one-half cup chopped onion, one - fourth cup chopped celery, one-fourth cup chopped parsley, one cup soft breadcrumbs, one cup milk or canned or cooked tomatoes, one egg, beaten, and one teaspoon salt, pepper.

Mix all ingredients together thoroughly. If salt pork is used, cut it in small pieces and fry until lightly browned before adding to the other ingredients. Mold mixture into a loaf. Place on tough paper or foil on rack in uncovered pan. Bake at 350 degrees F. (moderate oven) 1 - ½ to 2 hours. Serve hot or cold. Makes 8 to 10 servings.

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Orange baked pork chop makes family style dinner

Some brisk, wintry evening, treat the family to a complete Orange Baked Pork Chop Dinner. It's an easy - to - do meal because three of the items are baked together in the oven. When your pork chops are browned in butter then simmered in orange juice, they're tender and succulent.

Butter adds its superb natural flavor to the meat as it browns, then the fruit flavor is cooked right in. Since the chops have been dipped in milk and crushed cornflakes before browning, they come out with a golden crisp coating.

* * *

TO SERVE: center the chop plate with fluffy rice, then arrange the chops along with sliced buttered beets or carrots around the rice. A heaping bowl of fruit and cottage cheese makes a tempting serve - yourself salad, and for dessert, there's another old - fashioned favorite, Bread 'N Butter Pudding.

Creamy and custardy, it's studded with raisins and crowned with scoops of vanilla ice cream. Serve the pudding warm from the oven to complete a delightful cold-weather dinner.

ORANGE BAKED PORK CHOP DINNER

3/4 cup crushed corn flakes
1 teaspoon salt
Dash of pepper
4 pork shoulder chops, ½ inch thick
1 egg, well beaten
1/4 cup (1/2 stick) butter
1/4 teaspoon orange rind
½ cub orange juice

Mix together corn flakes, salt and pepper. Dip pork chops in egg, then in corn flake mixture to thoroughly coat. In skillet, melt butter; brown pork chops slowly on both sides. Place chops in 2-quart baking dish. Combine orange rind and juice and pour over chops. Cover and bake 20 minutes in a preheated 350 degree oven. Uncover and bake 10 additional minutes. Serves four.

BAKED RICE

1 cup regular rice uncooked
1 teaspoon salt
2 tablespoons butter
2 cups hot water

In a 2-quart baking dish combine rice, salt, butter and hot water. Cover and bake in a preheated 350 degree oven for 30 minutes or until water is absorbed and rice in tender. Serves four.

BREAD 'N BUTTER PUDDING

2 cups soft bread cubes with crusts
1/4 cup (1/2 stick) butter, melted
3 eggs
2/3 cup milk
1/2 cup sugar
1/3 cup raisins
Vanilla ice cream

Measure bread cubes into bowl; pour over melted butter; set aside. In a 4 - cup casserole dish, beat eggs until foamy then add milk, sugar and raisins. Stir in bread cubes, mixing well with other ingredients. Bake for 40 minutes in a preheated 350 degree oven. Serve while warm topped with scoops of vanilla ice cream. Serves five or six.

Spice cake makes versatile dessert

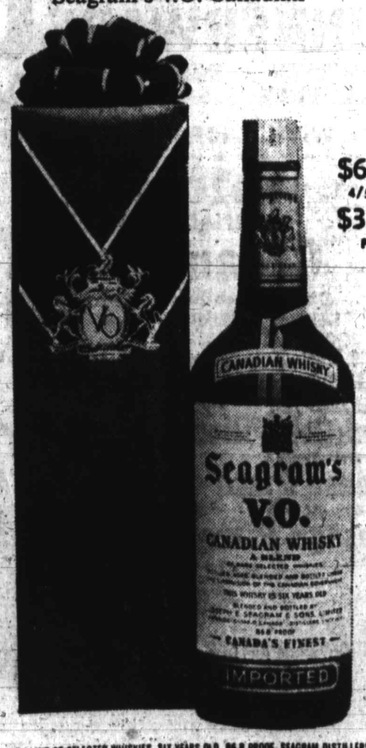
Just look at what a versatile dessert a simple spice cake, baked in a 9-inch square pan, can be! Cut into squares and top with vanilla or lemon sauce, whipped cream or ice cream, hard sauce or apple sauce or a favorite thickened, sweetened fruit.

Or frost with a simple confectioners' sugar icing. And, like most basic cakes, it's a snap to mix up when you use enriched self-rising flour, the flour with high quality leavening and salt already blended in.

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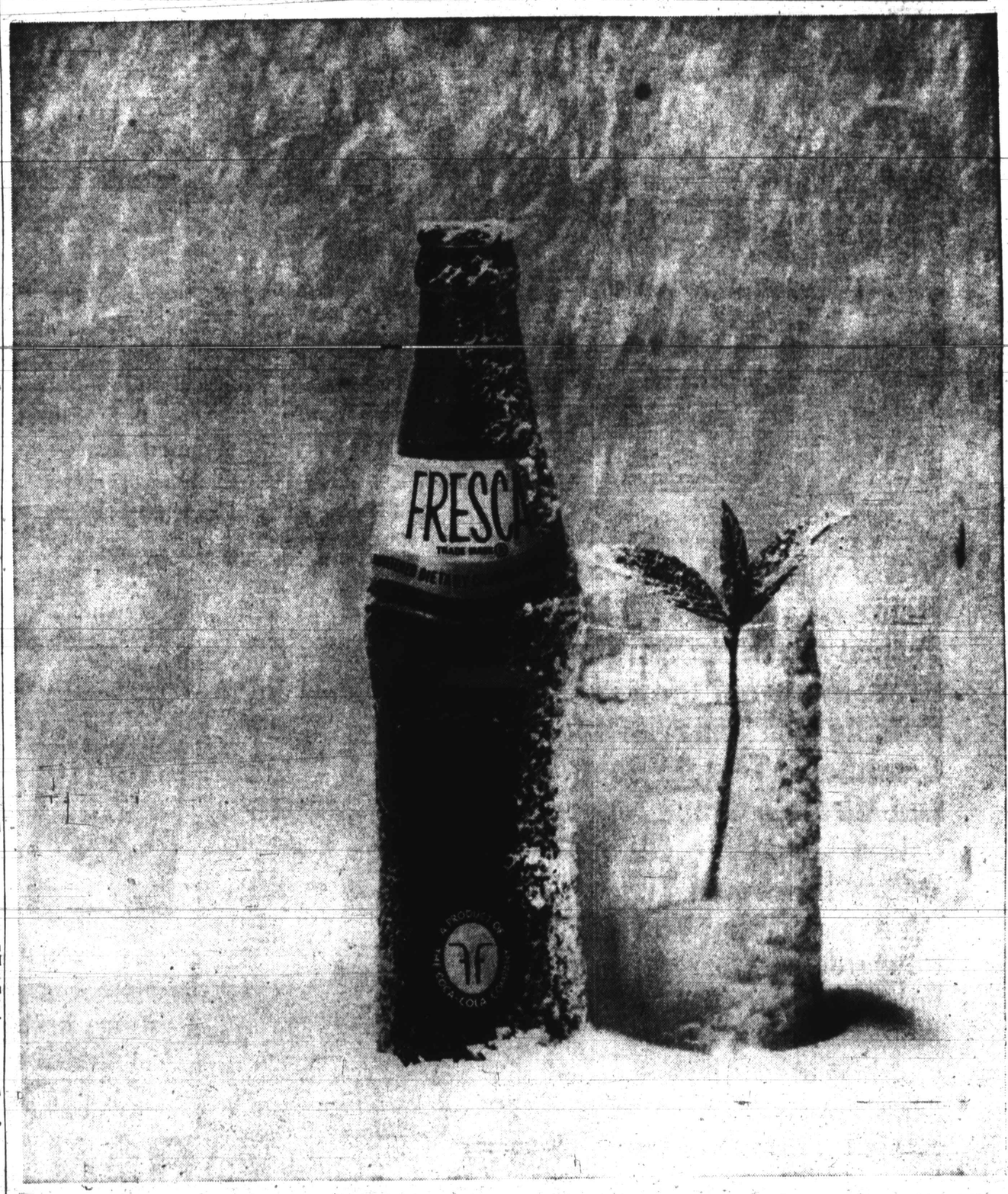
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