

COOKING

REBA MITCHELL

Many people like to make cakes only when having company, because if the family is small, there is always too much left. I have that problem too, even when making cakes for special occasions or company.

I have found a solution. Many cakes can be sliced and wrapped in individual slices with wax paper placed in a covered container or plastic bag and frozen. You can move only the number of slices needed at a time.

Here is a recipe for a small cake and it is easy to make.

Orange chiffon cake

- 1 Cup, plus 2 Tbs. flour
- 1/2 cup sugar
- 1/4 cup cooking oil
- 2 egg yolks
- 1/3 Cup orange juice
- 1/2 cup (4-5 egg whites)
- 1/4 Cup sugar
- 1 Tbs. grated orange peel
- 1/4 tsp. cream of tartar

If you use cake flour or all purpose flour, you'll need 1 1/2 tsp. baking powder and 1/2 tsp. salt.

Sift flour and 1/2 cup sugar into mixing bowl. Make a well in center. Add oil, egg yolks, orange peel and orange juice in order listed. Beat until smooth. Set aside.

Beat egg whites and cream of tartar until frothy. Gradually add 1/4 cup sugar. Beat until stiff peaks are formed.

Slowly pour egg mixture over entire surface of beaten egg whites. Gently fold until blended. Bake in a 9x9 baking pan at 350 degrees for 30-35 min. or until done.

If desired, this cake may be glazed with a thin glaze of powdered sugar and orange juice while hot.

Tip for Dieters

Substitute Sweet and Low or Equal for sugar in this recipe.

Tri-County Senior Citizens Menu

Friday: Meat Loaf, Proportioned, 3 oz. meat, Creamed Potatoes, Spinach, White Roll, Margarine, Mixed Canned Fruit, Milk.

Monday: Ground Beef Pattie - 2 1/2 oz. 1 oz. cheese sliced, mustard, Baked Beans, Carrot and Cabbage Coleslaw, Bun, Margarine, Canned Sliced Peaches, Milk.

Tuesday: Barbecue Chicken Leg & thigh, 3 oz. meat, Potato Salad, Vegetable Medley (Broccoli, Green Beans, Cauliflower and Red Pepper), White Roll, Margarine, Gingerbread w/Lemon Sauce, Milk.

Wednesday: Country Style Steak Au Jus, 3 oz. Meat, Country Style Tomatoes (Hot), Crowder Peas, White Roll, Margarine, Purple Plums (3), Milk.

Thursday: Beef & Vegetable Stew, Whole Stew Veg, (Potatoes, Carrots, & Onions), Buttered Broccoli Cuts, Cornbread, Margarine, Frosted Yellow Cake w/Chocolate Icing, Milk.

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One tablespoon is equal to 3 teaspoons.

A pound of cheese makes about five cups of grated cheese.

"Laughter is sunshine in a house." Wm. M. Thackeray

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