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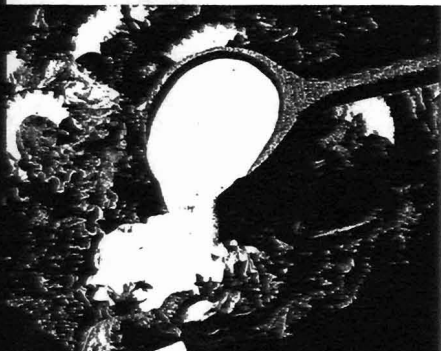
Buttermilk?
Instead of
oil and vinegar?

What Hidden Valley Ranch[®] did, to make a fresher, livelier Italian salad dressing, would shock an Italian.

Incredible as it sounds, Hidden Valley Ranch[®] has a Creamy Italian salad dressing you make without oil and vinegar. And it tastes just incredible.

Just mix the Hidden Valley Ranch fixin's with mayonnaise and buttermilk and you get a dressing that is thick and creamy with the freshest, liveliest Italian flavor imaginable.

The great taste will put any doubts to rest. And wake up any salad.



Creamy Italian.
One of five delicious flavors from Hidden Valley Ranch.

Creamy Italian,
Original,
Blue Cheese,
Green Goddess,
Thousand Island.

LHS 5/77 #1 Quiet Flows The Salt

No one can say salt is any stranger. It's a life-long companion in food and on the table. But just because it's labeled "common," let's not take it for granted. More than a simple seasoning (only 3.5% of the U.S. supply is for table use), salt does everything from preserving food (pickles, etc.) to getting scattered about on the highway for ice control.

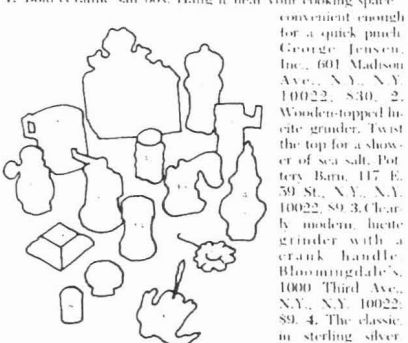
Salt is necessary to one's good health. The human body is about 2% salt; it patrols the blood stream, helps digestion and keeps fluids in a delicate balance.

Most of our salt comes directly from rock salt mines or from brine wells through commercial evaporators. Each little white grain is a tiny cube. Table salt is almost pure sodium chloride (NaCl) with a touch of iodine usually added (to prevent goiter) and a free-flowing agent. A third but far rarer (about 5%) way of getting salt is from natural evaporation. The result—sea salt, larger, tastier crystals mixed with other minerals, generally crushed in salt grinders.

Seasoned salt merely refers to a ratio of about 65 80% NaCl with other flavorings (herbs, spices) thrown in. There's even a special popcorn salt that's superfine to dissolve faster. Kosher salt is left on the coarse side, free of fillers and is religiously supervised. For those on salt restricted diets, a salt substitute has been concocted from potassium chloride (KCl).

Whatever choice, if you spill any salt, remember to toss a few grains over your shoulder to keep luck on your side.

Identification of salt dispensers shown on page 138.

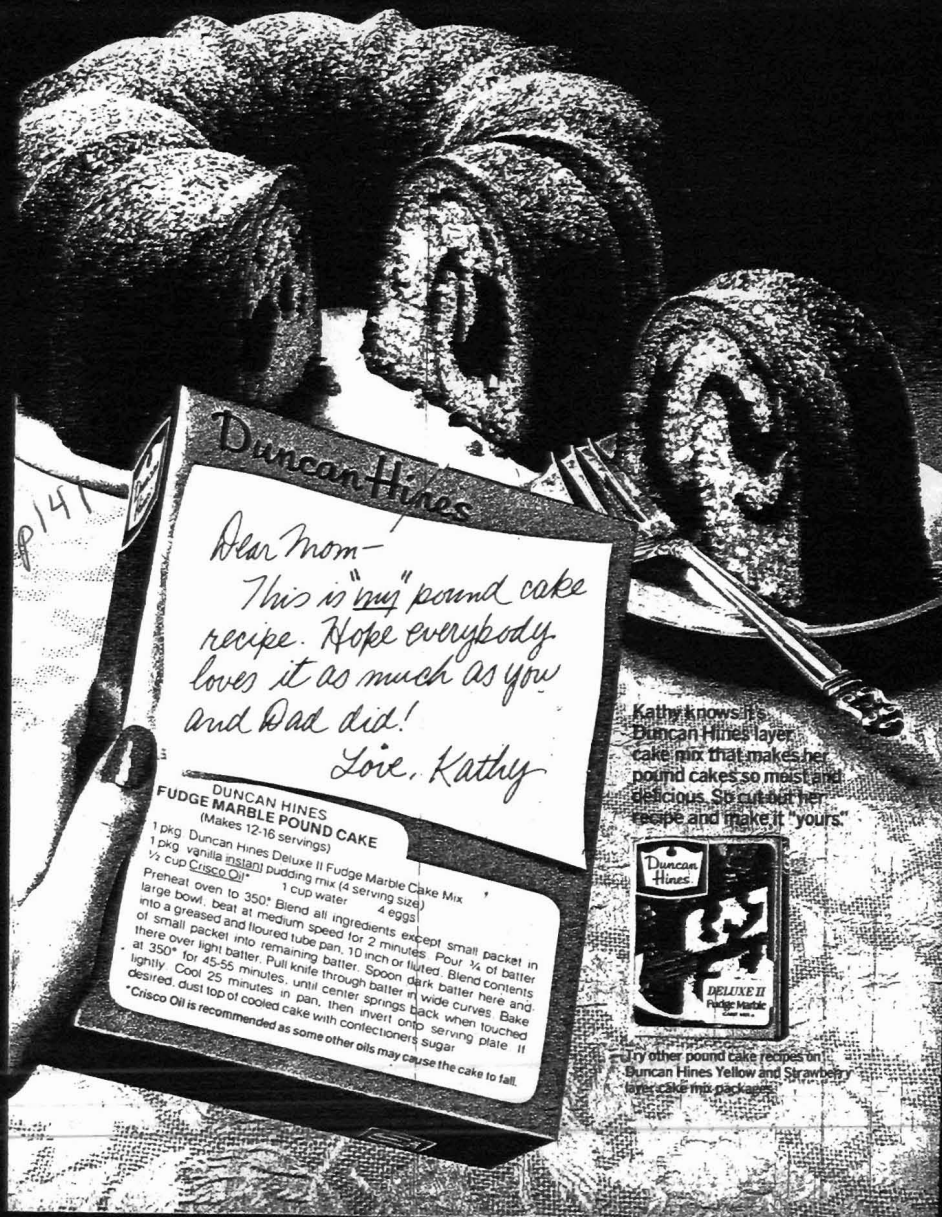


1. Bold ceramic salt box. Hang it near your cooking space; convenient enough for a quick pinch. George Jensen, Inc., 601 Madison Ave., N.Y., N.Y. 10022, \$30. 2. Wooden-topped licite grinder. Twist the top for a shower of sea salt. Pottery Barn, 117 E. 59 St., N.Y., N.Y. 10022, \$9. 3. Clearly modern licite grinder with a crank handle. Bloomingdale's, 1000 Third Ave., N.Y., N.Y. 10022, \$9. 4. The classic in sterling silver. Gorvick & Son, Inc., 660 Lexington Ave., N.Y., N.Y. 10022, \$90 (pair). 5. Charming silver daisy. Hold the flower by the stem and shake. Private collection. 6. Elegant silver swan cellar with a tiny spoon to bestow the salt. Gorvick & Son, Inc.; \$180 for fleet of six. 7. Plump little antique silver shaker, almost like an etched tomato. Private. 8. Miniature salt carton, found in supermarkets. Handy for camping, box lunches, etc. 9. The fine Oriental art of cloisonné, enamel salt cellar with a wee spoon. Private. 10. Teakwood grinder with a thumb-screw turner. Widely available, various prices. 11. Strong, squatty metal shaker for kitchen help. Sends a flurry of salt into whatever you're making. Used for flour also. W.G. Lemmon, Ltd., 755 Madison Avenue, New York, N.Y. 10021, \$195. 12. Once the standard salt shaker for kitchen or luncheonette—now approaching "antique" status. Private. 13. Novelty salting—a backwards Goosey Gander. Private. 14. A simple grinder, orange-capped and basel, clear in center. Pottery Barn; \$2.25. 15. Stainless steel French mill usually cracks walnuts—but does an equally smashing job with salt crystals. Macy's (The Cellar), Herald Square, New York, N.Y. 10001, \$18.50.

sweetness and creamy texture. Bananas add vitamins and minerals to a child's diet too...

smiles in return.

The Dole Banana.
As a snack, it's a natural.



DUNCAN HINES FUDGE MARBLE POUND CAKE
(Makes 12-16 servings)
1 pkg. Duncan Hines Deluxe II Fudge Marble Cake Mix
1 pkg. vanilla instant pudding mix (4 serving size)
1/2 cup Crisco Oil
1 cup water
4 eggs
Preheat oven to 350°. Blend all ingredients except small packet in large bowl, beat at medium speed for 2 minutes. Pour 1/4 of batter into a greased and floured tube pan, 10 inch or fluted. Blend contents of small packet into remaining batter. Spoon dark batter here and there over light batter. Pull knife through batter in wide curves. Bake at 350° for 45-55 minutes, until center springs back when touched lightly. Cool 25 minutes in pan, then invert onto serving plate. If desired, dust top of cooled cake with confectioners' sugar.
*Crisco Oil is recommended as some other oils may cause the cake to fall.

Kathy knows it's Duncan Hines layer cake mix that makes her pound cakes so moist and delicious. So cut out her recipe and make it yours.



Try other pound cake recipes on Duncan Hines Yellow and Strawberry layer cake mix packets.