

Elegant scratch cakes perfect for any event

See related story on Taste front.

LEMON POPPY SEED OAT CAKE

CAKE
1 cup sugar
3/4 cup (1 1/2 sticks) margarine or butter, softened
1 tablespoon grated lemon peel
3 eggs
2 1/4 cups all purpose flour
1 1/2 cups oats (quick or old-fashioned, uncooked)
3 tablespoons poppy seeds
1 tablespoon baking powder
1 1/2 teaspoon baking soda
1 1/2 teaspoon salt (optional)
1 1/2 cups milk

Glaze
1 cup powdered sugar
4 to 5 teaspoons lemon juice
1 1/2 teaspoon grated lemon peel

Heat oven to 350°F. Grease and flour 12-cup Bundt or 10-inch tube

pan. For cake, in large bowl, beat sugar and margarine on medium speed of electric mixer until fluffy. Add lemon peel. Add eggs, one at a time, beating well after each. Combine flour, oats, poppy seeds, baking powder, baking soda and salt. Add 1/3 of combined dry ingredients to margarine mixture; mix until blended. Add half of milk; mix until blended. Continue adding remaining dry ingredients and milk alternately blending after each addition. Pour into prepared pan. Bake 35 to 45 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool completely on wire rack.

For glaze, mix all ingredients until smooth; drizzle over cooled cake. Store tightly covered at room temperature. Serves 16.

Recipe from The Quaker Oats Company.

GRANDMA'S YELLOW ANGEL FOOD CAKE

1 1/2 cups sifted cake flour
1/4 teaspoon salt
1/2 teaspoon baking powder
5 eggs separated
1/2 cup cold water
1 1/2 cups sugar
3/4 teaspoon cream of tartar
1 teaspoon vanilla

Sift together flour, salt and baking powder. Beat egg yolks until thick and lemon color, adding water and beat until light and fluffy. Beat in sugar. Fold in dry ingredients. Beat egg whites with cream of tartar. Fold into egg yolks batter. Add vanilla.

Bake in 10-inch ungreased tube pan in solve oven at 325°F for about 1 hour.

Serve plain or with whipped cream and strawberries.
Recipe from Barbara Couillard of Westland

"CAN I HAVE THAT RECIPE?" CHOCOLATE CAKE

2 cups all purpose flour
2 cups sugar
1 cup margarine or butter
1 cup water
4 tablespoons cocoa
1/2 cup buttermilk or (1 tablespoon vinegar mixed in milk)
1 tablespoon baking soda

(dissolved in buttermilk)

2 eggs

1 teaspoon vanilla extract

In a large bowl sift 2 cups of flour and 2 cups of sugar. In a sauce pan, mix 1 cup of margarine or butter, 1 cup of water and 4 tablespoons cocoa. Bring to a rapid boil and pour over flour and sugar mixture. Stir.

Mix in the 1/2 cup of buttermilk (you can substitute 1 tablespoon vinegar mixed in milk for the buttermilk) with the 1 tablespoon baking soda dissolved in it. Add 2 eggs and 1 teaspoon vanilla. Mix all ingredients well and pour into a 13 by 9-inch metal pan. Bake at 400°F for 35-40 minutes.

THE ICING ON THE CAKE

1 stick butter or margarine
4 tablespoons cocoa
6 tablespoons sweet (condensed) milk
1 box confectioners' sugar
1 tablespoon vanilla extract
1 cup chopped nuts

Mix all of the ingredients in a saucepan and bring to a boil. Remove from heat and slowly add one box of confectioners' sugar, 1 tablespoon of vanilla extract and 1 cup of chopped nuts. Beat well.
Recipe from Mary Serva of Bloomfield Hills

Strawberries from page 1B

require the gentlest of handling. To wash, place berries in a colander or large strainer then rinse with a gentle spray of cool water.

Never remove caps before washing strawberries. Caps prevent water from soaking into the strawberries, diluting the flavor and changing the texture.

After washing, remove caps, trying not to remove any of the berry. Give the cap a gentle twist or use the point of a sharp

paring knife. Put strawberries dry with paper towels before serving. One cup of strawberries supplies an entire day's need for Vitamin C.

Freezing

To prepare strawberries for freezing, remove the caps, crush partially or slice berries. Whole strawberries will require more freezer space. There are three ways to pack strawberries for freezing: unsweetened, sugar pack and syrup pack.

■ Unsweetened whole berries may be placed on a cookie sheet and put in the freezer until they are semi-frozen (about one hour). Then remove from the cookie sheet and pack in containers or freezer bags. Seal and label for freezing.

■ For the sugar pack: Add 3/4 cup sugar to 1 quart of strawberries and mix thoroughly.

■ Pack into nirtight freezer containers leaving 1/2-inch head

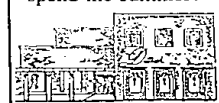
space. Seal. Label and freeze.

■ For a syrup pack: Cover berries with cold 50 percent syrup (4 3/4 cup sugar to 4 cups water), leaving 1/2-inch head space. Pack into nirtight freezer containers. Seal. Label and freeze.

Homemade jam is another way to savor the flavor of fresh strawberries all year long.

Christine Venema of Westland is a home economist for the Michigan State University Extension, Wayne County.

Where will your furs spend the summer?



We are very proud of our facilities. We'd be happy to show you. Would another furrier do the same?

Free Garment Bag
With Storage & Cleaning

All Furs (from any furrier) Need Our Expert Care

Dittich Furs will Close For A Two Week Vacation Saturday, June 29th at 6 p.m.

Don't Wait Another Day Bring Your Furs In Today



Deleil (313) 873-8300
7373 Third Ave.
Bloomfield Hills, MI 48304-3000
1515 N. Woodward Ave.

HOMEOWNERS! STOP
Away from payback to payback!
LOANS
by
PHONE
same day approval
Call now 1-877-999-9999 (toll free) 1-800-724-2400
AAA, MORTGAGE & FINANCIAL CORP.

Don't Sell Your Baby!

If it's time for your "baby" to leave home, donate that precious old car or boat to the Volunteers of America. Donating is simple, fast, and easy. Gifts qualify as tax deductible contributions for those who itemize. Receipts issued.

The Volunteers of America has been serving Michigan's needy since 1896. Funds derived from your vehicle can house and feed a homeless mother and her children for at least a month or more.

For more information, call (810) 373-9000.

Fruity salads low in fat, not flavor

By FERRIS ROBINSON
AP SPECIAL FEATURES

LOOKOUT MOUNTAIN, Ga. (AP) — The following salad recipes are low in fat, but tops in taste. They're both very colorful, and they look great on a plate with a few slices of cantaloupe and a strawberry or two.

The recipe for blueberry salad contains 2 grams of fat per serving. Each serving of the chicken

Waldorf salad contains 3 fat grams.

BLUEBERRY SALAD
1 cup fusilli pasta
2-3/4 cups plain fat-free yogurt
1/4 cup fat-free mayonnaise
1 teaspoon apple-cider vinegar
2 teaspoons dried dill
Salt and pepper to taste
2 cups frozen French-cut

green beans, thawed and drained
1 cup blueberries
6 boneless, skinless chicken breasts, cooked and cut up
Cook and drain pasta.

In a large bowl, mix yogurt, mayonnaise, vinegar and spices. Add pasta and remaining ingredients. Chill. Serves 10 at 2 fat grams each.

CHICKEN WALDORF SALAD
2 large red apples
1 tablespoon lemon juice
1-3/4 cup fat-free mayonnaise
1-3/4 cup plain fat-free yogurt
2 teaspoons sugar
4 boneless, skinless chicken breasts, cooked and cut up
4 large stalks celery, chopped

1/2 cup raisins
Greek seasoning, to taste
1 tablespoon chopped pecans, toasted
Chop apples, leaving peel on; sprinkle with lemon juice. Mix mayonnaise and yogurt with sugar.

In a large bowl, combine apple and mayonnaise mixtures with chicken, celery and raisins. Season to taste. Spoon salad on 8 plates. Sprinkle each serving lightly with the chopped pecans. Serves 8 at 3 fat grams each.

Ferris Robinson is editor of "The Gorgeless Gourmet." For a one-year subscription (12 issues), send a check or money order for \$15 to: The Gorgeless Gourmet, 208 Oberon Trail, Lookout Mountain, Ga. 30750.

GRAND OPENING!
SALE DATES:
Saturday, Sunday
June 24th & 25th, 1996
RELAX
THE BACK
STORE
136 N. Woodward • Downtown Birmingham • (810) 594-1555
M - W, F & Sat. 10-6; Thur. 10-9, Sun. 12-5

BLUMIN BARGAINS

JUNE SALE
JUNE 27, 28, 29
20% OFF Entire Stock*
*Special Orders & Lay-a-ways not included
*A complete line of Dollhouses, Furnishings
*Building Materials *Tools *Accessories and More
Call Now for Summer Class Schedule
Majors Workshop
1515 N. Woodward
2 Blocks S. of I-4
Baptist Center
549-0833
Hours: 10am-6pm

Going Out of Business
30-70% Off
100's of styles to choose from
Bridal • Mothers Dresses
Headpieces • Prom
Fancy Evening • Accessories
Princess Bridal
32609 Northwestern Hwy.
1 Block S. of 14 Mile
In Tiffany Plaza
Farmington Hills
(810) 851-7755

COME TO OUR SUMMER SHOWER OF VALUES
1/2 OFF SALE
*Manufacturers Suggested Retail Prices.
HALF OFF
(Suggested Retail Prices)
ALL PEPPERIDGE FARM COOKIES, CRACKERS, GOLDFISH, LAYER CAKES, TURNOVERS AND BREAD ITEMS.
NON-FUNCTIONAL ITEMS ONLY
NO COUPON NECESSARY
MAY NOT BE COMBINED WITH OTHER OFFERS
SALE DATES:
Friday, Saturday, Sunday and Monday
June 28th - July 1st, 1996
Always Good Food at Good Prices...
PEPPERIDGE FARM
THRIFT STORES
LIVONIA
29115 EIGHT MILE ROAD
(810) 477-2046
BIRMINGHAM
1950 SOUTHVIEW ROAD
(810) 642-4242

Nutritionists standby
Here are some helpful numbers for cooks.
The Michigan State University Extension Service offers a food and nutrition hot line. Home economists are available to answer your questions.
• Oakland County... (810) 858-0904, 8:30 a.m. to 5 p.m. weekdays.
• The USDA's meat and poultry hot line is 1-(800)-635-4555. Home economists are available to answer your calls 10 a.m. to 4 p.m. weekdays.
• Call the toll-free Nutrition Hot Line of the American Institute for Cancer Research 1-(800)-843-8114 for free, answers to nutrition questions.

Great Rate!
6.0% APY
Certificate of Deposit
Get Republic Bank's great 15-month CD rate when you open a qualifying checking account.
BLOOMFIELD HILLS
(810) 258-5300
GROSSE POINTE FARMS
(313) 882-8400
FARMINGTON HILLS
(810) 737-0444
REPUBLIC BANK
Visit any branch or call our Information Center today!
1-800-758-0753
Hours: Monday-Friday 9 a.m.-7 p.m. Saturday 9 a.m.-Noon
*Annual Percentage Yield (APY) is accurate as of May 1, 1996.
Penalty for early withdrawal: Minimum of \$1,000 to open and open term required.
\$500 to open the checking account.
Joining the American Dream