

Hospital Seeks Newark Site

Newark, N.J. — St. Michael's Hospital has applied for permission to be included in Newark's redevelopment plans. The hospital is the largest Catholic hospital in the state and the second Catholic institution to seek participation in Newark's redevelopment project.

It's not too early to begin thinking about Valentine's Day. This is the traditional day for paper hearts and red candles. Gentlemen may bring remembrances to their sweethearts and Cupid is expected to do his part. Cupid can't always accomplish his job alone, however.

You know the old adage about the way to a man's heart.

At Home With Trudy McNair Special Valentine's Day Dinner

"Well, Cupid knows what he's doing if he whispers in the ear of a homemaker or a prospective homemaker. He'll probably hint that Valentine's Day dinner is a step in the right direction. This could be a rather yet effective way of pleasing some one special. It's LEAP YEAR, too. Certainly Valentine's Day in a leap year deserves particular consideration."

MENU: BUILDING starts with the meat dish. Most of all, men like a hearty serving of beef, so why not give it to them with all the Valentine's trimmings? Beef is plentiful now and popular cuts like arm or blade bone pot roasts are penny-pinching specials. Try this Calypso Pot-Roast for the answer to your menu problem. It's sure to do the trick.

CALYPSO POT-ROAST

3 to 4 pound arm or blade pot roast
3 T. flour
3 t. salt
2 t. pepper
3 T. shortening
1 medium onion, sliced
1 can (16 ounces) tomatoes
1/2 t. ginger
1 clove garlic, minced
optional

Combine flour, salt and pepper. Dredge pot-roast with seasoned flour, brown in shortening. Pour off drippings. Add remaining ingredients. Cover tightly and simmer 2 1/2 to 3 hours or until tender. Thicken liquid for gravy if desired. Slice few extra onions on top of pot-roast for garnish.

For the rest of the menu, what could be more appropriate than baking biscuits cut in heart shapes? Whipped potato generally appeal to men and for added flavor serve broccoli topped with a little lemon butter. On the salad, plate a wedge of lettuce with roquefort cheese dressing.

Desert should be a treat in itself. That your favorite white cake with a few drops of red food coloring to make it pink then frost it with fluffy frosting also tinted pink. Cover the top with shredded coconut. This meal should be a real help to Cupid.

ANY POT-ROAST LEFT OVER? Here's a second-day dish that takes only minutes to prepare . . . and you might appropriately call it Calypso Reheat. Heat any left over slices of the cooked pot-roast in a maraschino cherries are added.

The pastry for the tart make this dessert delicious and unusual. Regular pastry as you would normally use it instead of the tart. However, maraschino cherries are added.

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the tart. You'll be queen of hearts if you bake some Sweetheart Ice Cream Tarts. This delectable, dainty, pink-and-white dessert is ideal for February.

Sweetheart Ice Cream Tarts are heart-shaped pastry shells filled with vanilla ice cream and topped with a spoonful of whipped cream and a gey, stenton cherry.

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This dessert you might serve for Valentine's Day in this:

Make up 1/2 package of Apple Spice Cake Mix. Beat in heart shaped

pastry molds being careful to

grease and flour the insides well.

This makes them easy to remove. Measure batter using 1/4 cup for each cake. One-

half package of cake mix will make 10 cupcakes when you use 1/4 cup batter for each.

When individual cupcake tins are used (such as these) place them on a cookie sheet for easy handling during baking. Bake this amount of batter at 375 degrees for 15 minutes. Cool before frosting.

TOP FROST AND DECORATE:

Frost cup cakes—cover top and sides with any fluffy frosting.

Pat flaked coconut around the sides . . . tint coconut if desired. Thickens rest of frosting with confectioners sugar using 1/2 c. of sugar to a cup of frosting.

Tint red food coloring and pipe around edge of cakes and write name on top. To make a simple four minute frosting.

Combine 1 egg white, 1/2 c. of sugar, dash of salt, 3 T. wa-

ter, 1/2 light corn syrup—in top of double boiler. Beat with sturdy beater about 1 minute until blended; cook over boiling water heating at high speed for about 4 minutes or until frosting stands in stiff peaks. Add vanilla. Make 2 cups frosting.

ANOTHER EASY AND PRETTY

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