Hot breads and hot coffee for Easter Sunday Brunch

Everything's a bustle on Easter morning!

There's the search for the Easter Bunny's gifts . . . and the admiration of each new Easter dress and hat, and the pinning on of that lovely Easter corsage.

At last, the whole family hurries off to church. When they return, they're breathless, radiantly happy . . . and famished.

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THE PLEASANTEST way to feed a hungry family on Easter morning is with a hearty holiday brunch. You'll start with fruit, of course, and follow it with a platter of scrambled eggs and a thick, luscious slice of ham, broiled to a turn.

There'll be coffee in abundance and a special hot bread, baked just for Easter breakfast.

Here are a few suggestions. First, make your own mix ahead of time, so that the last minute preparations will be quick and sure.

FOR MAKE-YOUR-OWN-Mix use one two-pound bag of enriched Washington Self-Rising Flour and one cup of shortening. Cut shortening into flour until mixture is the consistency of coarse meal. Store mix in tightly covered container in cool place.

For biscuits, add enough milk to two cups of Make-Your-Own-Mix to make a soft dough. Turn out on lightly floured surface; knead about 10 strokes; roll dough one-half thickness desired for finished biscuits. Cut with floured biscuit cutter. Place on ungreased baking sheet. Bake in a 450 F. oven 12 to 15 minutes.

FOR CROWN COFFEE RING use two tablespoons butter or margarine, two-thirds cup light brown sugar, firmly packed, one-third cup chopped nuts, two-thirds cup coconut, one and a half recipes Make-Your-Own-Mix Bihcuits, and one-fourth cup melted butter or margarine.

Melt 2 tablespoons butter in a 2 quart ring mold. Combine cinnamon; sprinkle ¼ cup of brown sugar, nuts, coconut and sugar mixture in bottom of ring mold.

Prepare biscuit dough according to recipe. Cut dough into pieces about the size of walnuts; roll in ¼ cut melted butter, then in brown sugar mixture. Arrange in ring mold.

Sprinkle with remaining brown sugar. Bake in a 450 degrees F. (very hot) oven about 25 minutes. Invert on serving plate immediately.

Let stand 1 minute before removing ring mold.

CINNAMON ROLLS require one recipe Make-Your-Own-Mix Biscuits, one tablespoon melted butter or margarine, one-third cup light brown sugar, firmly packed, one teaspoon cinnamon, one-fourth cup raisins, and one-half cup confectioners sugar.

Prepare biscuit dough according to recipe. Roll into a rectangle about 7 x 14 inches. Spread with melted butter. Combine brown sugar, raisins and cinnamon. Sprinkle evenly over biscuit dough; press lightly into dough.

Roll as for jelly roll. Cut into 1-inch slices. Arrange cut side down in greased 9-inch round layer cake pan. Bake in 400 degrees F. (very hot) oven about 15 minutes.

For frosting: combine confectioners sugar with about 1 tablespoon water; spread on warm cinnamon rolls. Makes about 14 rolls.

YOUR TRADITIONAL EASTER HAM has a far from traditional flavor when you lift its appeal with an out-of-the-ordinary glaze. The delicious combination of currents and cherries enhance this ham.

SALMON FONDUE

One (1 lb.) can salmon, pink or red, three tablespoon chopped onion, one-eighth teaspoon pepper, two teaspoons lemon juice, two tablespoons melted butter or margarine, eight slices day-old bread, three eggs, obe and three-fourths cup milk and one-fourth teaspoon salt.

Drain salmon, save liquid to add later. Remove skin and bones. Breez into pieces. Add onion, pepper, lemon juice and butter. Trim crusts from bread. Arrange four slices in shallow 8 inch square baking dish or casserole. Cover with salmon. Place remaining slices on top.

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Week's Best Buys

This is National Egg Week. Eggs appeal to every meal. If nothing else their versatility and food value would recommend them to that. However, their cost per serving and cost per pound are very attractive, says, Virginia McLuckie, food economist, University of Maryland, Department of Markets.

This is the season of the year when you get more eggs for your money. The rate of egg laying is at a seasonal peak and the proportion of large eggs is greater. Large size eggs are the best-buy unless there is more than 8 to 10 cents difference in price over medium sized eggs.

At 58 cents per dozen large eggs cost 39 cents per pound. Two large eggs, 2 ounce each, provide about the same amount of protein as an average serving of meat, and cost approximately ten cents. Few meat servings can equal this low cost per serving of eggs.

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THERE IS a greater proportion of top quality eggs produced at this season of the year. Some reasons are; first, the cool weather, which helps protect the freshness and second, the high proportion of young hens in the laying flocks.

These young hens lay eggs with the thicker whites and firmer shells than when they become old. More grade A eggs are available as the result of these conditions.

It is always well to check the grade and size on the carton when buying eggs to see that you receive what you pay for. Buy grade A eggs for table and general use and where appearance is important, such as hard cooked eggs. Grade B eggs can be used for cooking and baking. Buy eggs from refrigerated cases and keep them covered, large end up in your home refrigerator.

* * *

WHETHER THE egg is brown or white does not affect its quality. Grade A brown eggs are equally as good as grade A white eggs. It is only the breed of the hen that laid the egg that determines its color. You may find a saving of several cents a dozen in some markets by purchasing brown or mixed brown and white eggs.

At the produce counter there are many moderate to higher priced items as well as lower cost, best-buy items. Green beans which have been in the higher price range are lower in cost.

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TOMATOES FROM Florida and Mexico are on the best-buy list. Most of the Florida tomatoes are without stems while many of the Mexican grown tomatoes are marketed with stems remaining on the fruit. You may choose the large tomatoes by the pound or repacked one pound cartons.

Potatoes and cabbage are two items that offer you low-low, cost per serving vegetables. They are such versatile vegetables that you can serve them most every day without repeating a recipe. There is a supply of both white and cabbage or new green cabbage available. Hot house rhubarb is available in many markets for a pre-spring treat. Canned peas are in busy supply and reasonably price for good eating.

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THE FRUIT counter best buys are grapefruit and apples. The grapefruit is from Florida and the choice of white and pink fruit is yours. Try sprinkling a little salt on the white grapefruit instead of sugar to improve the flavor and take away the tartness.

Stayman, Rome and McIntosh apples are varieties that fit into general purpose, for eating and cooking. Delicious do not cook as well and are best for eating.

Other suggested buys are turkey, chuck roast, bluefish and frozen fish fillets.

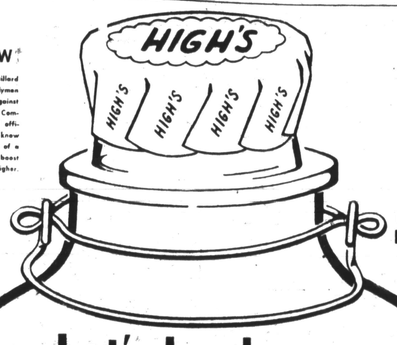
FRIED CHICKEN SUPERB, CRUNCHY STYLE

2½-3 lb. ready to cook broiler-fryer, quartered or cut up
Seasoned flour
1 egg, beaten
2 tablespoons water
1 cup crushed corn flakes combined with ½ cup flour
½ cup butter or margarine

Coat chicken with seasoned flour. Dip chicken into combined egg and water; then roll in combined corn flakes and flour. In hot butter in large skillet saute chicken uncovered, until golden on all sides. Then lower heat; cook, uncovered, turning occasionally, 30 to 45 minutes, or until fork-tender and brown. Makes 4 servings.

WRITE NOW

. . . to Governor J. Millard Tawes and your assemblymen to voice your protest against the proposed Milk Control Commission. Let your elected officials and representatives know you don't want any part of a bill that is designed to boost the cost of living still higher.



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Let's Look THIS Gift Horse In The Mouth!

In these days of modern transportation, a horse is something most everyone can do without. But certain groups seem to think the people of Maryland need one. They're offering it absolutely free, complete with buggy! They propose to name it the Maryland Milk Control Commission. Your State Assemblymen are now looking it over and trying to decide whether you need it or not. Make sure they examine it with care. If you don't, you may wind up supporting a "gift horse" that will eat up millions of dollars a year in higher milk prices.

Its backers say such a commission, with power to control retail milk prices, is a good thing for Maryland consumers. But before you take their word for it, let's look around and see how other people feel about the "gift horse" they were persuaded to accept.

The people of Pennsylvania have one. In fact, they've had it so long they would like to put it out to pasture but can't seem to get rid of it. How they feel about their milk commission is expressed very well in a Pittsburgh Post-Gazette editorial:

"Because our milk control in Pennsylvania keeps prices high, it depresses consumption. . . . Will consumers in Pennsylvania ever get the break on milk that their neighbors in Ohio enjoy? (Ohioans pay about 50 per cent less for their milk.) That's up to the Pennsylvanians. All that stands in the way is the State Milk Control Commission which can and should be abolished in the next state legislature."

In Virginia, consumers have been supporting their "gift horse" for nearly thirty years. Although it has long outlived its usefulness, this ornery critter has been kicking consumers in the seat of the pants for so long they're starting to fight back. Said an editorial in the Staunton, Virginia, Leader:

"One of these days consumers are going to rise up and start flinging milk bottles at the Milk Commission."

Fortunately, public-spirited Virginians have already started "flinging milk bottles" at their Commission in the form of an organized citizens' movement aimed at abolishing the Commission and all it stands for.

In Massachusetts, most people had almost forgotten they had a Milk Commission until last November, when the Commission came up with a surprise "emergency" and hit Boston consumers with a staggering 21 per cent increase in milk prices. Suddenly people realized they had a Milk Commission and that it was very much alive.

The Governor of Massachusetts:

"I am asking the Legislature to abolish the Milk Control Board."

Rev. Fr. Robert J. McEwen, S.J., head of the Advisory Consumer Council in Boston:

"Action should be taken to suspend the price increase order and to prevent further price fixing of retail prices."

Rev. John E. Barclay, Coordinator of the South End Methodist Parish in Boston, in testimony at Milk Commission hearings:

"You are hurting our way of life, limiting freedom of competition."

In spite of overwhelming public opposition, the Massachusetts Commission's price hike still stands, clear evidence that once the people of any state accept a commission, they are virtually helpless against its power. Don't let it happen to you.

In Alabama, a similar commission has defied the most elementary economic principles to serve its masters at the expense of the milk-buying public. In the words of an article in a nationally-circulated consumer magazine,

"Alabama fixed the price of store milk at exactly that of home-delivered milk—and in addition imposed a one-cent sales tax on store milk. Thus the price of store milk actually was higher than that of the more expensive home-delivered product — a violation of all laws of economics."

Although the Alabama Board includes a consumer representative, an Alabama newspaperman summed up his position in this brief statement:

"On our Alabama Milk Control Board, the one consumer representative is like a lost ball in the high weeds."

The story is the same everywhere milk controls exist. When consumers accept their "gift horse," they eventually end up saddled and bridled, with the horse actually riding them. Is this what the people of Maryland want?

For years the people of Maryland have enjoyed the benefits of reasonable milk prices for the highest quality milk in the nation. Let's keep them that way. Take a tip from the people of states like Pennsylvania, Massachusetts, and Virginia. Look your "gift horse" in the mouth, and keep Maryland free from milk controls.

MARYLANDERS FOR MILK FREEDOM, a group of public-spirited citizens, have already organized in a crusade to protect Maryland families against the evils of milk controls. All alert Marylanders are urged to join this group. No dues required. Write MARYLANDERS FOR MILK FREEDOM, 1654 Mathieson Building, 10 Light Street, Baltimore 2, Md. for your membership applications.

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