COOKING IS FUN

Start family out with nutritious breakfast

By BETSY PATTERSON

Start the family out in the morning with a special treat that will open sleepy eyes. Animal Griddlecakes are no extra trouble and are a good enticement to skimpy breakfast eaters.

To prepare, sift together 1½ cups sifted enriched flour, 1 tablespoon baking powder, ¾ teaspoon salt and 2 tablespoons sugar. Combine 1 beaten egg and 1 1-3 cups milk. Add to flour mixture, stirring until mixture is smooth. Add 3 tablespoons melted shortening and blend well. Working quickly, form animals by spooning batter onto hot griddle in animal shapes.

For a tortoise, spoon on body first, then add small amounts of batter to form head, legs and tail. For a bunny, spoon on batter for body and head, then add long ears and a puff tail.

Use your imagination for other animal shapes. Turn griddlecakes carefully when they become puffy and form bubbles. They should be turned only once. Makes about 12 griddlecakes.

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WHEN THOSE chilly mornings arrive, be sure your family starts the day with a good nutritious breakfast. Bread, rolls, waffles, muffins and pancakes made with enriched flour contribute food energy and nutrients to that all-important morning meal.

Safeguard your family's health with plenty of enriched flour products coupled with generous amounts of fruits and vegetables, dairy products and meats.

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HAVE A fireside get-together with the neighbors, friends or maybe just the family now that the backyard barbecue season is over. Try some games that every one can take part in or set up the bridge table for cards.

When the time for refreshments arrives, serve hot cider and Spicy Treasures. These spicy rich doughnuts are easy to prepare and delicious to eat.

Sift together 2 cups sifted enriched flour, 1 tablespoon baking powder, ½ teaspoon cinnamon, ½ teaspoon all-spice, ¼ teaspoon ginger and ¾ teaspoon salt.

Cream together 2 tablespoons shortening and 1/3 cup sugar. Add one egg and beat until light and fluffy. Add flour mixture alternately with ½ cup milk. Gently fold in 2 cups uncooked enriched flour. Roll dough out on well floured board or pastry cloth to about ½-inch thickness. Cut with floured doughnut cutter or sharp knife. Fry in deep hot fat (375 degrees F.).

As soon as doughnuts rise to top, turn. Turn frequently until doughnuts are golden brown. Remove from fat and drain well. Dust with confectioners' sugar or granulated sugar while still warm. Makes about 1 dozen doughnuts and 1 dozen "holes."

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RUN CLEAR out of breakfast, lunch or supper ideas? Make up your favorite waffle or pancake batter, then add a cup of crisp bacon bits or chopped cooked sausage to the batter before baking. Raisins, chopped nuts, bits of apple, pineapple or cheese add delicious variety to pancakes and waffles. Serve with hot honey sauce or syrup with a little lemon juice added.

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WHY NOT pancakes for dessert? Strawberry Pancake Dessert is ready in minutes and can be prepared for assembly before dinner. Be sure to allow time for the frozen strawberries (1 pint) to defrost.

Then sift together 1 cup sifted enriched flour, 3/4 teaspoon salt, ½ teaspoon baking soda and 2 tablespoons sugar. Beat 2 eggs well and add 1 cup dairy sour cream and 2 tablespoons melted shortening, mixing well.

Add to dry ingredients and stir lightly. Pour about ½ cup batter at a time onto hot, lightly greased griddle and bake over low heat until top surface is bubbly.

Turn and brown other side. Keep warm in slow oven until ready to serve. To assemble dessert, spread the layer of strawberries over one pancake and then continue stacking pancakes and spreading strawberries between each layer.

Cut in pie-shaped pieces and serve with whipped cream, confectioners' sugar or dairy sour cream. Substitute 1 cup crushed pineapple for 1 cup strawberries is a delicious variation. Makes about 4 servings.

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PREPARE A school lunch that packs a nutritious and delicious wallop. Add bacon bits, chopped onion and mustard to egg salad and spread on enriched bread. Your baker's enriched bread supplies plenty of iron and B-vitamins that are lost when enriched flour is used in the products.

Lend new taste interest to lunch menus for the family

Lend new taste interest to your family lunch menus with Cheese Crunch Sandwiches. Shredded American cheese, chopped celery and slivered almonds mixed with a tasted dressing make up the unusual sandwich filling.

Wheat bread offers an easy, nutritious main stay for lunch. Salmon Dill Pickle Sandwiches. Make these tasty sandwiches for home or at school eating.

Serve them with shoestring potatoes, celery and carrot sticks, fresh fruit and chilled milk. Drain and flake 1 6-ounce can salmon.

Measure salmon, ½ cup chopped dill pickle, 1 tablespoon finely chopped onion, dash of salt and pepper and ¼ cup salad dressing or mayonnaise into mixing bowl and blend well. Spread 8 slices whole wheat bread with softened butter or margarine. Spread salmon filling on 4 slices bread and cover with remaining slices. Makes 4 sandwiches.

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BREADS, ROLLS, cakes, pies and cookies made with enriched flour contribute important nutrients to meals along with their familiar mouth-watering goodness.

Enriched flour supplies your family with essential good iron and three B vitamins necessary for normal growth, healthy nerves and hearty appetites. Your baker uses enriched flour too in the fresh baked foods the family loves.

HERBED HAMBURGER BUNS — Herbed open-faced hamburger buns, topped with a sliced tomato and sprinkle of aromatic oregano, taste just as yummy as they smell while they are browning under the broiler.

Sandwich is under-played name for USA concoctions

Sandwiches in the U.S.A. get more imposing every year: heroes, dagwoods, jawbreakers and triple-deckers. Hamborgers, fishburgers, cheeseburgers, vicesburgers, Hamburgers, fishburgers, cheeseburgers. Toasted, broiled and sauteed sandwiches. Roman banquets between two slices of rye. Combinations must run into the thousands.

Below is our contribution of recipes for four delicious hot sandwiches, to add to the growing sandwich kingdom. Hefty ones, with generous dollops of filling.

Savory, meaty concoctions which smell just heavenly as they come out from under the broiler. For variety, one is an open - faced Deviled Egg Sandwich over which you spoon Bechamel Sauce which has been blended with a bit of anchovy sauce.

THE TASTE sensation of these hot sandwiches suggest a big round of hot pizza — chopped meat, lusty cheese, tomatoes, anchovy, etc. mingle flavors, the whole sparked by the aroma of a pinch of oregano.

Oreganno gives tantalizing fragrance to pizza, certain spaghetti sauces and many of the dishes for which Italy is famous. Mexican cooks, too, need this taste-tingling herb for chili and tomato - type dishes.

American cooks, however, know it as an intriguing seasoning for gravies, omelets, soups, beef stews, egg dishes and almost any dish staring with tomatoes. Use about one-eighth to one-fourth teaspoon oregano to a batch of food serving six.

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HERBED OPEN - FACED Hamburger Buns are made with one pound ground chuck, one teaspoon salt, one teaspoon, oregano leaves, one-half teaspoon powdered mustard, one-sixteenth teaspoon ground black pepper, one tablespoon instant minced onion, one - half cup tomato juice, one cup shredded cheese, three hamburger buns, six slices of fresh tomato, two tablespoons butter or margarine, salt to taste, and ground black pepper to taste.

Brown meat in a skillet. Add salt, oregano, mustard, black pepper and instant minced onion. Mix well and cook one minute. Stir in tomato juice and shredded cheese. Serve over split hamburger buns.

Top each with a slice of tomato. Dot tomatoes with pieces of butter or margarine and sprinkle with salt and ground black pepper to taste. Place under broiler to broil tomatoes.

YIELD: Six servings.

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FOR MOZARELLA Cheese Sandwich use twelve thin slices white bread, one teaspoon oregano leaves, one-third cup softened butter or margarine, six slices Mozzarella cheese or American cheese, one - fourth teaspoon salt, one - sixteenth teaspoon ground black pepper, one-sixteenth teaspoon garlic powder, two tablespoons Parmesan cheese, and two eggs.

Trim crusts from bread. Mix oregano with butter or margarine and spread on one side of each slice of bread. Place on buttered side of six of the bread slices, slice of cheese large enough to cover bread.

Top with remaining bread slices, having buttered side next to cheese. Press edges together very firmly. Add salt, black pepper, garlic powder and Parmesan cheese to eggs and beat well into wide-cup sandwiches. Fry on both sides until brown in hot olive or salad oil or butter or margarine.

YIELD: Six sandwiches.

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OPEN FACED Chili Sandwiches are made with one pound ground chuck, one cup drained kidney beans, one - half cup canned tomatoes, one teaspoon salt, one teaspoon chili powder, three-fourth teaspoon oregano leaves, one - eighth teaspoon garlic, powder, one tablespoon instant minced onion, French bread, and four slices American cheese.

Brown meat in a skillet. Add kidney beans, tomatoes, salt, chili powder, oregano, garlic powder and instant minced onion. Cook uncovered, ten minutes or until thickened. Split French bread in half lengthwise. Top each half with chili mixture.

Arrange cheese over top. Place under broiler to melt cheese. Cut into six servings.

YIELD: Six servings.

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OPEN FACED DEVILED Egg Sandwiches require six hard - cooked eggs, one-half teaspoon salt, one - fourth teaspoon instant minced onion, one - half teaspoon oregano leaves, one - sixteenth teaspoon ground black pepper, one tablespoon fresh lemon juice, four teaspoons salad or olive oil, six slices toasted bread, Anchovy Bechamel Sauce, capers, and parsley flakes.

Peel hard - cooked eggs. Cutain halves lenthwise. Scoop out the yolks and mash until smooth with salt, instant minced onion, oregano, ground black pepper, lemon juice and salad or olive oil. Pile back into cavities of egg whites.

Place two halves on each of six slices buttered toasted bread. Spoon Anchovy Bechamel Sauce over each and place under broiler until bubbly and lightly browned. Garnish with capers and parsley flakes.

YIELD: Six servings.

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ANCHOVY BECHAMEL SAUCE is made with two carrots, sliced, one - fourth teaspoon instant minced onion, one - half bay leaf, one-fourth teaspoon parsley flakes, six whole black peppercorns, one cup chicken stock or one chicken bouillon cube dissolved in one cup hot water, two tablespoons butter or margarine, two tablespoons flour, one - half cup light cream, and one teaspoon anchovy paste.

Combine the first six ingredients in a saucepan. Cover and simmer ten minutes. Strain. Melt butter or margarine in a saucepan. Blend in flour. Remove from heat and stir in stock and cream. Stir and cook until of medium thickness. Add anchovy paste. Serve over Deviled Eggs.

YIELD: Approximately one cup sauce.

SMART SHEATH— Smart sheath with soft figure - following lines, dart-fitted, and nice detailing of up - standing neck band and little back belt.

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Date cream

Desserts made with fresh California dates are worthy special notice. Fresh California dates are smooth-surfaced and not sticky or difficult to handle. Their flavor is superb and the fruit combines delightfully with seasonal fruits to make delectable fruit cups and salads, as well as desserts.

"Date Marshmallow Cream" is truly memorable dessert, and may be made well in advance of serving time.

DATE MARSHMALLOW CREAM is made with ½ pound marshmallows, ¼ cup milk, 1 cup fresh California dates, 2 slices pineapple, ½ cup whipping cream, few grains salt, and lady fingers or macaroons.

Cut marshmallows in quarters, combine with milk and let stand for 1 hour. Pit and cut dates in thin slices; cut pineapple into small cubes. Whip cream until stiff; combine with all other ingredients until blended.

Let stand in refrigerator for several hours to "mellow" and blend flavors. Spoon into small serving dishes and surround with lady fingers or macaroons.

Makes 5 servings.

BEST BUYS

Orange, onions on week's economy list

To serve flavorful, hearty, winter meals you must shop for a variety of good things to eat in the markets, says Virginia McLuckie, Food Economist, Baltimore Office, University of Maryland, Department of Markets.

Fresh fruits and vegetables make meals more interesting and provide vitamins and needed roughage in the diet. This is the season when fresh citrus is tops in quality and prices are attractive.

Florida juice oranges are one of the best buys. When you select oranges for juice look for those with thin skins and those heavy for their size. Weight is generally a beter index of the juice yield than size, since you get about as much juice from a pound of small oranges as a pound of large ones.

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AT LUXURY prices and a wide range in quality, Temple oranges are being marketed. The Temple is a favorite for eating out of hand or for juice. The skin is coarse grained, thin and loose, and easy to peel. This orange is bright orange in color and the flavor is sweet, distinctive and spicy.

Grapefruit is another good citrus buy. You will find top quality in white, white seed less and pink or ruby red grapefruit.

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OTHER FRUITS that will attract you on a price basis are bananas and Emperor grapes. Apples are in adequate supply and very good in quality. In the moderate price range Bosc and D'Anjou pears of good quality are available.

Tangerines are also in their peak season and an excellent citrus for out of hand eating for lunch boxes, snacks, and also for fruit salads and fruit cups.

ECONOMICAL CHOICES in vegetables this week include potatoes, yellow onions, and cabbage. White potatoes are low in cost and quality is generally very good and supplier are liberal.

Remember the potato is what you make it from a calorie stand point. When you buy potatoes, look for those that are free of blemishes, with shallow eyes, and those that are clean and uniform in size.

If you have cool storage space, larger size units of potatoes are more economical buys. Buy russet or Idaho potatoes for baking and Katahdins for boiling. Red potatoes from Florida are also available.

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