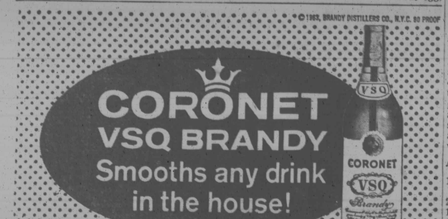
WHEN YOU FINISH READING YOUR AFRO PASS IT ALONG TO A FRIEND

Mocha Mug

Treat both youngsters and oldsters to hot, steaming Mocha Mug.

Mocha mug is made with 1 tablespoon instant coffee, 2 tablespoons instant cocoa mix, 1 teaspoon sugar, 1/3 cup undiluted Carnation Evaporated Milk, 1/8 teaspoon vanilla and boiling water, to make one cup.

Scald mug. Measure instant coffee, cocoa mix and sugar into mug. Add Carnation and vanilla. Fill mug with boiling water. Stir and serve.



NEW AIR-TIGHT WRAPPER KEEPS TIP*TOP 'JUMBO' SO FRESH IT FOLDS!

Ask Althea Gibson! When other breads go stale and hard, Tip-Top Jumbo Bread is still so fresh, you can fold it. The secret: a new air-tight 'Flavor-Guard' wrapper. Keeps bread fresh day after day, so you don't throw slices away! And Althea knows that Jumbo is packed with jumbo nourishment for better body building! Get a loaf of delicious, giant-size Jumbo Bread today. You can fold the last fresh slice days from now.

Easy To Fix Menus

New England

4 pounds corned beef
1 head cabbage
6 carrots, 6 onions
6 white turnips
8 potatoes 8 beets

Cover meat with cold water; simmer for 3 hours. Prepare vegetables; cutting turnips into quarters and cabbage into eights. Cook beets in boiling water. Add remaining vegetables to meat and cook until tender. Drain and serve vegetables on platter with meat. Serves 4. Leftovers are made into Red Flannel Hash.

Corn Cakes

1 cup sifted all - purpose flour
2 teaspoons baking powder
3 tablespoons sugar
¾ teaspoon salt
1 cup yellow corn meal
1 egg
2 tablespoons butter, melted
2 cups milk

Mix and sift flour, baking powder, sugar and salt and stir in corn meal. Beat egg, butter and milk together. Combine liquid and dry ingredients and mix until smooth. Bake on hot, greased griddle. Makes about 18 cakes.

Plain waffles

2 cups sifted all - purpose flour
5 teaspoons baking powder
½ teaspoon salt
2 eggs, separated
1¾ cups milk
5 tablespoons shortening melted

Mix and sift flour, baking powder and salt. Beat egg yolks and milk together and add to flour mixture. Add shortening and stiffly beaten egg whites. Pour enough batter to almost fill bottom of grid of preheated waffle iron and close at once. After steaming stops, lift cover and remove waffle. Makes 6 waffles.

Apple Waffles

1½ cups sifted all - purpose flour
2 teaspoons baking powder
1 teaspoon sugar
1/3 teaspoons cinnamon
½ teaspoon salt
2 eggs, seperated
1½ cup milk
1¾ cups finely chopped apple
6 tablespoons shortening melted

Mix and sift flour, baking powder, sugar cinnamon and salt. Beat egg yolks and milk together, stir in apples and add to dry ingredients. Add shortening. Beat egg white until stiff and fold into flour mixture. Bake 3 to 4 minutes. Makes 6 waffles.

Onions in mushroom

8 to 10 small whole onions
1 can condensed mushroom soup
½ teaspoon calt
½ cup grated cheese

Peel onions, place in small casserole. Pour soup over onions, add salt and cheese. Cover and bake in moderate oven (350 degrees) about 1 hour. Serves 4 to 6.

Scalloped Cabbage—10 pt

4 cups cooked cabbage
2 cups white sauce
¼ cup buttered bread crumbs

Place layer cooked cabbage in greased casserole, cover with white sauce, season with salt and pepper to taste. Add second layer of cabbage and white sauce. Top with browned bread crumbs. Do not cover. Bake in moderate oven (375 degrees) about 1 hour. Serves 8

Scalloped Corn

3 cups fresh or canned corn
3 eggs, beaten
1 cup milk
1½ teaspoon pepper
2 tablespoons butter
Buttered bread crumbs
Pimiento or green pepper strips

Combine ingredients. Pour into greased casserole. Lay strips of pimiento or green pepper across top. Sprinkle with buttered bread crumbs. Bake in uncovered casserole. Temperature for the even should be 350 degrees. Bake 1 to 1½ hours. Serves 6.

Scalloped Potatoes

6 medium - size potatoes
2 tablespoons butter
2 tablespoons flour
1½ teaspoon salt
2 cups milk

Peel potatoes and slice medium thin. Place in casserole. Melt butter in saucepan overmedium heat. Add flour. Stir until smooth. Add salt and milk, stirring constantly until thickened. Remove from heat and pour over potatoes. Bake in uncovered dish for 1 hour in medium oven (375 degrees). Serves 6.

Note: For variation ¾ cup cheese may be added to white sauce shortly before removing from heat.

1-2-3-4 cake

3 cups sifted cake flour
3 teaspoons baking powder
¼ teaspoon salt
1 cup shortening
2 cups sugar
1 teaspoon vanilla
4 eggs, seperated
1 cup milk

Sift flour, baking powder and salt together. Cream shoretning with sugar and vanilla until fluffy. Add beaten egg yolks and beat throughly. Add sifted dry ingredients and milk alternatley in small amounts, beating well after each addition. Beat egg whites until stiff but not dry and fold into batter. Pour into greased pans and bake in moderate oven (375 degrees) about 30 minutes. Makes 3 (9 inch) layers.

Fresh Apple Cake

2 cups sifted cake flour
¼ teaspoon salt
1 teaspoon baking powder
1 teaspoon baking soda
½ cup shortening
1 cup sugar
2 eggs, well beaten
1½ tablespoon sour milk
1 cup ground, unpeeled apples
¼ cup broken nut meats
1 teaspoon vanilla

Sift flour, salt, soda and baking powder together. Cream shortening with sugar until fluffy. Add eggs and beat throughly. Add sifted dry ingredients, milk and apples alternately in small amounts, beating well after each addition. Add remaining ingredients, mixing lightly. Pour into greased pan and bake in moderate oven (350 degrees) about 1 hour. Makes 1 (8 x 4) loaf. Frost entire cake with Caramel Icing.

Weddin Salad

From: Mrs. Emma Sullivan

1 pound white grapes (split and seeds removed)
1 pound marshmallows
1 cup white pears

Cut marshmallows and mix with grapes, mix lightly with salad dressing (mix a small amount of whipped cream in salad dressing) Fill half of a pear with mixture and serve on lettuce.

1 large can of sliced peaches
1 jar cherries (do not use juice)
1 large can fruit cocktail
1 cup mayonaise
1 quart heavy cream, whipped
1 envelope plain gelatin

Place gelatin in ½ cup cold water and dissolve over hot water Mix together all ingredients. Put into mold or ice cube trays and freeze until very firm. Cut into squares and serve.

Marshmallow loaf

4 eggs, separated
1 tablespoon gelatin
½ cup cold water
1 cup sugar
Melted chocolate
Powdered sugar
Chopped nuts

Beat whites of eggs until stiff, stir into egg whites 1 tablespoon gelatin which has been dissolved in cold water, sugar, beat well and divide mixture into 2 parts. Flavor each half with a different extract. Color one half with melted chocolate, the other with the yolks of 2 eggs. Let stand until colors will not run together, beat occasionally. Dust a pan with powdered sugar put in chocolate layer and sprinkle with chopped nuts, add other layer and more nuts. Let stand in refrigerator for about 3 hours, the brick will turn out like ice cream. Slice and serve with whipped cream.

Short Ribs of

3 pounds beef short ribs
1 clove garlic
1 small onion
2 cups canned tomatoes
1 teaspoon paprike
Salt and pepper

Cut short ribs into serving pieces. Rub with cut clove of garlic. Place in kettle and slice onion over top. Cover tightly and cook slowly for 2 hours. Transfer short ribs into greased baking dish, add tomatoes and seasoning cover and cook in low oven (300 F) about 1 hour or until short ribs are tender.

Remove cover for last 15 minutes of cooking is that short ribs will brown slightly. Serves 6. BRAISED — Brown 2 pounds short ribs, add 1½ teaspoon salt and water to cover bottom of pan. Cover lightly; cook in 300 degrees F. over 2½ hours. Serves 4.

From Mildred's Kitchen

By MILDRED BROOKS

A delightful innovation in the packaging of frozen fruit is to be found these days in markets. It's the new reusable apothecary jar filled with quick - frozen mixed fruit. To prevent breakage, each handsome glass container is packed in a carton with color reproductions of the fruit-filled jar and with see-through slits in one panel to reveal the jar itself.

Two serving suggestions for mixed fruit appear on the carton that holds the glass apothecary jar, but there are dozens of other quick and easy ways to use this melange of six delicious fruits.

TO MAKE Mixed Fruit Ambrosia, partially thaw mixed fruit at room temperature. Remove from jar, sprinkle with flaked coconut and let stand at room temperature to finish thawing. Mix lightly and serve. Add a scoop of ice cream or sherbet if you wish.

FOR CALIFORNIA Ambrosia, add two oranges, sectioned, to the fruit - coconut mixture, or add two bananas, peeled ans sliced, for Tropical Mixed Fruit Ambrosia.

IT IS a fine idea to pack these beautiful fruits in glass. Just the sight of them makes one's mouth water. And when the fruit has been enjoyed the apothecary jar can be used for any number of practical purposes. It is decorative enough to hold sugar rice, flour and innumerable other items in the kitchen, candy or nuts on the living room table; and bath salts, guest soap or cotton puffs in the bathroom. Makes a good "piggy bank" too. . you can watch the pennies grow!

With Christmas on the way, it would be an excellent idea to fill these jars with homemade candy or salted nuts. Sprayed with gold dust, or decorated with stars and gay Christmas ribbons, the jars and their contents would make charming gifts.

FRUIT - GLAZED Cream Cheese—Pudding Pie is made with one cup milk, four packages (three ounces each) cream cheese, softened, one teaspoon vanilla, one fourth cup sugar, one package lemon instant pudding mix, one baked 9-inch pie shell or one baked eight-inch Shortbread Crust, one regular size package (three ounces) orange pineapple flavor gelatin, dash of salt, one cup boiling water, one fourth cup cold water, and one package (12 ounces) quick-frozen mixed fruit.

Thoroughly blend milk into cream cheese. Add vanilla and two tablespoons sugar. Beat thoroughly. Add instant pudding mix. Beat with rotary beater one minute. (Do not overbeat. Pour into crust and sides of an 8 - inch round cake pan, one and one half inches deep. Prick bottom with fork.

Bake in slow oven (325 degrees) 1 hour. Cool. Chill until firm.

MEANWHILE, dissolve gelatin, remaining sugar, and salt in boiling water. Stir in cold water. Add frozen block of fruit. Stir carefully, separating fruit. Spoon over mixture in pie shell. Chill until set—at least one hour.

Makes eight servings.

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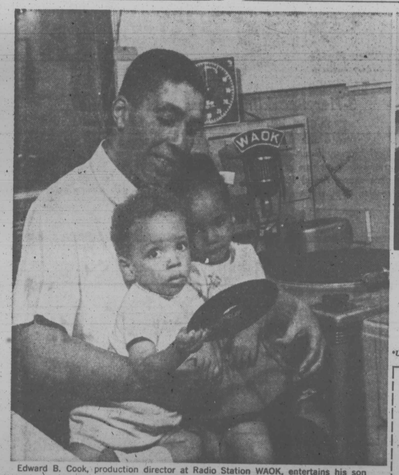

Edward B. Cook, production director at Radio Station WAOK, entertains his son Edward, Jr., 1½, and daughter Kimberly, 3½, at his turntable. Both children started on formulas made with Carnation, world's leader for infant feeding.

Mrs. Phyllis Cook prepares a bedtime snack for Kimberly—eggnog made with Carnation (her own recipe is below). "The children love cocoa made with Carnation, too—it's so creamy. And Carnation is the only milk they drink." Even when you add an equal amount of water, Carnation is richer than sweet, whole milk.*

*U.S.D.A. Handbook #7, "Composition of Foods."

Popular Atlanta disc jockey presents his "Small Combo"

They started on Carnation, stayed on Carnation . . . the milk with extra Vitamin D for strong bones, sound teeth and steady growth.

How does a law student become a radio star? Edward Cook did it with a dynamic personality and an urge to entertain that just wouldn't go away. As a pre-law student at Fisk University, he also concentrated on dramatics.

Both Mr. and Mrs. Cook are active in little theater groups. Mrs. Cook, a 1957 graduate of Louisville General Hospital School of Nursing, is an amateur artist—and an artist in the kitchen as well. When the Cooks entertain small groups at dinner, there is always a homemade cake, a frozen dessert, or a fabulous pie.

"Carnation makes such a heavenly cream pie filling," Mrs. Cook volunteers, "and such a tender cake. Best of all, it whips beautifully for homemade ice cream and frozen desserts!"

recipe:

CARNATION HIGH-PROTEIN EGGNOG

(Makes 1 large glassful)

1 egg
1 heaping teaspoon sugar
1 small can (⅔ cup) chilled undiluted CARNATION EVAPORATED MILK
½ cup cold water
Nutmeg
Vanilla

Separate egg white from yolk. Beat yolk and sugar with rotary beater until light. Add water to Carnation, then add to egg yolk mixture. Beat well. Chill. Beat egg white until fluffy. Beat well into mixture. Add a drop of vanilla flavoring if desired. Pour into large glass, and sprinkle with nutmeg.

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Fascinating Fancies

By SUSIE STROTHER
HOME ECONOMIST
for the FOOD FAIR STORES, INC.

Talking to hundreds of women each week, I hear the expression, "I am just a housewife" in a solemn, mirthless tone, when within myself I am thinking how valuable you are.

I would like to think of you as a 'Home Executive' for the varied important jobs performed by you daily.

Follow along with me and see if you agree, you are a bookkeeper, accountant, cashier, secretary, telephone operator, counselor, teacher, instructor, a shopper, cook, laundress, food director, consoler, housekeeper, chauffer, nurse, waitress, interior decorator, only to name a few.

It has been determined by experts that you spend three months out of a year in the kitchen alone, not considering the rest of the home.

As theholiday season approaches, lets talk turkey, turning back the pages of our minds, we can see our grandmothers getting ready for the big occasions soon to take place.

* * *

TO THINK they had so much to do, from making the fires, gathering the fowl, killing it, when today all of this has changed to practically a magic touch. The turkey is bred for tenderness and does not require as long cooking as before.

Stuffing and trussing, no longer are hard tasks either, just fasten the skin at the neck by folding underneath bird and hold with skewer pins, or you may cut off the excess skin and close by tying with a string, folding the wings underneath.

Do not sew or lace front opening, the stuffing will be lighter and more thoroughly cooked if exposed to heat. Push drumsticks under band of skin at tail.

Down through the years, stuffings or dressings have become numerous, among the many the old fashioned, chestnut, oyster, cornbread, sausage and grits, potato are the most used. I would like to share with you a mushroom, rice, Oyster dressing. This recipe can be for a 12 - 16 pound turkey or use half of it for a 6 pound hen.

One and one half quarts of oysters, one medium can of mushrooms, one half cup of Mayfair Butter or margarine, one and one half cups of uncooked rice, one cup of celery (chopped), one and one half teaspoons salt, three cups of water, three cups toasted dry bread crumbs, three eggs well beaten, three tablespoons minced parsley one third cups onion (chopped) three teaspoons poultry seasoning. Salt and pepper to taste.

Brown rice in 400 degrees oven in a shallowbaking pan. Toast until golden brown for about 20 minutes stirring occasionally so rice will brown evenly. Combine rice, water and salt in a 4 quart saucepan. Bring to a boil; lower heat. Cover and cook slowly approximately 14 minutes, or until rice is tender. Cook onions celery, garlic and parsley in butter until soft.

Add oysters and mushrooms and cook them until edges just begin to curl on the oysters. Remove from heat. Stir in bread crumbs, poultry seasoning, salt, pepper, eggs and rice. Toss lightly with a fork until combined and mixed. Spread in shallow pan and bake 20 minutes in 450 degree oven. Will yield 25 to 30 half cup servings.

SUSIE STROTHER

* * *

WHEN YOU shop at Food Fair for your turkey and other fowl, you will see labels "Ready to Cook" - "Table Dressed" - "Oven - Ready" and "Eviscerated" terms which mean the bird has been cleaned inside and pin-feathers removed — often the leg tendons too. This will pertain to whole turkeys and fowl mostly.

On the half turkey, you will find that large whole birds are split lengthwise to weigh from 7 to 12 pounds. The half of a 24 pound turkey has more meat and less bone than a 12 pound whole bird. This is a good point to remember when buying turkey to slice for sandwiches or to make into salad or casserole.

If you can't get a half turkey, buy a whole one and ask the meatman at Food Fair to cut it in half so that you can store part of in your freezer. This is one of the many services granted with a smile at Food Fair.

Among the newest in turkey stylings are fully dressed birds, stuffed with a fine-quality dressing, wrapped and quick forzen. They come in a wide range of weights.

HINTS:

Never stuff a turkey with warm stuffing or dressing, then hold overnight before roasting.

Never let gravy, dressing or cooked poultry stand at room temperature for even a few hours. Refrigerate them right after finishing a meal.

Never partially roast a large turkey one day then leave it out of the refrigerator overnight to be completed the following day.

I would appreciate it, if you would take the time to clip the Merchant Green Stamp Coupon from the ad in the Food Fair Column and use it when you shop.

There are wonderful gifts you can get for only 1 and 2 books. Let me hear from you and share with me your suggestions, questions, problems with Food, Hints, Recipes, etc., I welcome your letters and cards, just send them to:

SUSIE STROTHER
HOME ECONOMIST FOR FOOD FAIR OR FASCINATIN Foucies, Post Office Box 6990 BALTIMORE 16, Maryland 21216

Pet Milk PAYDAY Winners

Next week it could be you!

Blanche Faw, 2709 Spelman Rd.
Katie Graves, 532 Main Street
Cathrine Russell, 2709 W. North Ave.
Mary Harcum, 1531 Mountmor Court
Marian Matthews, 1619 Lorman Court
Dorothy Biddle, 755 W. Lexington, Apt. 605
Mrs. Edgar Linney, 2806 Denhom Circle
Irene Trotter, 1101 Orleans St., Apt. 10
Mrs. Sandra Johnson, 200 Asquith St., Apt. 16
Barbara Pinkney, 1002 Abbott Court
Gertrude Rankin, 202 Curtis Lane

You can be a PAYDAY Winner, too! The contest is still running.

Listen to Pet Milk Showcase for details:

WEBB 9:00 AM

Start cooking with a golden spoon . . . Start cooking with PET.

PET EVAPORATED MILK

Fish Fillets in wine sauce

For an entree which will please you while taking little of your time to make, try this recipe for Fish Fillets in Wine Sauce.

* * *

FOR FISH Fillets in Wine Sauce use one-half cup dry white wine, one-fourth teaspoon salt, Few drops lemon juice, four sprigs parsley, 1 package (12 ounces) frozen flounder fillets, one package onion sauce mix, two tablespoons butter. Buttered fresh bread crumbs (optional), and Watercress or additional parsley (optional)

Combine wine, salt, lemon juice, and parsley in a skillet. Place frozen fish on top. Cover, and simmer gently 10 minutes. Cut the fish in half and turn. Continue simmering, covered, 5 minutes longer.

Remove fish to hot serving plater and remove skillet from heat.

Remove parsley.

* * *

POUR LIQUID from skillet into measuring cup; add water to equal three-fourth cup liquid. Gradually blend measured liquid into sauce mix in a saucepan pan.

Cook and stir over medium heat until mixture comes to a boil. Reduce heat; simmer and stir one minute. Pour over fish. Sprinkle with buttered bread crumbs, and garnish with watercress.

Makes 2 servings.

Red Flannel Hash

9 cooked beets, chopped
6 cooked potatoes, chopped
1½ cups chopped cooked corned beef
½ cup fat, melted
2 teaspoons salt
1/8 teaspoon pepper
6 tablespoons water

Combine beets, potatoes, corned beef, fat salt, pepper and water. Place in greased baking dish and bake in moderate oven (350 degrees F) about 3/4 hour. Serves 6

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