

# Football And Food Are The Touchdown Twins

## Teen-Age Football Fans Go For After-Game Goodies

TEAM! TEAM! TEAM!  
FIGHT! FIGHT! FIGHT!

These are the kind of sounds that issue from the kids these days. Football is in the air, and after the game, afternoon or evening, a hungry gang of football fans descend on the kitchen, demanding something to eat.

A wise Mom, who knows her own team's favorites, will have handy something really special in the way of eating. Just such cookies are these clever little men, their footballs and other pennant flags. Be sure to serve something piping hot to drink with them on nippy days. And here's a secret! These cookies are almost as much fun to make as they are to eat!

Gingerbread men take frosting helmets; soft molasses cookies sport a frosting football lacing; thin molasses cookies wave a school pennant cut. School days, football-themed parties, Halloween... whatever the fall season activity... cookies flavored with the delicate touch of unsulphured molasses cross the goal!

The active student needs energy-giving foods. Unsulphured molasses, being the juice of sun-ripened sugar cane, is an energy food. It contains 73 per cent true sugars, easy to assimilate.

The active student needs iron for good rich blood, and unsulphured molasses rates as an outstanding source of available iron. Only liver compares favorably with molasses as a source of this mineral, and molasses wins even in this comparison as a less expensive source.

That term "unsulphured" means that no sulphur nor other preservatives are in this fine molasses. Unsulphured molasses can be classified as a natural food, the juice of fully matured sugar cane.

Sugar cane for this molasses has grown from 12 to 15 months in the hot tropical sun of the West Indies. The cane is crushed and the juice clarified, and then concentrated and shipped to this country to be blended for uniformity of flavor. Unsulphured molasses may thus be defined as a carefully and specially made product, a primary food, rather than a by-product of sugar-making.

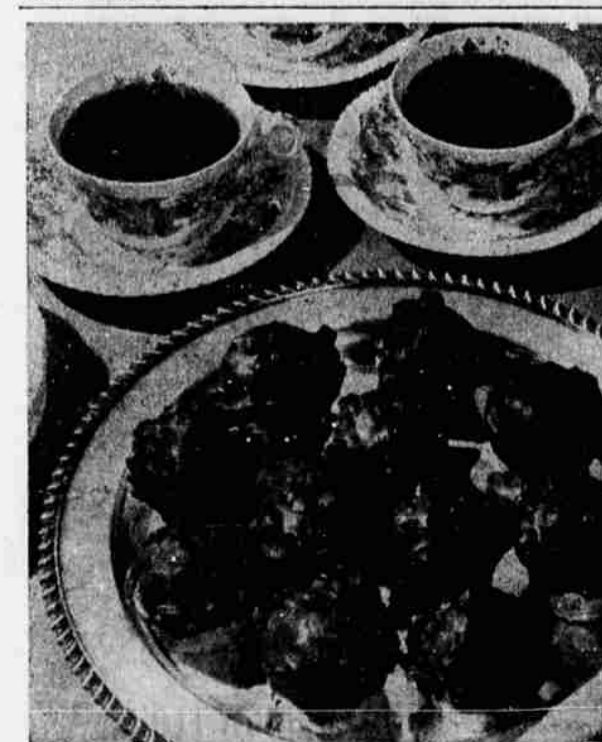
**Gingerbread Football Men**  
1/2 cup shortening  
1/2 cup sugar  
1/2 cup unsulphured molasses  
1 egg  
2 1/2 cups sifted all-purpose flour  
1/2 teaspoon salt  
1/2 teaspoon soda  
1 teaspoon baking powder  
1 teaspoon ginger  
1 teaspoon cloves  
1 1/2 teaspoons cinnamon  
1/2 teaspoon nutmeg

Cream together shortening, sugar, and unsulphured molasses. Add egg; mix well. Sift together flour, salt, soda, baking powder, and spices. Add to molasses mixture; mix well. Chill dough about 2 hours. Roll out 1/8-inch thick on lightly floured board or pastry cloth. Cut with a 6-inch gingerbread-man cutter, or cut around cardboard pattern. Bake in a moderate oven (350 Deg. F.) 10 to 12 minutes. Cool; decorate with ornamental frosting. Yield: 1 1/2 dozen "Men."

**Note:** If cookie "stands" are desired, double the recipe. Cut out



**WANT SOMETHING HEARTY** after a nippy afternoon spent at the game? Then stewed beef with Herb Dumplings is the dish for you. This will warm you to the tips of your chilled toes.



**WHEN YOU FEED A CROWD**, there must be plenty of taste tempters. That's where Bittersweet Mocha Cupcakes come in. Easy to prepare, but they won't last long, so why not make plenty. Football crowds have a way of bringing big appetites with them.

## ★ ★ ★ ★ Win Or Lose, These Are Tops

Dreams of bliss! Soft marshmallows a-melting in a bowl of rich warm chocolate pudding, served to a foursome of young people who've tramped back home, RAVENOUS, after a brisk afternoon of football. This warm pudding is made in the usual way! for puddings, that is! by following the directions on the package of chocolate pudding and pie filling mix. But instead of chilling it, pour right into the serving bowl from the saucepan. Drop in half-a-dozen marshmallows and watch them melt slightly over the surface, giving the pudding an attractive, marbled look. Serve immediately.

**Warm Choc-Marsh Pudding**  
1 package chocolate-flavor pudding and pie filling mix  
2 cups milk  
8 to 12 whole marshmallows  
Combine pudding mix and milk in saucepan. Cook and stir over medium heat until mixture comes to a FULL boil. Remove from heat. Add 8 to 12 whole marshmallows and stir until partially melted. Serve warm, plain or with cream. Makes 4 or 5 servings.

**Note:** This is a quick dessert that should be served 30 to 60 minutes after it is made so as to be warm when served. Be sure to refrigerate left-over pudding.

**Hurray for cup-cakes!** Today's mixes provide easy making of the tiny cakes and here's a brand-new and excellent chocolate frosting to add the telling touch.

**Bittersweet Mocha Frosting**  
1 cup sugar  
1 cup cocoa  
1/4 teaspoon salt  
1/2 cup strong coffee  
1/2 cup broken nutmeats  
1 teaspoon vanilla

Combine sugar, cocoa and salt in saucepan; blend in coffee. Cook over low heat until smooth and glossy, stirring often (about 15 minutes). Cool. Beat in nutmeats and vanilla. Chill until firm. Spread on cake with spatula dipped in hot water. Makes enough frosting for 24 tiny cup cakes or top and sides of two 8-inch layers.



**NO ONE WILL LOSE** when the team descends on the after-the-game table filled with these delightful little football men. The gingerbread boy has donned a helmet and has joined the team of goodies that grace such a table. He is surrounded by footballs and pennant flags to complete the theme, so now it's up to you to blow the starting whistle for good eating.

## Franks Score Touchdowns With Home Team Rooters

Football season is here — time for a party. A guaranteed party success is the after-the-game "come to our house for supper" party. Whether the game is a victory or disappointment, everyone will be tired and hungry after an afternoon of cheering and will enjoy relaxing over supper while they discuss the day's highlights.

## Chili Beans Will Satisfy Big Appetites

One of the main things to remember in planning a get-together after a football game is that your guests are going to have tremendous appetites. Your best selection by way of an entree is something that is hearty, filling and inexpensive like this flavorful "Chili Bean Casserole." It's a meal-in-a-dish casserole made extra tasty with ripe olives, kidney beans, tomatoes and stewing beef plus an expert combination of seasonings. Get it ready for the oven before you go to the game and all it needs later is time enough in the oven to heat it through and melt the cheese topping.

**Chili Bean Casserole**  
1 pound red kidney beans  
1 pound diced lean beef  
Oil for frying  
1 large onion  
1 clove garlic  
1 tablespoon chili powder  
1 tablespoon Worcestershire sauce  
2 tablespoons salt  
1 quart hot water  
2 cups ripe olives  
3/4 cups canned tomatoes  
1/2 cup corn meal  
1/2 cup grated American cheese

Wash beans, cover with cold water and soak overnight. Brown beef in oil. Chop onion and slice garlic very thin. Drain beans, add beef, onion, garlic, seasonings and hot water. Cover and simmer 3 hours or until tender. Cut olives into large pieces. Stir in tomatoes, cornmeal and olives, and cook and stir until thickened. Pour into casserole and cover with cheese. Bake in moderate oven (350 deg. F.) about 30 minutes or until cheese is melted. Serves 8.

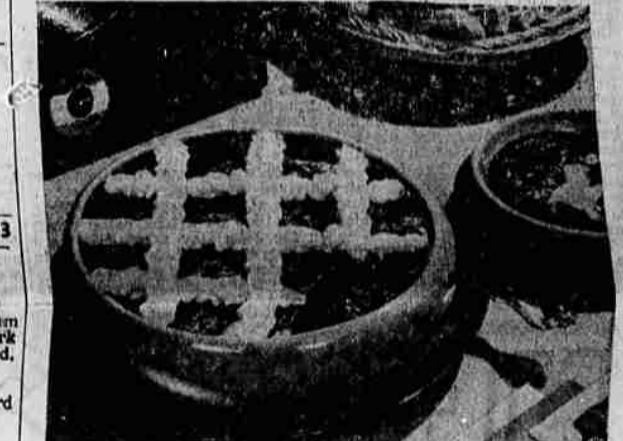
Plan a menu that can be ready except for a few last minute touches. Make it hearty—appetites sharpened by excitement and a whole afternoon outdoors are big ones. Hot baked beans, broiled cheese-topped frankfurters, tossed green salad, sliced brown bread, crusty French bread, chilled milk for the younger set and cold beer for the adults will please the most ravenous rooters.

Set a gay table in advance—buffet style with colorful pottery serving accessories and an appropriate centerpiece. Carry out the air of smart entertaining by serving the beer in festive-looking pilsener glasses and the milk in attractive glass mugs.

Home from the game, simply heat the beans, combine the salad, broil the franks, and supper is ready to come to the table.

**Broiled Cheese Topped Frankfurters**  
8 frankfurters  
Mustard  
8 thin slices sharp cheese  
Cut frankfurters lengthwise down the center, being careful not to slice all the way through. Press frankfurters open flat and spread lightly with mustard. Broil until cooked; top each with a strip of cheese. Continue broiling until cheese melts. Serve immediately.

## Teenagers Go For New Busy Day Dessert



**WHY NOT?**—If the day is a busy one for you, why not turn the fixin's over to the junior crowd. This is one dessert they can fix without trouble and fuss. No cooking, no cooling, the packaged ready-to-mix without cooking dessert, in vanilla, chocolate, or butterscotch, will always suit them to a "T." For added attraction, top with crisscross pattern of pressure whipped cream.

# FALL FOOD features

SECOND SECTION ROSEBURG, OREGON — THURSDAY, OCTOBER 21, 1954 ★ ★ 246-54 Established 1873

## In Answer To Your Requests, Two Wonderful Candy Recipes

Here are two recipes, printed in answer to special requests. After searching for a failure-proof recipe for fudge making, we came across these two which seem to provide all the answers. We suggest you read and follow the directions carefully.

**Creamy Fudge** in one easy lesson! The recipe is not different. It's the method of making that's the secret. And you should know the reasons behind the method so you'll see why each step is important.

First: Be sure the sugar is dissolved before the mixture boils. Second: Make an accurate test to determine when to stop the cooking.

Third: Don't jar or stir the hot mixture until it is cold! **Creamy Fudge** Yield: About 24 pieces **Cooking and cooling time:** About 2 hours 2 cups sugar 2-1-ounce squares unsweetened chocolate

Few grains salt 2 tablespoons butter 1/4 cup milk 1 tspn. vanilla

Place all these ingredients except the vanilla, in a 2-quart kettle. Stir well and heat slowly. Scrape the sugar from the sides of the kettle and stir so the chocolate doesn't stick to the bottom (it will burn.) Now cover the kettle and continue to heat slowly until the mixture boils.

**Reason:** All the sugar must be dissolved or a few grains on the side of the kettle or in the mixture may cause graininess in the finished fudge. When the mixture boils, remove the cover. Stir to be sure the chocolate is melted and stir slowly as the mixture boils, to prevent burning.

If you have a candy thermometer, fasten it to the edge of the kettle so the bulb is in the boiling mixture, but not touching the bottom of the pan. Boil to 233 deg. F. If you haven't a thermometer, fill a large pan (or dish pan) with cold water. When the bubbles of fudge settle down to small ones, set the kettle off the heat. Dip out a teaspoonful and drop it into the cold water. Try to pick it up with your fingers. It should make a soft ball. If not, continue to cook and test again.

**Reason:** The large amount of water cools the fudge to the stiffness it will be when it is ready to beat. If 1/2 cup of water is used, the fudge warms it. A teaspoonful in a large pan of cold water gives you an accurate test.

When the boiling fudge gives the right test, remove the spoon and set the pan into the large pan of cold water. (Don't let it tip.) Don't stir it! This is a critical stage.

**Reason:** The fudge now is a supersaturated solution. This means that there is more sugar dissolved in the hot milk than could be dissolved in the cold milk. So the sugar tends to settle out as the mixture cools, especially if the mixture is stirred, if there are any rough spots on the pan, or if there is any undissolved sugar in the mixture.

When the fudge is cooled, the kettle may be lifted out carefully to replace the warmed water in the large pan with cold water. Let the fudge cool until an imprint is left when the fudge is pressed with the finger (and the fudge feels cold).

Now, add the vanilla and beat it! A wooden spoon is good for this. Beat it to mix in air and to make the fudge fluffy. When the fudge is as thick as molasses you can rest a few minutes, then beat it again. Don't leave it, though because it may harden suddenly. Now clean the surface of an enamel, composition, or metal table. Get out a teaspoon and a silver knife.

The fudge will get softer just before it sets. It will begin to look dull. Test a bit this way. Dip out a teaspoonful (using left hand) and scrape it out onto the table (using knife in right hand). Use

the knife to swirl the top. If the little patty of fudge doesn't stay in place, scrape it up and put it back into the kettle. Beat some more, and watch it. If the test patty holds its shape, work fast and shape all the fudge into little rounded patties.

**Reason:** These little patties stay soft inside, yet they are firm enough outside to handle. When all the patties are made, they should be ready to serve. Put remaining ones in cake box or can with a tight-fitting lid. These will be even better the second and third day.

**Chocolate Waffles:** Melt one 6-ounce package chocolate chips over hot (not boiling) water. Cool and fold into waffle batter. Bake. Serve with vanilla ice cream and chocolate sauce.

**Just-in-case Suggestions** You can double this recipe, but don't try to make half a recipe. You can add 1/2 cup chopped nuts just when the fudge begins to set. If added too early, it's hard to beat the fudge, and if you have to cook it over, the nuts become soft.

And if the fudge is sugary after all (you didn't follow the directions?), add 1/2 cup milk, stir well, and start re-cooking. But do stir to dissolve all the sugar this time, and let it get really cold before beating. If the fudge sets before you get the patties made (cooked too much?), add a spoonful of cream, scrape out the fudge onto the table, and knead it with the ball of your hand. Add a little more cream and knead until the fudge is all softened into a big ball. Shape into little balls or into a long roll and slice it or leave in roll until ready to serve. If the fudge doesn't set, add 1/4 cup milk. Stir and recook it.

**Sleep-Tight Waffles** Makes 10 servings 4 cups ready mix pancake flour 4 cups milk 2/3 cup melted shortening 4 eggs

For the waffles, place all ingredients in a large bowl; beat with a rotary egg beater until fairly smooth. For a 7-inch round waffle, pour 2/3 cup batter on hot waffle iron. For large waffles, use more batter. Bake waffles until steaming stops.

**Midget Cream Puff Salads** Cream Puffs: 1 cup hot water 1/4 cup butter or margarine 1/4 teaspoon salt 1/2 cup enriched corn meal 3/4 cup sifted enriched flour 4 eggs

Vary the fruit you serve for breakfast by including dried and canned as well as fresh and frozen. The new way many folks are fixing prunes these days is to put some prunes in a jar and cover with boiling water. Let stand 48 hours in refrigerator.



**HERE'S A REALLY NEW IDEA**—If they like pudding cold, they'll love it hot! Dishes of warm chocolate pudding, touched with white by the lightly melted marshmallows... try this and watch eyes light up and smiles grow warm!