

Caramel Pecan Rolls Are Tasty And Delicious



LUSCIOUS CARAMEL PECAN ROLLS are an ever-welcome treat, and especially so when home-made and served hot from the oven. They are also good with hot soup or a seafood dish.

Pecan Rolls Are Delicious

Making a large recipe of a good, basic yeast dough for rolls and then freezing it in convenient portions makes it possible to have these and other favorite hot rolls ready in just a few minutes time. Wrap the packets of dough carefully in freezer wrap, label them, and freeze. The dough will keep well for six months.

To make these pecan rolls extra good, your favorite recipe of sweet dough can be rolled, spread lavishly with a delicate natural flavored margarine, then folded over and kneaded until the margarine is streaked throughout. This gives the finished rolls a marvelous flavor and extra richness.

When the family calls for caramel pecan rolls, let a portion of the dough thaw in the refrigerator. Prepare a syrup of brown sugar, margarine and water and put some in the bottom of lightly oiled

muffin tins, with four or five pecan halves. Roll out the dough, brush it with margarine and sprinkle with chopped pecans. Roll it up jelly roll fashion, cut into 2 inch slices and place in the muffin tins. Let the rolls rise to double in size and then bake at 400 Deg. F. for about fifteen minutes.

Serve these rolls fresh and warm with plenty of margarine. For later good eating, split the rolls in two crosswise and grill until hot.

A Steaming Soup

Of White Rice and Tender Spinach

Budget wise homemakers welcome delicious, inexpensive and satisfying soup. Even finicky eaters will go for this splendid tasting cream soup of delicious white rice and tender green spinach.

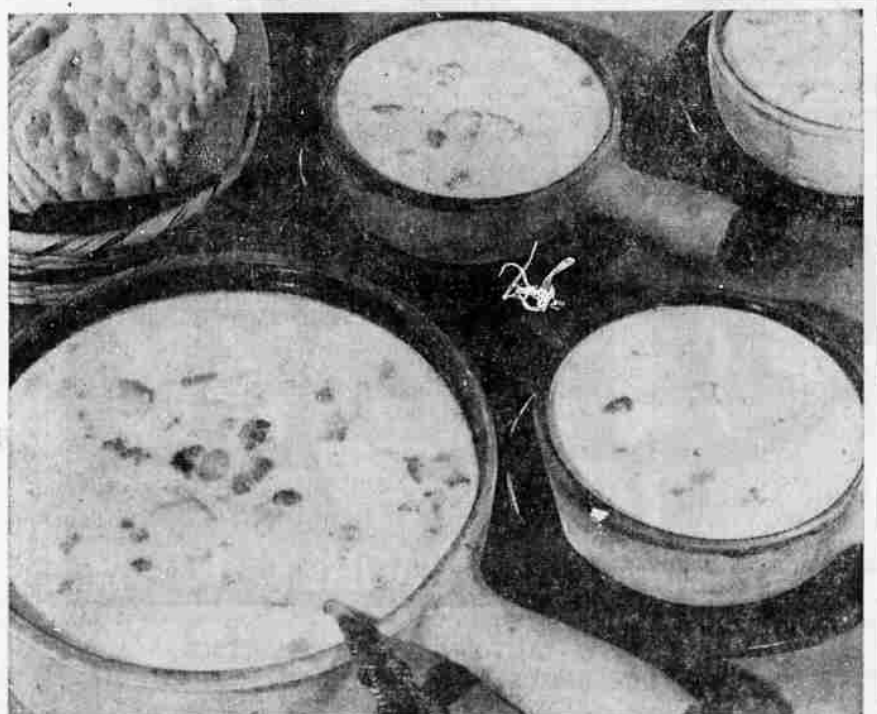
Ingredients:

- 2 cups cooked rice
- 3 tablespoons butter or margarine
- 3 tablespoons flour
- 3 cups milk
- 4 cups meat stock (any kind, or 4 cups water and 4 bouillon cubes)
- 1 1/2 cups cooked spinach, chopped fine
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon nutmeg

Preparing the fluffy white rice:

To make 3 heaping cups of white fluffy perfectly cooked rice: put 1 cup uncooked rice, 2 cups cold water, 1 teaspoon salt in a 2-quart saucepan. Bring to a vigorous boil. Turn down heat as low as possible. Cover saucepan with a lid and leave over this low heat for 14 minutes.

Method: Melt butter or margarine in a large saucepan or soup kettle. Blend in flour. Gradually add milk. Add meat stock, spinach, rice, salt, pepper. Heat thoroughly. Add nutmeg just before serving.



SEAFOOD CHOWDER is a delightful soup that is made with nonfat dry milk. It is economical and is easy and simple to prepare by the homemaker when she is in a rush or is behind in her work.

There's many a supper or lunch time that the family can almost make a meal of generous servings of hearty chowder. Seafood chowder enriched with an extra amount of milk nutrients through the use of economical nonfat dry milk, makes mighty good eating.

By using nonfat dry milk powder in this recipe the homemaker is able to eliminate the step of making a roux for a cream-type soup. Nonfat dry milk is so handy for it can be used for drinking, cooking, baking, with cereals or for whipping. It comes in either a pre-measured package containing three envelopes, each of which makes one quart of dairy sweet nonfat milk, or in a one-pound

package which yields five quarts. It is so simple to use, either in powder form or liquid, nonfat dry milk is an excellent buy in nutrition for it is extremely economical, costing only about nine cents a quart and it is rich in protein, calcium, riboflavin and lactose.

Seafood Chowder (Makes 2 quarts)

- 1/2 cup finely diced salt pork
- 1/3 cup chopped onions
- 1/3 cup finely chopped celery
- 1 1/2 cups diced uncooked potatoes
- 2 cups water
- 1 pound fresh or frozen haddock or perch fillets, cut into 1/2 inch cubes
- 1/2 cup nonfat dry milk
- 1/2 cup flour

Douglas County Favorites

A very unusual Douglas County Favorite comes from Mrs. Frank Smith of Melrose. Mrs. Smith has lived in Douglas County for 35 years and everytime she has served this recipe, people have raved about it. The recipe is an Italian

Delight Family With Pinwheels

Quick as a wink to make are these "Almond Pinwheels." Roasted blanched almonds are combined with brown sugar, honey and cinnamon for the luscious yum yum filling. Serve any occasion when you want a quick goodie to go with coffee, tea or milk.

Almond Pinwheels

- 2 cups sifted all-purpose flour
- 3 tablespoons baking powder
- 1 teaspoon salt
- 4 tablespoons shortening
- 2/3 cup milk
- 1/4 cup brown sugar (packed)
- 1/4 cup honey
- 3 tablespoons butter or margarine
- 1/3 cup chopped roasted blanched almonds
- 1 teaspoon cinnamon

Sift dry ingredients together; cut in shortening until mixture is like coarse corn meal. Stir in milk with a fork. Knead lightly about 10 times. Roll dough to 1/2-inch thickness on floured board. Blend together brown sugar, honey and butter. Spread on dough and sprinkle with almonds and cinnamon. Roll up like jelly roll and cut crosswise into 1-inch slices. Place cut side up in greased muffin tins. Bake in hot oven (425 degrees F.)

Yeast Rolls Are Ideal For Lunch

It's hard to imagine anything that has more appeal than home baked yeast rolls, hot from the oven and fragrant and good.

Don't let the idea of making yeast dough scare you. It's really quite easy to make a good, rich dough for rolls. Prepare a large recipe to divide and freeze for future use, and delectable hot breads with home-made goodness will be a quick and easy treat you'll serve often.

To free the dough, divide a large recipe into six or more balls. Wrap carefully with freezer wrap and label the packages to identify contents, amount, and date of freezing. Freeze the dough quickly. This will keep well for six months.

Choose a good recipe for hot rolls.

For extra richness and flavor plus, you'll want to spread the dough with plenty of delicate natural flavored margarine. Just roll it out about 1/2 inch thick, spread generously with the softened margarine and fold it over, one third of the dough at a time. Knead it gently until the margarine is streaked through the dough.

One of the favorite uses for this

extra rich dough is luscious caramel pecan rolls. Prepare a syrup of 1/2 cup sugar, 1 cup of firmly packed brown sugar, and 2 tablespoons of water, heated to melt sugar and combine ingredients. Put a tablespoonful of the syrup in 4 or 5 pecan halves in the bottom of each lightly greased muffin pan. Allow a portion of the dough to thaw in the refrigerator. Roll it into a rectangular sheet from 1/4 to 1 inch thick, brush with margarine, and sprinkle with chopped pecans. Roll in jelly roll fashion, cut into 2 inch slices and place cut side down in the muffin pan. Let rise until double in size and bake in a hot oven (400 Deg. F.) for about 15 minutes. Serve these rolls hot. Leftovers, if there are any, are wonderful split and toasted.

Here's the recipe for these extra rich, "Best Ever Yeast Rolls." It's a sizable recipe that will provide for plenty of good eating.

Best Ever Yeast Rolls

Yield: about 19 doz. rolls

- 1 pound margarine
- 1 1/2 oz cake yeast
- 1/4 cup lukewarm water
- 1/2 cup sugar
- 1 teaspoon salt
- 4 eggs
- 2 1/2 cups cold milk
- 8 to 10 cups flour

Dissolve yeast in water. Combine sugar and salt. Add eggs, one at a time. Beat well after each egg is added. Add yeast and milk. Add flour and mix well. Turn out lightly floured board and knead 8 minutes. Spread and fold half of the softened margarine into each half of the dough as follows: Spread the dough and fold remaining third on top. Knead lightly to work margarine into dough. Use as little flour as possible to prevent sticking.

Next combine both pieces of dough and knead just enough to blend. Do not overwork this dough. Keep margarine in streaks. Place in bowl (rubbed with margarine). Cover. Keep in refrigerator overnight. Now it's time to freeze the dough. Divide dough into 6 or more balls. Wrap in freezer wrapping. Label and freeze quickly. This will keep 6 months.

To use, let dough thaw in refrigerator and shape into rolls. Let rise until double in size. Bake in a hot oven (400 Deg. F.) 15 minutes. Serve hot.

Tasty Lunches Make Children Delighted

Because smooth - bland tasting foods are usually taste-favorites with children you'll find that dairy foods have special appeal in preparing nourishing, appetizing lunches. A glass of milk is a must for any child's lunch - that we know. But here's a little reminder - there are hundreds of wonderful ways to include dairy foods in the lunch menu to make it both flavorful and nutritious. Cream soups, sandwiches, simple casserole dishes, desserts and salads all may be prepared with milk, butter, cheese, and ice cream.

With home-grown tomatoes in season, youngsters will love tasty Cream of Fresh Tomato Soup. The secret of this recipe is the delicious cream sauce base - no curdling! Another grand luncheon dish is Toasted Beef 'n Cheese Rolls - so good and easy to make. Peanut Butter Custard will be a welcome surprise for a school lunch. This delicious dessert can be carried in a packed lunch, too.

Cream of Fresh Tomato Soup (Serves 6)

- 4 medium tomatoes, peeled and cut in small pieces
- 6 tbsp. butter
- 4 tbsp. flour
- 2 cups milk
- 1 tsp. salt
- Pepper to taste
- 2 tsp. chopped parsley

Coat tomatoes with 2 tbsp. of the butter until hot and bubbly.

To make cream sauce melt butter in saucepan and blend in flour, mixing well. Add milk gradually, stirring constantly. Cook and stir until sauce becomes slightly thickened. Add seasonings and hot tomato mixture, stirring to blend. Serve hot garnished with parsley.

Toasted Beef 'n Cheese Rolls (Serves 6)

- 1/2 cup finely chopped celery
- 1/2 cup pickles, minced
- 6 frankfurter rolls, split
- 1/2 cup butter, softened
- 1 jar dried beef (3 oz.)
- 2 cups grated Cheddar cheese
- Combine celery and pickle relish. Spread over surface of rolls generously with butter. Place slice of dried beef on each half. Spread celery relish mixture over meat and spread with grated cheese. Place on broiler rack and toast until cheese is melted.

Peanut Butter Custard (Serves 6)

- 2 eggs, slightly beaten
- 1/4 cup sugar
- 1/4 tsp. salt
- 2 cups milk
- 1/4 cup peanut butter
- 1/4 tsp. vanilla
- Nutmeg

Rice And Crabmeat Casserole Delights

All the "fleet" (your family) will be in and on time for the meal if they are given notice that this sumptuous rice and crabmeat "galley." This seaworthy rice casserole is coming from the treat won four place honors in the rice and fish division of the Creole Cookery Contest at the 1952 International Rice Festival. It is really good!

The oodles of melt-in-the-mouth tastes, from stem to stern, in this prize winning rice dish are terrific enough to cause King Neptune himself to tuck a napkin under his chin and pick up a fork.

Rice and Crabmeat Casserole

Ingredients

- 1/2 cup butter or margarine
- 1/2 cup sugar
- 2 cups milk
- 1 cup crabmeat
- 1 cup cooked rice
- 4 hard cooked eggs, chopped
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped parsley
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup bread or cracker crumbs

Preparing The Fluffy White Rice:

To make 3 liberal cups of fluffy rice, put 1 cup of uncooked rice, 2 cups of cold water and 1 teaspoon of salt into a 2 quart saucepan and bring to a vigorous boil. Turn the heat as low as possible. Cover saucepan with a lid and leave over this low heat for 14

minutes. Turn off the heat. Do not remove lid nor stir rice while it is cooking. After rice has cooked, remove saucepan from heat—but keep the lid on until rice actually is served.

Use exact measurements of uncooked rice and water. Time the cooking accurately.

For real convenience and economy of time and effort, keep unused rice in the refrigerator in a covered container at all times. Use it for many quick, delicious and inexpensive soups, salads, casserole dishes, hot breads and desserts.

Method: Melt butter or margarine in a saucepan. Add the flour and blend thoroughly.

Gradually add the milk and continue stirring until the mixture thickens. Add the crabmeat, rice, eggs, onions, parsley, salt and pepper to this sauce. Mix thoroughly. Place in a greased casserole. Cover with the crumbs. Bake in a 350 Deg. F oven for 30 minutes.

HAMBURGER

Next time you buy hamburger, get it ready for cooking in a skillet as soon as you buy it. Make the meat into patties and layer them between squares of waxed paper, then wrap them all in another piece of the paper. Refrigerate the patties and use within two days.

Eat Peach Bran Muffins Anytime

There's no excuse for muffins playing the same old role every time you make them, for the muffin parade is endless. These "Peach Bran Muffins" are fairly bursting with the fresh-picked fruit flavor of canned cling peaches. The bran cereal adds interesting texture as well as nourishing goodness.

Peach Bran Muffins

- 1 cup sifted all-purpose flour
- 3 teaspoons baking powder
- 1/4 teaspoon salt
- 3 tablespoons granulated sugar
- 1 cup bran cereal
- 1 egg
- 1/2 cup milk
- 1 tablespoon molasses
- 2 1/2 tablespoons melted shortening
- 1/4 cup canned cling peach slices

Sift together flour, baking powder, salt and sugar. Stir in bran. Beat egg, add milk, molasses and melted shortening, and mix well. Dice peach slices. Combine flour and liquid mixtures and fold in peaches quickly. Spoon into greased muffin pans. Bake in hot oven (400 degrees F.) 25 minutes. Makes 14 medium-sized muffins.

Hats Off And Three Cheers



HATS OFF AND THREE CHEERS for this recipe! A good old-fashioned coffee cake with a rich oatmeal dough as tender and flaky as any Grandma ever made.

Old-Fashioned Date Crescent Coffee Cake

Date Crescent Coffee Cake

Date Crescent Coffee Cake is a breakfast treat we'd like to serve three times a day. Created especially as a companion to that early morning cup of coffee, we found it's just as delicious a lunch time dessert or with a late evening snack of soup and a glass of milk.

Certainly the good flavor and the tenderness of the oatmeal dough will win lots of friends for sweet nut-like flavor goes well with the rich date filling. To bring it to a peak of goodness, the warm coffee cake is frosted with confectioners' sugar. Then for a decorative touch it is sprinkled with grated orange rind. The result... a picture too pretty for words. With so much good flavor incorporated into one recipe, date crescent coffee cake can't help but be a favorite of yours.

For the filling, cook dates and water over low heat for 5 to 10 minutes until thickened, stirring frequently; cook and beat to a paste.

For the dough, sift together flour, baking powder, salt and sugar into bowl. Cut in shortening until mixture resembles coarse crumbs. Add rolled oats and mix

Date Filled Crescent Makes 1 coffee cake

Filling:

- 1 1/3 cups pitted dates (about 7 ounces)
- 1/2 cup water

Dough:

- 1 1/2 cups sifted enriched flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 2 tablespoons sugar
- 1/3 cup shortening
- 1/2 cup rolled oats (quick or old fashioned, uncooked)
- 1 egg, beaten
- 1/3 cup milk

For the filling, cook dates and water over low heat for 5 to 10 minutes until thickened, stirring frequently; cook and beat to a paste.

For the dough, sift together flour, baking powder, salt and sugar into bowl. Cut in shortening until mixture resembles coarse crumbs. Add rolled oats and mix

lightly. Add egg and milk all at once and stir only until dry ingredients are dampened. (Add a little more milk if necessary to make a soft dough.)

Turn out on lightly floured board and knead gently a few seconds. Roll out to an oval shape about 1/4-inch thick; transfer to a greased cookie sheet. Make 4 cuts in one of the long sides of the oval, starting at the edge and cutting almost half way across. (This will form 5 fan-shaped strips of dough.)

Spread the date filling over the other half of the oval. Fold the 5 strips over the filling and seal by pressing edges of dough together. Curve into a crescent shape. Bake in a hot oven (425 Deg. F.) for 13 to 20 minutes. While still hot, frost with confectioners' sugar frosting made by mixing 2 tablespoons soft butter or margarine, 1/2 cup confectioners' sugar and about 1 tablespoon milk. Sprinkle with grated orange rind, if desired.

Franks And Lima Soup Is Tasty

When your gang comes home with hungry, hearty appetites, have a big kettle of "Franks and Lima Soup" ready to serve. It's a tasty vegetable soup with plump California large limas and slices of frankfurter to make it extra nourishing. We like to cook a large amount of dry limas so there will be plenty on hand to use in soups, casseroles and other favorites.

Franks and Lima Soup

- 1 tablespoon butter or margarine
- 1 carrot
- 1 large stalk celery
- 1/2 cup canned tomatoes
- 2 cups cooked large dry limas (1 cup uncooked)
- 1 cup water
- 1/2 teaspoon salt
- 2 frankfurters

Cook onion in butter until transparent. Add carrot and celery cut

Julienne style, tomatoes, limas with their cooking liquid, water and salt. Simmer 15 minutes. Slice frankfurters, add to soup and simmer thoroughly. Serve at once. Makes 6 servings.

A Growing Family Loves Coffee Cake

Planning menus for a growing family? Then you'll want to include this "Up side Down Prune Coffee Cake." Tart apples and moist flavorful prunes are combined with brown sugar and spice, and spread on the bottom of the pan, then topped with the batter. Turn out upside down and serve hot with glasses of milk or hot coffee.

Upside Down Prune Coffee Cake

- 1 cup cooked prunes
- 2 cups sifted all-purpose flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1/3 cup shortening
- 1/4 cup milk
- 1 cup thinly sliced apple
- 4 tablespoons melted butter or margarine
- 1/2 cup brown sugar (packed)
- 1/2 teaspoon cinnamon

Cut prunes from pits into small pieces. Sift flour, baking powder and salt together. Cut in shortening. Stir in milk. Add prunes and apples blending thoroughly. Combine melted butter, sugar and cinnamon, and spread half in bottom of 8-inch square pan. Pour in batter and spread remainder of butter and sugar mixture over top. Bake in hot oven (400 degrees F.) 50 to

60 minutes. Turn out upside down and cut into squares. Serve hot. Makes 1 (8-inch) coffee cake.

Old-Fashioned Vegetable Soup

- 2 pounds beef soup bone with meat
- 1/4 pound beef liver, diced
- 2 quarts cold water
- 2 teaspoons salt
- 1/2 cup shredded cabbage
- 1/2 cup diced carrots
- 1/2 cup diced celery stalk
- 2 tablespoons green pepper, diced
- 1 small onion, diced
- 2 sprigs parsley, chopped
- 1/2 cup peas
- 1/2 cup diced potatoes
- 1/4 pound spinach, chopped
- 1 cup tomatoes
- 1/2 cup diced turnip

Wash the meat in running water and cut it into small pieces. Add liver and water, heat the mixture to boiling, and simmer for three hours until the meat is tender.

Add the remaining ingredients and cook for another hour until the vegetables are tender. Remove the bone and cool the soup. Then take off the fat and reheat the soup. It will serve six persons.