

Planning Is Necessary For Nutritious Lunches

Hot Sandwich Tasty Entree At Noontime

Attractiveness and good nutrition are achieved in this lunch for the youngster who eats at home. It features corned beef on a potato patty, a marinated green bean and onion salad—peach tapioca pudding and milk.

Corned Beef-Potato Sandwiches
1 package (12 ounces) quick-frozen potato patties
Butter or margarine, softened
4 slices corned beef
1 tablespoon prepared mustard
Mustard Sauce (optional)
Preheat broiler. Put frozen potato patties on a baking sheet and spread with softened butter. Broil 5 inches from heat until golden brown — 5 to 7 minutes. Turn patties, spread with softened butter, and broil 5 to 7 minutes. Top patties with corned beef and spread with mustard. Broil about 2 minutes. Serve with Mustard Sauce, if desired. Makes 2 or 3 servings.

To make Mustard Sauce: Melt 1/2 tablespoon butter in saucepan. Add 1 1/2 tablespoons flour to make a paste; gradually add 1 cup milk. Cook until thickened. Remove from heat. Blend in 1 tablespoon prepared mustard.

Peach Tapioca
1 package (12 ounces) quick-frozen sliced peaches
1/4 cups peach juice and water
2 tablespoons quick-cooking tapioca
3/4 cup sugar
1/2 teaspoon salt
1/2 cup lemon juice
1/2 cup cream, whipped (optional)
Thaw fruit just until it can be separated; drain well. Measure juice and add enough water to make 1/4 cups.

Combine tapioca, sugar, salt and peach juice and water in saucepan. Cook and stir over medium heat until mixture comes to a boil. Add peaches and bring to a boil again, stirring constantly. Add lemon juice, blend, and remove from heat. Cool, stirring once after 15 to 20 minutes. Chill. Before serving, fold in whipped cream. Makes 4 or 5 servings.

Green Bean Salad
1 package (9 or 14 ounces) quick-frozen cut green beans
3/4 cup vinegar
2 tablespoons olive oil
2 tablespoons chopped onion
1/2 teaspoon salt
1/2 teaspoon sugar
1/4 teaspoon Worcestershire sauce
Dash of pepper
Cook beans as directed on package; drain. Combine remaining ingredients and pour over beans. Chill. Serve on crisp lettuce. Makes 3 servings with a small package of beans; 5 to 6 servings with a large package of beans.

Connie Baker's FOOD features

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... for lunch at home

Cowboy Lunches Pleasant Temptation To Youngsters

Chuck Wagon Lunch
Sliced Bologna On Bun
Pickle Slices
Cream Soup in Thermos
Quartered Orange
Date Apple Cookies
The end of summer means the end of carefree vacation time and back to school for younger citizens. And for Mother it means planning well over 150 interesting nutritious lunches for each hungry youngster this year.

An ideal little lunch box for that junior cowboy begins with cream of vegetable soup that is tasty and offers some of the vegetables he needs. Helpful hint — to keep soup as hot as possible pour into a thermos that has been rinsed with hot water. Also, to keep thermos bottle sweet, clean it with a baking soda solution. An interesting lunch box, thermos, napkins or other "accessories" often make the food more appealing!

For a sandwich designed for the junior-sized eater, try slicing cooked bologna on a hot dog bun cut in thirds. And pickle slices are a perfect relish for the "hot dog" sandwich.

Now for the just right dessert—Date Apple Cookies. They are

made by simply adding abundant apples and nuts to date bar mix. The result is a moist, chewy, date cookie full of apple chunks; a good cookie jar cookie that packs well in school lunch boxes.

An orange is a good fruit to include in any lunch, and the members of the younger set love to eat their oranges right out of the hand. So why not quarter the orange leaving on the peel? It's easy to pack using aluminum foil that holds the sections together.

Here is the recipe for Date Apple Cookies:

Date Apple Cookies
Heat oven to 400° (mod. hot). Mix date filling from date bar mix with 1/4 cup hot water. Blend in crumbly mixture, 1 egg, 1 cup finely chopped unpeeled apple, and 1/2 cup chopped nuts. Drop teaspoonsful about 2" apart on lightly greased baking sheet. Bake 8 to 10 min. Makes about 4 doz.



... chuck wagon lunch

Memorable Dessert Is Taste-Appealing

When the occasion is supposed to be memorable, make sure that dinner is by serving "Peach-Coconut Cream Pie." Here's a real dessert production — but certainly not off any assembly line. It combines juicy canned cling peaches, flaked coconut and all sorts of taste-appealing ingredients in a refrigerated delight. Topped with whipped cream and garnished with peach slices and coconut, this dessert gives a flavorsome new meaning to the word pie.

Peach-Coconut Cream Pie
1 (1 lb. 13 oz.) can cling peach slices
3 eggs
3 1/2 tablespoons sifted all-purpose flour
2 tablespoons cornstarch
3/4 cup rich milk
1/2 cup sugar
1/2 teaspoon salt
2 tablespoons butter or margarine
1 tablespoon lemon juice
1/4 teaspoon almond extract
1 teaspoon vanilla
3/4 cup flaked coconut
1 baked, cooled 9-inch pie shell
Drain peaches; measure 1 cup slices and crush coarsely; save remaining slices for garnish. Beat 1 egg plus 2 yolks and blend with crushed peaches, flour, cornstarch, milk, 1/2 cup sugar and salt. Cook over boiling water and cook until thickened, stirring now and then, about 10 minutes. Remove from heat and stir in butter, lemon juice and flavorings; cool. Beat remaining 2 egg whites until stiff; beat in remaining 1/4 cup sugar to make meringue. Fold into cooled peach mixture along with 1/2 cup coconut. Turn into baked, cooled pie shell. Refrigerate for several hours, until set. Garnish with remaining peach slices and coconut. Makes 1 (9-inch) pie.

Note: Pie may be topped with sweetened whipped cream before garnishing with peach slices and coconut, if desired.

Keep Meat On Daily Menu To Provide Protein Needs

Buy a couple packages of cold cuts, and you'll have sandwich fillings for a week of school lunch boxes, says the American Meat Institute. For example, one day the sandwich might be made of bologna slices. The next day the bologna might be ground and mixed with chili sauce, minced green onion and a bit of horse-radish to make an entirely different filling. The third day the sliced bologna might be sandwiched with thin-sliced dill pickles for still another version.

With enough resistance to ward off illness, keep meat on their daily menus. Start them off to school or play each day with a hearty breakfast featuring meat. Give the youngsters a protein-rich lunch, even if it is simply a meat sandwich, glass of milk and a fruit dessert. Then finish the day with a nourishing meal of meat and potatoes, a green or yellow vegetable, some crisp relishes, bread, dessert and more milk.

Cookies for After-School Pick-Up
Make a big batch of cookies to serve when the children arrive home from school. Lard-made cookies provide plenty of ready food energy for hungry youngsters. The fat can be used equally well in crisp drop cookies or light and tender bar cookies, suggests the American Meat Institute.

Eating High Off the Hog
A common expression, "eating high off the hog," stems from the fact that lard chops and roasts come from the upper section of the animal, the American Meat Institute reports. In years gone by, when a person switched from the standard diet of salt pork to loin roasts, he was indeed living well.

Protein and Youngsters
For the healthy functioning of body tissues — their growth, maintenance and repair, children according to their age and weight need up to three times more protein per pound of body weight than do adults. Only generous amounts of top quality protein foods can satisfy the daily protein needs of children and adults.

Definition
What's a "cottage roll"? It is a smoked pork shoulder butt, a handy pork cut that usually makes two meals for an average-sized family, says the American Meat Institute.

Freeze Lunchbox Sandwiches
It's an easy matter to prepare a batch of sandwiches at one time and then freeze them for use in lunchboxes later on, according to the American Meat Institute. You could do a week's supply of sandwiches at one "sitting" and they'd be ready for quick insertion into both a man's and the children's lunchboxes.

Royal Eating
Legend has it that one of our favorite meats was such fine eating that an English king knighted it and gave it the title, "Sir Loin." Just as the king was impressed with the sirloin steak, so are we impressed with its tenderness and fine flavor. Besides the sirloin, there are club, T-bone and porterhouse steaks, equally as good tasting and easy to cook, reports the American Meat Institute.

ELEGANT CAKE
Here's an easy, yet elegant-looking 4-layer cake. Cut two 8-inch layer cakes into two thin layers and put together with a prune whip filling. Soften 2 teaspoons plain gelatin in 1/2 cup prune cooking liquid and dissolve over hot water. Stir gelatin and 1/4 cup sugar into 2 cups cooked prunes, cut in small pieces. Cool until slightly thickened, then combine with 1 cup cream, whipped until stiff. A sprinkling of confectioners' sugar is all the frosting required.

PEACH DESSERT
Slip this dessert into the oven just before you sit down to the dinner table, then serve it warm and luscious at dessert time. Put 6 canned cling peach halves in a flat baking dish. Combine 1/2 cup each brown sugar and orange juice and boil 3 minutes until slightly thickened. Pour over peaches and top with coconut and marshmallows. Bake in moderate oven about 20 minutes.

CHOCOLATE RAISINS
The secret to making chocolate-covered raisins is to melt the chocolate very slowly. To 2 cups of raisins, use 8 ounces of semi-sweet chocolate, melted over warm water. Stir the raisins into the chocolate, then drop by teaspoonsful onto waxed paper.

Yeast Batter Good For Fritters

Fritters, a delicacy in puffy brown jackets, may be made with a great variety of fruits, vegetables and meats, according to the theory and taste of the cook.

When made with a yeast-raised batter, fritters have the same nutlike flavor of home-baked bread. Fruit fritters, made with fresh or canned fruit, are at home served plain with the meat course or topped with a sweetened sauce for a delicious dessert. Whip up the batter before you start preparing the rest of your dinner and there'll be plenty of time for the yeast action to take place before you're ready to cook it.

Peach Fritters
1/2 cup warm (not hot) water
1 package active dry yeast
3 tablespoons sugar
1 tablespoon shortening, melted
1/2 teaspoon salt
1/2 teaspoon cinnamon
1 egg, beaten
1 1/2 cups sifted enriched flour
1 1/2 cups canned peaches, chopped and drained
Measure warm (not hot) water into a large mixing bowl. Sprinkle in yeast. Stir until dissolved. Stir in sugar, shortening, salt, cinnamon and egg. Add flour. Stir about

1 minute or until well blended. Cover. Let rise in a warm place, free from draft, about 40 minutes or until doubled in bulk. Stir batter down. Stir in peaches. Drop batter by teaspoonfuls into deep hot fat at 375 degrees F. and fry about 3 to 5 minutes until golden brown. Turn just once during cooking. Serve with Peach Preserve Sauce. Makes about 2 dozen small fritters.

Peach Preserve Sauce
Combine 3/4 cup peach preserves with 3 tablespoons water in a saucepan. Cook, stirring constantly, until blended. Remove from heat; stir in 1 teaspoon lemon juice. Serve hot.

Right now is the ideal time to buy active dry yeast for your fall and winter baking as it is being sold in the thirty-three packages — three packages for the price of two. The expiration date is marked

on the label so that you can be sure of excellent results.

Novel Cookies Pretzel Shaped

Molasses Pretzel Cookies
5 to 5 1/2 cups sifted enriched flour
1/2 teaspoon baking soda
1/2 teaspoon salt
2 teaspoons cinnamon
1 teaspoon ground cloves
1 teaspoon ginger
1 cup shortening
1/2 cup sugar
1 cup dark molasses
1 egg
Granulated sugar

Sift together 5 cups flour, soda, salt and spices. Cream together shortening and sugar. Add molasses and egg and mix well. Add dry ingredients and stir with a spoon, then knead by hand until well blended. Add additional flour if needed. Dough should be stiff but pliable. Break off pieces of dough about 1 inch in diameter, and roll under palms of hands, on lightly floured board or pastry cloth, to form ropes 3/4 inch thick and 12 inches long. Twist into pretzel shapes. Place on lightly greased baking sheet. Bake in moderate oven (350 degrees F.) for 15 minutes, until very lightly browned. Carefully remove cookies from baking sheet and dip into sugar at once. Makes about 4 dozen cookies.

Potato and Cabbage Soup
1 medium onion, chopped
2 tablespoons butter
1 tablespoon flour
1 teaspoon salt
3 cups water
2 medium potatoes, peeled and diced
2 cups chopped raw cabbage
1 tall can evaporated milk (1 2/3 cups)
Cook onion slowly in the butter until tender. Stir in flour, salt and water. Add potatoes and cabbage and cook until tender. Stir in evaporated milk and heat until hot. Makes 4 servings. Each serving contains the equivalent of more than 1/2 cup whole milk.

Country-style Greens
1 pound fresh spinach or mustard greens
4 slices bacon
1/4 cup flour
2/3 cup evaporated milk
1/2 teaspoon salt
1/2 teaspoon grated onion
1 tablespoon vinegar
Wash spinach or greens thoroughly. Break off and discard stems. Place leaves in a large kettle, cover with a lid, and cook over very low heat until tender. (Water that clings to leaves is sufficient for cooking.) Meanwhile, fry bacon until crisp, then remove and set aside. Stir flour into bacon drippings, then add evaporated milk, salt and onion. Pour liquid off spinach or greens into evaporated milk mixture, mixing well. Cook over low heat, stirring occasionally, until thickened. Crumble bacon into sauce, then stir in vinegar. Pour over spinach or greens and mix lightly. Makes 4 servings. Each serving contains the equivalent of 1/2 cup whole milk.

Peanut Butterscotch Pudding
1 pkg. (about 4 oz.) butterscotch pudding and pie filling mix (not instant)
2/3 cup water
1 tall can evaporated milk (1 2/3 cups)
1/2 cup peanut butter (chunk-style preferred)
Stir water and evaporated milk into pudding mix in saucepan. Cook and stir over medium heat until thickened. Remove from heat; stir in peanut butter. Cover pan, cool, then chill. Makes 6 servings. Each serving contains the equivalent of more than 1/2 cup whole milk.

Vegetable Medley Casserole
2 cups cut green beans
2 cups celery crescents or slices
2 cups coarsely shredded cabbage
2 tomatoes, peeled and thickly sliced
1/4 cup butter
1/4 cup flour
2 cups milk
1 cup shredded Cheddar cheese (1/4 pound)
Salt and pepper to taste
Additional shredded cheese
Cook beans until almost tender,

then add celery and cabbage, and cook for 2 or 3 minutes, until celery is heated through, but still crisp. Drain thoroughly. Melt butter in a saucepan over low heat, blend in flour. Add milk stirring constantly. Cook until sauce is smooth and thickened. Add 1 cup of cheese and stir over low heat until melted. Season with salt and pepper to taste, and gently fold cooked vegetables thru the mixture. Transfer to a buttered shallow baking dish and top with seasoned tomato slices. Sprinkle with additional cheese and place under broiler heat to melt cheese and soften tomato. Or, bake in a 400 degree oven for 12 to 15 minutes, or until heated and beginning to brown. Serve at once. Makes 6 generous servings. Note: This combination should not overcook or stand since tender crispness of vegetables is part of its appeal.

Best-Ever Pancakes
2 cups sifted flour
4 teaspoons baking powder
1 teaspoon salt
1 egg
1 tall can evaporated milk (1 2/3 cups)
1/2 cup water
1/4 cup shortening, melted
Sift the flour with the baking powder and salt into a mixing bowl. In another bowl, beat the egg slightly, then stir in evaporated milk, water and melted shortening. Pour all at once into the flour mixture and stir until all the large lumps are gone (batter should still have small lumps). Pour 1/4 cup batter at a time onto a hot griddle or into a frying pan. Cook until first side is brown and bubbles form on the top, then turn and brown on second side. Makes 20 pancakes (6 servings). Each pancake contains the equivalent of slightly less than 3 tablespoons of whole milk.

Vegetable Medley Sparked By Cheese
To the imaginative cook, cheese is a food that can help change ordinary vegetables into dishes with new sparkle and taste appeal. The many varieties of cheese such as blue, Swiss, Cheddar, cottage and others can be combined with vegetables to add flavor, variety and food value to meals.

Cheddar is one of the most popular cheeses to combine or shred on top of your favorite vegetable dish. For example a quick garnish of shredded Cheddar cheese on hot cauliflower or cabbage will transform them from the usual into the unusual. A rich cheese sauce made with Cheddar cheese and milk is the perfect "flavor-blender" in a vegetable casserole. Both of these dairy foods also add generous amounts of high quality protein as well as minerals and vitamins to complement a variety of succulent vegetables.

Tuna Macaroni Loaf
2 cups uncooked elbow macaroni
1 quart boiling water
1 teaspoon salt
1 cup shredded sharp Cheddar cheese (1/2 lb.)
1 tall can evaporated milk (1 2/3 cups)
2 eggs
1/2 teaspoon salt
1 tablespoon grated onion
1 can (about 7 oz.) tuna
Cook macaroni in the boiling water with the 1 teaspoon salt until macaroni is tender. Drain macaroni, rinse with hot water, then drain again. Mix cheese and evaporated milk in a saucepan, and place over very low heat, stirring until cheese is melted and sauce is smooth. Remove from heat. Beat eggs, then add the 1/2 tea-

molasses pretzel cookies



... molasses pretzel cookies



... hearty family supper

Not Much Advance Preparation Necessary For Making Chowder

With the children back at school and the weather getting cooler, mothers must pay more attention to the evening meal. The main dish must be hearty and nutritious as well as appealing to the appetite. Here's a chowder that meets these needs. It's truly delicious. It's nutritious, too, because it combines whole milk, light cream, Cheddar cheese, sausage meat and chicken broth with ever-ready packaged sliced potatoes.

The ease of making this chowder is another good feature. None of the ingredients need much advance preparation. The pork sausage is already ground for you. The broth comes from a can on your pantry shelf and the sliced potatoes come from a package. (These potatoes, by the way, need little storage space and keep almost indefinitely.)

With this mouth-watering chowder pictured here, we suggest a salad of mixed greens, corn bread

squares and a pot of steaming hot coffee—milk for the children, of course.

Potato Sausage Chowder
1/2 cup diced onions
1/2 cup finely chopped celery
2 tablespoons butter
1 can (13 1/2 oz.) condensed chicken broth
1 teaspoon salt
1 cup packaged sliced potatoes
1 1/2 cups milk
1/2 cup light cream
1 teaspoon chopped parsley
1/4 lb. (about 1 cup) Cheddar cheese, cut in very small pieces
1/2 lb. ground pork sausage
Saute onions and celery in butter until soft but not browned. Add chicken broth, salt, pepper and packaged sliced potatoes. Cover and bring to a boil. Reduce heat and boil until tender, about 20 minutes. Add milk, cream, parsley, and cheese. Heat just until

cheese begins to melt. Meanwhile form sausage into very small balls. Place in skillet and fry until well-browned on all sides. Add to chowder just before serving. Makes 3 hearty servings.