

BITS OF LEFTOVER Jelly, not necessarily all of one kind, make muffins much more interesting. A spoonful or less, put on top before baking, is its own colorful garnish.

PAN-FRY shredded spinach in a little melted bacon fat, then serve topped with bits of crisp crumbled bacon. Serve with slices of broiled liver.



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IT'S SIMPLICITY ITSELF, yet this quick coffee cake topped with shimmering orange marmalade makes a dashing entry on your breakfast or tea-time table.

Marmalade Glaze Special Topping for Coffee Cake

For economy and enjoyment, headline coffee cakes and other good breads in your menu planning. There are many kinds of breads that you can make quickly at home—including rolls, coffee cakes, loaf breads and biscuit and

muffin specialties. Marmalade Glaze Coffee Cake is in this class. Spoon marmalade into a greased 8-inch square pan for the pleasantly tart topping. Prepare a quick coffee cake batter and pour over marmalade. Serve hot as it comes from the oven, along with cereal and milk topped with sliced bananas for a good breakfast.

Drink 'Apple a Day' In Low Calorie Juice

The old saying is that "an apple a day keeps the doctor away" and with considerable truth. The eating of apples and other fruits DOES most definitely help keep people fit. A modern version of that good advice is "DRINK your apple a day." Drink it as APPLE JUICE! A tall glass of well chilled apple juice is a real refresher after the hustle of the morning's work. Apple juice is low in calories, too—good news for those watching the pounds and inches. In fact, sip for sip, apple juice has fewer calories than any other fruit juice. This is the reason apple juice makes a fine between-meal treat for the children. It is one beverage that won't spoil their appetites for luncheon or supper. So let the youngsters drink apple juice any time. They will enjoy it and still come to the table with appetites keen and unimpaired.

Marmalade Glaze Coffee Cake
2 tbs. melted butter or margarine
1 1/2 cups sifted enriched flour
2 tps. baking powder
1/2 tsp. salt
1/2 cup sugar
1 egg, beaten
1/2 cup milk
3 tbs. melted shortening
Prepare 8-inch square pan by spreading with melted butter or margarine and marmalade. Sift together flour, baking powder, salt and sugar. Combine egg, milk and shortening. Add to flour mixture, stirring until mixture is smooth. Pour into prepared pan. Bake in moderately hot oven (400 deg. F.) 25 minutes.

Frozen Waffles Hot In a Minute

Newly introduced is the latest in meal-making convenience... a frozen waffle that needs only a minute in your toaster, and it's ready to serve! An important contribution to meal planning, these frozen waffles are completely baked, then frozen, six to a cellophane package. You store them in your freezer, or even in an ordinary refrigerator... they'll keep several days. When you're ready to serve, just take the package of waffles from freezer or refrigerator... no defrosting necessary... and drop individual waffles into your toaster, just like making toast. In one minute, you get delicious, hot waffles, ready to serve a hundred tempting ways. Out of the refrigerator, into the toaster and on your table in one minute... it's as quick and easy as that! No batter to mix, no waffle iron to watch, no cleanup job afterward.

A package insert suggests many ways to serve waffle meals, around the clock. Breakfasts as simple as waffles with butter and syrup... or as elaborate as eggs benedict on waffles. Luncheon suggestions such as grilled cheese on waffles, or waffle rabbit. For dinner, creamed fish or chicken on waffles make a delicious, quick-and-easy meal. Then, of course, these waffles make a grand dessert... and company fare.

Coburg WSCS Makes Towels for Aged Home

COBURG—Woman's Society of Christian Service of the Methodist Church turned in several tea towels at the recent meeting to be sent to the home for elderly people at Salem. Mrs. D. J. Calvert, Mrs. Lloyd Smith, and Miss Mary Cotton were named as a nominating committee.

QUICK RECIPE For Eggs and Tuna Delmonico: Combine a can of condensed cream of mushroom soup with 1/2 cup milk, 1 tbs. chopped pimiento and 1/2 cup grated cheese. Cook over low heat until cheese is melted. Stir in 4 sliced hard-cooked eggs and 1/2 can of tuna. Heat and serve on hot buttered toast. Makes 3 generous servings.

THEY WANTED DICKENS
BOSTON—(U.P.)—When Charles Dickens came here from England in 1867 to read some of his works at Tremont Temple, he was so popular that the advance sale of tickets totaled the then unheard-of sum of \$14,000.

FOR BRIDGE PARTY
ment, or when company comes, serve a crisp Waldorf salad with spicy red Washington apples. For added glamour, top with mayonnaise and one-third cup whipped cream, been lightly folded.

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