



German Treat Wheat germ German Apple Pancakes can be main course at meatless Lenten dinner—or breakfast or lunch. It's light and fluffy, with an apple-pie flavor.

Wheat Germ Added

Apple Pancakes Go to Dinner

Here's good news for the homemaker who must prepare meatless meals during the Lenten season.

The "good news" is a wheat germ German apple pancake, a Continental favorite, that is featured on dinner menus in leading German restaurants both here and abroad. It's real good eating, delicious and substantial.

The apples and lemon juice add a mouth-watering tang

which gives an "apple pie-like" taste-appeal to the light, fluffy pancake. With its wheat germ, milk, and eggs, this German delicacy is a nutritional powerhouse; good quality protein in the above foods making the pancake a good meat substitute. Wheat germ also contributes its B vitamins, vitamin E and other nutrients.

The pancake can be folded (as shown in foreground of picture) or it can be served pie-shaped as it comes from skillet. German restaurants usually serve it the latter way.

Wheat Germ German Apple Pancake

- 3 eggs, slightly beaten
- 1/4 cup milk
- 1/2 cup sifted flour
- 1/4 cup wheat germ
- 1/2 teaspoon salt
- 1/2 cup sugar
- 2 tablespoons butter or margarine

Golden Day Nears

Mr. and Mrs. Charles Stallings will celebrate their 50th wedding anniversary Sunday at an open house in the home of their son and daughter-in-law Mr. and Mrs. Lee Roy Stallings, 2595 Jeppesen Acres Rd., from 2 to 5 p.m. The couple requests no gifts.

PETUNIA!

Hooray for my manicure Polish! I have a New system for measuring Water for java!

Nice going, Petunia! It saves a lot of time measuring if you just put a dot of red nail-polish at the 2, 3, or 4-cup level... whichever you use most.

'Dear Abby'

—Abigail Van Buren—

DEAR ABBY: We are unable to convince our teenage daughter that it is bad taste to show affection in public. I'm talking about the sickening behavior one sees today between young people going steady. She thinks it's all right to hang on to a boy and put her arm around his waist while he does the same when they walk down the street. Also, because "everyone else does it" she sees nothing wrong with sitting practically on his lap while he drives the car. If we tell her it looks bad, she says we are living in the dark ages. She'll take your word for it, Abby, so please enlighten her, along with a few million others.

EXASPERATED
DEAR EXASPERATED: This is for all the vulnerable parties: Please, young lovers, wherever you are, believe me, it IS in the poorest taste to act lovey-dovey in public. A boy who respects a girl will not initiate it, and a girl who respects herself will not encourage it. So hands off. And I mean 100% off.

DEAR ABBY: Last fall a distant relative of ours started sending us a religious paper. Our family is not of that religion and we do not enjoy reading it. I know this relative meant well, but we are not interested in being "converted" and this paper seems to have that as its purpose. Should we let this relative continue it? The paper must cost something and I'm sure the postage does. We just throw it away without even looking at it. Or should we write and tell him to quit sending it?
MINNIE-APPOLIS

DEAR MINNIE-APPOLIS: Write to your relative and tell him you appreciate his thoughtfulness—but you and your family are not interested in the paper so he shouldn't waste the time and money to send it.

DEAR ABBY: The item in your column about how to tell an "eight-year-old blabbermouth" that he was going to have a little brother or sister brought back memories. When our little boy was eight, I was expecting a baby, and it was quite apparent. So I told him a new arrival was on the way. He said, "Let ME tell Daddy about it when he comes home from work." He was so disappointed when I told him that Daddy already knew.

MIRIAM
Stop worrying. Write to Abby. For a personal reply enclose a self-addressed, stamped envelope.

For Abby's booklet, "How To Have A Lovely Wedding," send 50 cents to ABBY, Box 3365, Beverly Hills, Calif. (Distributed by McNaught Syndicate, Inc.)

Extension Bulletin Tells How to Cook Seafoods

Turn the oven up to 400° F. when you bake salmon steaks if you'd have the essence of palatability, juiciness, and pink flakiness, advises Miss Virginia Houtchens, Lane extension agent.

At this temperature, white spots on the salmon steaks won't appear. Yet, the temperature isn't so high that the oven will be spattered and smoked. At 400° F., a 1-inch steak will be done in 23 minutes.

White spots in baked salmon, Miss Houtchens explains, are the result of protein which oozed out of muscle tissue then coagulated during baking. A research project completed by a professor of foods and nutri-

tion at Oregon State University proved 400° F. the ideal temperature for baking salmon steaks.

For information on preparing salmon call Lane Extension Service at DI 2-1311, Ext. 201, for "The Seafoods Story" and "Game Foods."

Cook, Can or Freeze Crabmeat Dungeness

Uncertain about "how to get at the meat" when you're handling a crab? Then here's the information that'll take you out of the landlubber class: It's the leaflet, "Crabmeat, Dungeness," yours by calling Lane Extension Service, DI 2-1311, Ext. 201.

Not only does it explain such intricacies as how to remove the craps (the backshell to the uninitiated), the leaflet includes full instructions for cooking, canning, and freezing this delicacy from the Oregon coast. For the best flavor and color in crab meat, the crab should be cleaned first, then pre-cooked prior to canning, according to Mrs. C. R. (Velma) Mitchell, Lane extension agent. "This is the practice used commercially which is far superior than the method of boiling the crab whole or partly cleaned," she explained.

Only live crabs should be used for canning, the agent said. Iced or thoroughly chilled, the crab will be inactive, simplifying the task of pulling the backshell to one side and cutting in half for cleaning.

Further hints for avoiding discoloration and "off-tastes" in crabmeat, the agent adds, are:

- Never allow crab meat to come into contact with copper or iron. Utensils of aluminum, stainless steel, galvanized, and enamelware are recommended.
- Rapid handling of crab meat is important. Do not let meat stand for long prior to packing or hold overnight in an acid brine.
- Use fresh acid brine as a dip.

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