



Date Nut Bread—If you want sandwiches as unusual as they are delicious, make them with the Date Nut Bread shown above. Imagine the luscious blend of flavors you get with dates, nuts, brown sugar and Graham flour! But you have to taste this Date Nut Bread to see how rich, tender and fine-flavored it really is!

Date Nut Bread is so easy to make, too, if you use a smooth, creamy vegetable shortening. It blends with the brown sugar and egg in no time. This tasty bread keeps beautifully fresh, too. In fact, it cuts better one or two days after it's made.

This tempting bread has such a mellow, satisfying flavor of its own that no elaborate sandwich fillings are necessary. Try serving it in very thin buttered sandwiches, or use a spread of cottage cheese, cream cheese, or cream cheese blended with candied ginger or orange peel, finely cut.

These sandwiches are delicious with fruit salad plates, and for bridge parties and evening refreshments. Remember this wholesome bread for those school lunches, too. Clip the recipe above and use it to make your next party or bridge luncheon a success.

Baked Stuffed Potatoes Good

3 large potatoes
2 tablespoons cream
2 tablespoons hot milk
1/2 teaspoon salt
3 tablespoons grated cheese
1/2 teaspoon paprika

Wash potatoes. Bake until soft when pressed with fingers. Remove from oven. Make slashes in sides of potatoes. Remove and mash potato pulp. Add cream, milk and salt. Sprinkle with cheese and paprika. Reheat for ten minutes in moderate oven.

Gingerbread Topping

Creamed cheese mixed with chopped dates and nuts makes a tasty topping for freshly baked gingerbread or it can be used as a filling for two layers of chocolate or spice cake.

Holiday Salad

8 cups cranberries
1 1/2 cups boiling water
2 cups granulated sugar
2 tablespoons granulated gelatin
1/4 cup cold water
1/4 cup orange juice
1 tablespoon lemon juice
1/2 teaspoon salt
avocado pear, sliced
4 tablespoons French dressing
1/2 cup salad dressing

Cook berries and boiling water together for seven minutes. Add sugar and, when mixed, add the gelatin which has soaked for five minutes in the cold water. Add fruit juices and salt. Pour into a shallow mold. Chill until firm. Cut out two-inch rings and place on crisp lettuce or other salad green. Peel the avocado. Discard seed and cut into thin slices. Add French dressing and chill. Arrange in rings on top of the cranberry molds. Pass the salad dressing.

Fruit Nectars For Glazing

The fruit nectars, which are so adaptable to expert glazing of roasted meats—ham, pork, fowl, veal and lamb—are utilized in the following recipe to make a decidedly unusual and piquant dressing for a tender, boiled beef tongue.

You'll like the use of these same fruit nectars as a basting medium for the winter vegetables which we enjoy so much when baked. The mild but natural sweetness of the emulsified whole-fruit penetrates the baking sweet potatoes, squash, onions, carrots or parboiled parsnips to their great flavor advantage. Use a proportion of one cup of nectar to one-third cup of melted butter and two tablespoons of sugar. Neither sugar nor extra fat are needed to produce a delightful glaze and unexcelled flavor when fruit nectars

are the basting liquid for meats. Here's a royal dinner, luncheon or buffet entrée in Beef Tongue Creole:

Beef Tongue Creole
1 beef tongue (approximately 3 1/2 lbs.)
1 cup cranberry relish
1 can fruit nectar (apricot, peach-orange, pear, plum or peach)
2 tablespoons lemon juice
2 tablespoons salad oil
1 tablespoon prepared mustard
1 cup coarsely cut celery
1 teaspoon salt
1/2 cup sliced sour pickle
1 cup whole ripe olives
1 cup dried minced mushrooms
1 teaspoon Worcestershire sauce
1/2 teaspoon chili powder
1 tablespoon cornstarch

Scrub tongue well with a stiff brush. Cover with cold water, bring to a boil and cook about 1 1/2 hours. Drain and rinse. Cover with hot salted water and cook until tender (will require three hours or longer). Remove from fire and peel off white skin. Cut away bone and gristle part at thick end. Return to liquid and keep hot.

Rinse and drain raisins and combine with other sauce ingredients and stir until cornstarch is dissolved. Bring to a boil and cook and stir until thick and celery is wilted. Place prepared tongue on platter and pour over it the sauce. Green pepper cups filled with sauce make an attractive garnish and color scheme. Serves 8 to 10.

Yorkshire Pudding

1 cup flour
1/2 teaspoon salt
2 eggs, beaten
1 cup milk

Mix ingredients and beat two minutes. Pour into a shallow pan, very hot and generously greased, with some of the beef drippings. Bake 20 minutes in a moderate oven. Baste twice with drippings. Cut in squares and arrange around the roast beef

after it has been placed on the serving platter.

To Select Turkeys
Choose the turkey which has few pin feathers and no blemishes. A young turkey has well-rounded contours, clear color and a flexible breastbone. A "blue" tint indicates insufficient fat layers under the skin.

Spinach Stanley

1/2 cup dried bacon
2 tablespoons chopped onions
2 tablespoons minced parsley
2 cups cooked spinach
2 tablespoons lemon juice
1/2 teaspoon paprika
1/2 teaspoon celery salt

Heat bacon in frying pan. When crisp add and brown onions. Add rest of ingredients and simmer five minutes.

Date Nut Bread

1 cup dates, pitted and cut
1/2 cup hot water, chopped
1/2 cup creamed shortening
1/2 teaspoon salt
Combine dates, nuts and hot water and let stand. Combine shortening and cream thoroughly. Add brown sugar and egg and mix well. Add date mixture to creamed mixture, blending well. Sift white flour and soda together 3 times. (All measurements in this recipe are level)

Bananas Are a Bargain Buy

Bills going up? Oh, take heart—and take a banana, for bananas can help you out! These golden-skinned beauties cannot solve your whole problem all by themselves, but they can certainly help to get the right answer. Here's why:

Bananas are a food-fruit of the first rank, a good source of essential minerals and vitamins A, B, C and G, with their energy-giving qualities. Bananas are always available, always in season, for there are no "crop curtailments" to make a shortage. Charts show they have remained at the same reasonable price level for years; so you "get a buy" when you buy bananas.

A Bargain That Stretches
Forgetting the glamour and the glow that are the banana's own, and concentrating this time on the thrifty notes in your scale of living, here is a collection of Cost-Cutting Recipes. **Banana Meat Loaf**
1 lb. raw beef, chopped fine
1/2 cup chopped onion
2 teaspoons salt
1/2 teaspoon pepper
1 cup soft bread crumbs
1 cup mashed banana (2 bananas)
1/2 teaspoon dry mustard
1/2 peeled banana, cut lengthwise into halves

Mix together the meat, onion, salt, pepper, bread crumbs and mashed banana. Add mustard which has been moistened with a little water. Form mixture into a flat roll and place in a greased baking dish. Bake in a moderate oven (350°F.) basting occasionally with juice from meat. When loaf has baked about 45 minutes, place banana halves around and on top of loaf. Baste bananas with juice from meat and sprinkle with salt. Continue baking for about 15 to 20 minutes longer or until bananas are done. Six servings.

Suggestion: Two strips of bacon may be placed on top of meat loaf before baking for basting purposes and to add flavor.

This makes a meat loaf with an unusual and pleasing flavor, one which costs little but goes far.

Bananas As Gratin
1 cup grated dry American cheese
1 tsp. dry bread or cracker crumbs
1/2 teaspoon salt
3 bananas, peeled and cut crosswise into halves
2 tbsps. lemon juice

Mix together the grated cheese, salt and crumbs. Roll bananas in lemon juice and then in cheese mixture. Place in well greased baking dish and bake in a moderately hot oven (400°F.) 15 to 20 minutes or until bananas are done. Serve hot. Six large servings.

Cheese and bananas "go together" in this luncheon entrée to make a nourishing and satisfying dish. This interesting combination also offers a new way to make use of dried left-over cheese.

Mixed Grill
4 lamb chops or hamburger steaks (about 1-inch thick)
4 half slices canned pineapple

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SAVORY SALMON CASSEROLE
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1 pound can salmon
1/2 cup Spry
1/2 teaspoon onion, finely chopped
1 1/2 cups soft bread crumbs
1/2 teaspoon salt
1/2 teaspoon pepper

Salmon liquor
Milk
1/2 teaspoon lemon juice
1/4 teaspoon grated lemon rind
1 tablespoon parsley, chopped
1 egg, slightly beaten

Remove bones and skin from salmon. Separate into flaked pieces with a fork. Melt Spry in frying pan. Add onion and cook until yellow. Add bread crumbs, salt, and pepper, and brown lightly. (Pure All-vegetable Spry gives fried foods such delicious flavor. Be sure to use Spry!)

Put salmon liquor into a cup and pour in enough milk to make 1 cup. Combine salmon, crumbs and liquid. Add lemon juice, lemon rind, parsley and egg, and blend thoroughly, being careful not to mash salmon pieces. Pour into 8-inch casserole greased with Spry. Bake in moderately hot oven (375°F.) 30 minutes. Serves 6 at a cost of only 30¢.

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