

Can She Make Hot Breads?



Bride's Cornsticks—She'll be prepared when he asks for hot breads.



Pineapple Biscuits—A surprise easy-to-make dish for the bride.



Time Out for Glamour

Steps Toward Healthful Winter

(AP Newfeature)
This is the time of the year when you need to rest, relax and bathe often for a healthful winter to come. Unfortunately fall also ushers in the social season, with consequent late hours and neglect of beauty.

Somehow the little girl who likes to dance and keep late hours often is too lazy to draw a bath when she gets home. Shampoos get to be few and far between. Hair is not pin-curlled before going to bed. In the morning perhaps she is too sleepy to press that skirt, she is tempted to wear unwashed stockings for the second time, and scuffed shoes are donned without a thought of a shoe shine.

Few career girls can follow the secret of an English lady who at 84 looked much younger than her years, because she spent one day every week in bed in a darkened room. That was the beauty treatment that kept her relaxed and pretty.

Every girl should be able to afford one day each month however, for a beauty plan of this kind. On that day, perhaps a Saturday, she would stay in bed until she felt absolutely starved, then have a leisurely brunch. If she felt like it, she could climb back to bed and sitting propped up with a luxurious batch of pillows behind her, do some beauty chores. This is the day when she can manicure, pedicure and facial to her heart's delight. She can shampoo her hair, sew buttons on dresses, suits and lingerie, write letters, and do all the things that please her.

Make your bath a lovely pleasant thing. Pamper yourself with scented soaps, baths oils and dusting powder. If you are a recent bride, try a "something blue" scent or a "dusty pink" one if you prefer. But pick one that you enjoy yourself. Whatever scent you employ should be used sparingly.

Bath fragrances usually are light and easy to take. But don't make the mistake of dumping

too much of the scent in your bath water. Most of these bath fragrances suggest that only a few drops be used, and it is better to follow directions.

Apple Recipes For National Apple Week

By CECILY BROWNSTONE
(Associated Press Food Editor)

Because apples are so plentiful and reasonable in price, it's a good idea to serve your family this nutritious fruit often. And if you want to pitch in and observe National Apple Week, as the United States Department of Agriculture is urging us to do, it's from Oct. 29th to Nov. 5th this year. Apples are a mighty fine dessert crisp and cold from the refrigerator with a hunk of cheddar cheese—but there's nothing wrong with fancying them up either, as suggested in the following recipes.

Sweet Potato Filled Apples
Ingredients: 3 large red apples (about 1 pound), 1/2 cup brown sugar (firmly packed), 3 cups cooked mashed sweet potatoes, 3 tablespoons butter or margarine, 2 tablespoons cream, salt (to taste), extra melted butter of margarine.

Method: Cut apples in half crosswise and remove core and seeds. Sprinkle cavity with 1/4 cup of the brown sugar. Place in a shallow pan containing a small amount of water. Cover and bake in a hot (400 F.) oven until almost tender—about 10 to 20 minutes. Scoop out pulp, leaving apple shells about 1/2-inch thick; reserve the pulp. To hot mashed sweet potatoes

add apple pulp, butter or margarine, and cream. Season to taste with salt and heat until fluffy. Pile apple-sweet potato mixture lightly into apple shells. Place in shallow pan and sprinkle with remaining 1/4 cup sugar. Pour a little melted butter or margarine over tops and heat under broiler or in a hot oven until lightly browned.

Red Apple Ring Salad
Wash, dry, and core crisp red apples. Slice in rings about 1/4 inch thick. Spread apple ring

with slices lightly with Roquefort, the center of the ring may be creamed cottage or cream filled with cheese to which cheese. Stack apple rings in chopped nut meats or chives layers, allowing three layers to have been added. Serve with each individual salad. If desired, mayonnaise or French dressing.

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Maybe friend husband just lets the words slip out carelessly when he asks his bride if she can make hot breads. But if he's from the South—and maybe even from the North—he might be in dead earnest! Here are two recipes to test a bride's skill—the cornsticks are easy, the pineapple biscuits take a little more "do."

Bride's Cornsticks
Ingredients: 3 tablespoons shortening, 1/4 cup sugar, 1 egg, 1 1/2 cups milk, 1 cup ready-to-eat bran, 1/4 cup cornmeal, 1 1/2 cups sifted all-purpose flour, 1 teaspoon salt, 4 1/2 teaspoons baking powder.

Method: Cream the shortening and sugar together thoroughly; add the egg and beat until creamy. Add the milk, bran, and cornmeal. Let soak until most of the moisture is taken up. Mix and sift the flour and baking powder together; add to the first mixture and stir only until dry ingredients are moistened. Fill greased cornstick molds and bake in a moderately hot (400

degree) oven for about 30 minutes. Makes 16 cornsticks.

Note: Leftover cornsticks may be closed tight in a brown paper bag and reheated in a hot oven; or they may be split and toasted.

Pineapple Biscuits

Ingredients: 1/2 cup ready-to-eat bran, 1/2 cup milk, 1 1/2 cups sifted all-purpose flour, 3 teaspoons baking powder, 1 teaspoon salt, 1/4 cup shortening, melted butter, 1/2 cup well-drained crushed pineapple, 1/4 cup sugar, 1 teaspoon cinnamon.

Method: Put the bran and milk in a small bowl and let soak. Sift flour, baking powder, and salt together. Cut in shortening thoroughly; add the soaked bran and stir until dough forms. Turn out on a floured board or pastry cloth and knead lightly a few seconds; roll into a rectangle 8x11 inches and 1/4 inch thick. Brush lightly with melted butter and sprinkle with mixture of pineapple, sugar, and cinnamon. Roll up like a jelly roll and cut in slices. Place cut side down in buttered muffin

pans and make in a hot (450 degree) oven for about 18 minutes. Makes 12 biscuits.

Use condensed mushroom soup for a sauce for tuna fish; turn into ramekins, top with grated cheese and heat in a moderate oven. Serve with spinach and egg salad for a luncheon dish.



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