



### Banana Cake Good for That Labor Day Picnic

Labor day may not bring the last rose of summer, but it will bring the last picnic of summer to most of us. It's rather a wistful picnic, the Labor day picnic, closing the carefree warm weather season, and turning toward sterner winter's demands.

But since it is the last big picnic of the year, it does seem worthy of something particularly festive like a fine, home-made cake brought to the picnic still fragrant from the oven. Experienced picnickers bake their cakes in a pan suitable for toting to a picnic, with the cake frosted in the same pan in which it was baked. For those who are satisfied only by perfect efficiency, there is a sheet cake pan with a sliding cover to close over the cake when it is transported to the picnic.

Worthy of the Labor day picnic festivities is a delicious Banana Cake made quickly by the one bowl method, yet new and delicate with the fresh flavor of sweet and mellow

fully ripe bananas right in the batter. The bananas are mashed so that the distinctive flavor really permeates the cake. Use fully ripe bananas . . . yellow peel flecked with brown . . . for banana flavor at peak of ripeness, sweetness, and digestibility. Bake this delicious cake in a sheet pan, cool it, frost it, and away you go with a dessert perfectly suited to celebrate the last picnic of summer.

#### Banana Cake

(1-Bowl Method)

Before Mixing: Have shortening at room temperature. Grease pans. Set oven at correct temperature (375 F.)

2 1/4 cups sifted cake flour  
1 1/2 cups sugar  
2 1/2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup shortening  
1 1/2 cups mashed ripe bananas\* (4 to 5 bananas)  
2 eggs, unbeaten  
1 teaspoon vanilla

\* Use fully ripe bananas . . . yellow peel flecked with brown. Sift together flour, sugar, baking powder, soda and salt into large mixing bowl. Add shortening, 1/2 cup of the bananas and eggs. Beat 2 minutes at slow to medium speed with electric mixer or 2 minutes by hand. Scrape down bowl and beater or spoon frequently during mixing. Add remaining 1 cup bananas and vanilla. Beat 1 minute longer. Turn into an oblong pan 13x9 1/2x2 inches. Bake in a moderate oven (375 F.) about 30 to 35 minutes or until done. Frost with your favorite frosting. Makes 1 cake.

Important: To mash bananas, slice them into a bowl. Beat with a fork, rotary egg beater or electric mixer until smooth and creamy.

#### Last of Picnics

Getting toward the end of the picnic season, you want to make the last outings the best yet. Pork 'n beans and hot dogs will be welcome, you know. Heat the beans in a big skillet over the campfire while the crowd toasts franks on sticks. First brown chopped onion and green pepper in hot shortening in skillet. Use 1 large onion and green pepper. Then stir in 2 cans of beans. Heat till bubbly, and flavor is blended. Pile onto paper plates, alongside toasted franks, pickles and crisp celery. Later pass a basket of doughnuts and apples.

#### Suggestions Given On Storing Food In Your Refrigerator

Homemakers often ask us "how long will foods keep good quality in the refrigerator?" There can be no fixed answer because the keeping quality of a perishable depends on its condition and also on the temperature and humidity of the refrigerator. However, if the homemaker does her part, wrapping foods correctly and keeping them at the right temperature, the specialists say it is possible to predict roughly a food's storage life.

In an automatic refrigerator with the control set for normal operation, the center storage section of the cabinet will probably run between 38 degrees and 42 degrees. The area just below the freezing unit is colder, for storage of foods such as meats, poultry and fish, needing the lower temperatures. The bottom of the cabinet is somewhat warmer than the center, for less perishable foods. If in doubt about your refrigerator, take the temperature in different locations with a thermometer.

#### Left-Over Muffins

Left-over muffins or biscuits from last night's dinner become breakfast treats when split in half, spread with orange marmalade and chopped almonds. Then toasted under the broiler a second.



### It's Spiced Iced Coffee

Some folks like their coffee hot, and some like it cold. Here's a nifty idea for those of the cold coffee school . . . it's coffee, spiced and iced! This is a new version of a summer's favorite . . . Instant Iced Coffee. This variation is called Spiced Iced Coffee.

It requires 1 cup of instant coffee (one 2 ounce jar) and takes a minute of your time. Add spices, 1 quart of warm water, stir or shake . . . store in your refrigerator until needed. Spiced coffee will stay fresh for weeks in your refrigerator if kept under normal conditions. Whenever thirst needs quenching, or when mealtime rolls around, pour the concentrate over ice cubes, add cold water and serve. Plain or sweetened

whipped cream sprinkled with chocolate sprinkles will add a festive note to this beverage with a slightly exotic flavor.

#### Spiced Iced Coffee Concentrate

(Makes about 20 servings)  
To make concentrate: Makes 1 quart)

1 quart warm water  
1 cup instant coffee  
1/2 teaspoon ground cloves  
1 teaspoon cinnamon

Empty instant coffee into suitable container or jar. Add cloves and cinnamon. Slowly add water. Stir or shake to dissolve coffee and spices. Cover and stir or shake before using.

To use the concentrate: For each serving pour 3 tablespoons concentrate over ice cubes into an 8-ounce glass. Add cold water. Sweeten to

### Indian Summer Ideal For Fireplace Picnics



Fireplace Picnic with make-ahead cheese-stuffed rolls.

(AP Newfeatures)

A fireplace picnic is perfect for an Indian Summer supper. Make these wonderfully delicious stuffed rolls in the morning, wrap them in aluminum foil and refrigerate them until the gang arrives. Then while family and friends are sipping tomato juice, heat the rolls in the oven.

Open some canned beans, season them creatively and turn them into your best bean pot or casserole and top with crisp bacon. With the cheese rolls and beans, bring on corn on the cob—fresh or frozen. For dessert, cookies with milk or coffee and a bowl of fall fruit. Or if your picnic includes teenagers, you might make dessert an ice cream soda—their favorite "Black Crow."

Arrange this easy-to-serve supper on a buffet table near your fireplace. Let the gang draw up chairs, help themselves. Good food, good talk and the glow of flickering logs—what's more heart-warming?

#### CHEESE AND HAM STUFFED ROLLS

Ingredients: 2 cups shredded cheddar cheese, 1 cup ground cooked ham, 6 tablespoons of mayonnaise or cooked salad dressing, 1/2 cup chopped sweet cucumber pickle, 1 tablespoon finely grated onion, 1 teaspoon Worcestershire sauce, salt and pepper, 6 to 8 frankfurter rolls, soft butter.

Method: Mix together cheese, ham, mayonnaise, pickle, onion and Worcestershire; season to taste with salt and pepper. Cut slice off the top of each roll; scoop out center. (Dry the scooped-out crumbs and save for use in poultry stuffing). Spread inside of scooped-out rolls with butter. Fill hollow of each roll with cheese mixture; replace top. Wrap each roll in aluminum foil; refrigerate. Before serving put them in a moderate oven until they are hot through. Serve in wrappers.

**BLACK CROW**  
Divide 1 pint of vanilla ice cream among 6 glasses or mugs and fill slowly with chilled cola beverage. Serve at once.

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