

Dainty Party Doughnuts...



It seems a bit too much to come along now with ideas for coffee parties following Salem's coffee party summer—but fall is here practically, and somehow these little doughnuts seemed just right to suggest for a coffee-and, too, they looked so good.

Center your table with a pyramid of these tiny golden tea doughnuts for an attractive and tasty conversation piece. To make the pyramid, frost the doughnut balls and stack them while the icing is still moist enough to help hold the doughnuts together. You may, if you like, alternate rows of frosted with unfrosted doughnuts to

please those who prefer the unfrosted variety.

These tempting little tidbits are as easy to make as they are fun to serve. They'll be perfect, tender, and delicious if you follow a tested recipe and fry them in a digestible shortening that blends meat fats and vegetable oils. Use a frying thermometer to keep the melted fat at just the recommended temperature for frying the doughnuts. Too high a temperature causes the fat to "smoke" and give off fumes, while too low a temperature results in greater fat absorption, so it is important to regulate the heat carefully. This

care will result in tender, greaseless, evenly browned little doughnuts that you'll be proud to serve.

For added interest and appeal, flavor some of the doughnuts with spices or honey, and frost with different colored icings. Invite your guests to help themselves from the tea doughnut pyramid and serve either a hot or cold beverage as an accompaniment.

TEA DOUGHNUTS

(Yield: 14 medium or 18 small doughnuts)

1 pound shortening for frying
1 tablespoon melted shortening
1 egg
½ cup milk
1 teaspoon vanilla
1½ cups sifted flour
2 teaspoons double acting baking powder
¼ teaspoon salt
½ cup sugar

Heat 1 pound shortening, slowly, in small deep kettle to 350 deg. (Cube of bread browns in 60 seconds.) Beat egg. Add milk and vanilla. Beat together. Add sifted dry ingredients. Mix to blend thoroughly. Do not beat. Stir in 1 tablespoon cooled melted shortening. Dip teaspoon into hot shortening, then dip up a spoonful of batter. Quickly immerse spoon into hot shortening and drop off the batter. Turn doughnut balls when they come to the surface. Fry for 3 to 5 minutes, or until delicately brown. Do not crowd the kettle. Drain well over kettle, then place on absorbent paper.

Variations for Doughnuts

1. Pecan Doughnuts: Add ½ cup finely chopped pecans.
2. Orange Doughnuts: Add grated rind of 1 orange.
3. Spice Doughnuts: Add 1 teaspoon cinnamon and ½ teaspoon nutmeg.
4. Honey Doughnuts: Use ¼ cup honey in place of ½ cup sugar. Reduce milk from ½ cup to ¼ cup.

Herbs for Meat

Experiment with various seasonings on some of your favorite meat dishes. Add dill to a lamb or ham dish, curry powder to lamb, horseradish to beef. Start with a hint of seasoning, then add to suit family's taste.

Chinese One-Meal Dish Good

Really tops! Those who eat this rice and beef dish will praise you again and again. You'll see—because every food and seasoning in this main dish seems to be there for the purpose of adding that much more super flavor.

Perhaps it is the bit of soy sauce which adds just the right touch. But whatever it is, keep a box of inexpensive rice on the shelf, add the other ingredients you don't happen to have on hand to your market order, and get set to make an impression on all those lucky eaters of this simply super Rice and Beef Main Dish.

Chinese One-Dish Meal

Ingredients:
1 pound beef (or veal) cut in cubes, about ¾ inch
2 cups onion, chopped
1 cup celery, chopped
2 tablespoons butter or margarine
½ cup uncooked rice
1 cup chicken consommé or use 1 chicken bouillon cube dissolved in 1 cup of water
1 can (1½ cups) condensed cream of mushroom soup
¾ cup soy sauce
1½ cup green peas (may be uncooked)
1 teaspoon salt
¼ teaspoon pepper
1 cup water

Method:
Cook the meat, onions and celery in the fat until the meat is browned. Add the uncooked rice, chicken soup, mushroom soup, soy sauce, green peas, salt, pepper, and water. Bring

Fricasseeing Easy Way for Chicken

Fricasseeing is a very good way to fix plentiful frying size chickens. Mrs. Warren says that this is Governor Warren's favorite chicken recipe. We readily understand why he likes it and think that the man in your life will also enjoy it.

Fricasseeing Chicken
2 3-lb. fryers
1½ teaspoons salt
¾ teaspoon pepper
1 cup each, onion, carrot, celery
2 tablespoons minced parsley
1 bay leaf
4 tablespoons chicken fat or butter
4 tablespoons flour
Juice of ½ lemon
1 can mushrooms

Disjoint and cut chickens into pieces for serving. Add salt, pepper, boiling water and cook slowly for one hour. Add vegetables and bay leaf and continue cooking 45 minutes. Remove chicken. Strain broth. Skim off any surplus fat. To make gravy, blend fat with flour. Slowly add 3 cups lukewarm chicken broth. Cook until smooth, stirring constantly. Simmer 5 minutes. Add lemon juice, mushrooms and parsley. Season to taste with salt and pepper. Replace chicken in the gravy and heat to simmer. Six generous or 8 average servings.

to a boil. Cover. Turn the heat as low as possible and leave over this low heat for 45 minutes or until the rice is tender and the meat is done. Stir occasionally.

This recipe makes 8 servings.



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After School Snacks Should Be Nourishing

(AP News Feature)

After-school snacks are important for growing youngsters, nutritionists agree, because many boys and girls who work and play hard quickly use up the energy mealtime food provides. Snacks count, too, because boys and girls need the warm feeling of having Mother welcome them with a treat, ready to listen to anything they want to tell her about the day's happenings before they're off again for before-supper outdoor play.

A crunchy red apple to bite into! A juicy orange! A crisp cookie full of brown sugar, spice and everything nice! A chunky slice of oatmeal quick bread, studded with dates or figs! Frosty glasses of milk! Snacks like these tasted good when the first little red schoolhouse was built, and they still do.

You'll like the variations suggested with both these recipes because they give you leeway to use whatever happens to be in the house, and they also make interesting taste changes.

inches apart, onto greased baking sheet. Bake in moderate (375 F.) oven 12 to 15 minutes. Makes about 5 dozen cookies.

Mincemeat Cookies
Prepare brown sugar bran cookies, as above, adding ½ cup moist mince meat with bran and walnuts.

Candied Fruit Cookies
Prepare brown sugar bran cookies, as above, adding 1 cup mixed candied fruits with bran and walnuts.

Oatmeal Quick Bread
Ingredients: 2 cups sifted flour, 2½ teaspoons baking powder, ½ teaspoon baking soda, 1 teaspoon salt, ½ cup sugar, 1 cup quick-cooking rolled oats (uncooked), 1½ cups buttermilk, 2 tablespoons buter or margarine (melted.)

Method: Sift together flour, baking powder, baking soda, salt and sugar. Stir in rolled oats. Add buttermilk and melted butter; mix only enough to moisten dry ingredients well. Bake in greased loaf pan (about 8½ by 4½ inches) in moderate (350 F.) oven 55 minutes or until cake tester inserted in center comes out clean. Turn out on rack to cool. Store overnight in tightly covered tin container before slicing about ¼-inch thick. Or bake in greased muffin pans until tester inserted in center comes out clean; time will depend on size of muffins.

Date Bread or Muffins: Add 1 cup chopped dates with the rolled oats.

Fig Bread or Muffins: Add ¾ cup diced figs and ¼ cup coarsely chopped walnuts with rolled oats.

Raisin Bread or Muffins: Add ¾ cup seedless raisins and ½ cup coarsely chopped walnuts with rolled oats.

Brown Sugar Cookies
Ingredients: 2 cups sifted flour, ½ teaspoon baking soda, 1 teaspoon salt, 1 teaspoon cinnamon, ¼ teaspoon allspice, ¼ cup shortening, 1½ cups firmly packed brown sugar, 1 egg, ¼ cup light corn syrup, 1½ teaspoons vanilla, ¼ cup buttermilk, 1½ cups ready-to-eat bran, ½ cup coarsely chopped walnuts.

Method: Sift together flour, baking soda, salt, cinnamon and allspice. Cream shortening and sugar. Add egg, corn syrup and vanilla; beat well. Stir in sifted dry ingredients alternately with buttermilk; stir in bran and walnuts. Drop by level tablespoonfuls, a few



Variations on oatmeal quick bread good for snacks.

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