

Feeding the Family

By ZOLA VINCENT
Food Editor

Apple Pie Smoothie

New Dessert Notion

Canned apple slices are growing in popularity as women increasingly realize that apple processors and canners now capture the tart full flavor of pie-making apples, slicing them for your convenience. They're inexpensive, too.

This apple pie is poured into a nine-inch unbaked pie shell; is sprinkled with crushed peanut brittle for eight servings of a dessert to remember... and to repeat.

- 1 cup sour cream
- 3/4 cup sugar
- 2 tablespoons flour
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 egg beaten
- 1 teaspoon vanilla extract
- 2 1/2 cups (1 can) apple slices
- 1 unbaked 9-inch pie shell
- 3/4 cup crushed peanut brittle

Prepare pie shell according to favorite recipe or pie crust mix.

Combine sour cream, sugar, flour, salt, cinnamon, nutmeg, egg and vanilla extract. Add sliced apples; mix well and pour into pie shell. Bake in moderately hot oven, 375 degrees, 50 to 60 minutes. Sprinkle with crushed peanut brittle immediately after removing from oven. Serve hot or cold.

Recipe for Famed 24-Hour Salad

Tremendously popular as a party menu item, this 24-hour salad derives its name from the fact that the ingredients are combined, then chilled overnight for blending of rich fruit flavors. Preceded by a cream soup and accompanied by cheese biscuits or cheese sticks, it is fine fare!

Beat one egg well and combine with two tablespoons lemon juice, two tablespoons granulated sugar and dash of salt. Cook and stir over hot water about five minutes or until mixture thickens. Remove from heat and cool.

Whip one-half cup whipping cream and fold in to egg mixture followed by 12 quartered marshmallows, one cup diced canned pineapple, one cup seedless grapes, one cup sliced banana, one cup diced orange, eight quartered maraschino cherries. Cover bowl and chill overnight. Just before serving, fold in one-half cup chopped or ready-diced almonds. Serve on crisp greens.

Tuna-Macaroni Make Good Main Dish Salad

Plentiful, economical canned tuna and nutritious, delicious macaroni combine in this easy-to-do salad that can be made early in the day, served any time. Six generous servings.

Cook an eight-ounce package elbow or other fancy-cut macaroni according to package directions; rinse for quick cooling, then chill. To macaroni, add one can (or more) flaked tuna, one-half cup chopped celery, one-third cup diced green pepper.

Blend one-half cup mayonnaise, one-half cup buttermilk, one teaspoon prepared mustard, salt and pepper. Fold this into tuna-macaroni mixture and season to taste with salt, pepper and probably some lemon juice. For more color and flavor, add chopped canned pimiento. Fine luncheon or supper dish. Good to have on hand for week-end eating.

Honey Nut Cookies To Have on Hand

Plentiful light amber honey and plentiful peanut butter go into this recipe to make eight dozen cookies to delight the family—and maybe a few left over for droppers-in.

In a large mixing bowl, combine two cups Oregon honey, one and a half cups chunk-style peanut butter, three unbeat eggs, one tablespoon water and one teaspoon pure vanilla extract. Blend well; add 1 1/2 cups quick-cooking oats and two cups chopped raisins. Sift 1 1/2 cups sifted flour with one teaspoon salt and one teaspoon soda. Add to honey mixture blending only until all dry ingredients are dampened. Chill dough for 10 minutes.

Drop by teaspoonfuls on greased cookie sheet. Bake in 350 degree (moderate) oven 12 to 15 minutes. Top before baking with peanuts, maraschino halves or other decoration if you like.

Fish Garnishes. A dash of color or a touch of garnish can turn a plain dish into something special. For fish dress-ups, try cooked whole or sliced beets, carrot sticks, curls or shreds; celery tops, hearts, sticks, curls; cucumber slices or sticks; green pepper sticks or rings; hard-cooked eggs; lemon slices or wedges; paprika, parsley, pickles, radishes, watercress.

Heavier, Meatier Lamb Among Good Buys

There's a lot of very good quality lamb in the market at

reasonable cost. Cuts for stewing and braising are bargains. For roasting, we suggest economy priced square cut shoulder, cushion shoulder, rolled shoulder, rolled breast or a lamb loaf. Much of the lamb in the market is heavier than usual at this season because of green pastures enjoyed by lambs while growing up. The lambs are not older, just plumper... like a lot of us humans. Put your money on lamb for enjoyment now and put futures in the freezer.

Beef, Pork, Veal. Seek and ye shall find good buys in economy cuts of beef for long, slow cooking. "Choice" beef has same high protein and flavor qualities of prime beef, costs considerably less. Try one of the tenderizers on this and the family will not notice the difference. Best buys in

fresh pork include arm steak, blade steak, fresh side meat, liver, kidney, spareribs, hocks, neck bones, tongue. Best cured cuts of pork are boneless shoulder butt, picnic, ham shank, salt pork and fat back. Veal chops, steaks and round bone roasts make good eating for a change.

Poultry Supplies. Frying and broiling chickens continue good eating at modest cost and the larger turkeys are offered whole, halved or quartered to suit all family sizes. Chicken and turkey "parts"

can make a good meal at reasonable cost.

Fish and Shellfish.

Those wonderful tasting crabs and crab meat make fine eating in a curry, a la Creole, deviled, a la Newburg, scalloped or simply folded into a well seasoned white sauce served on toast points. Good, too, in appetizers and in salad. Consider cod, flounder, halibut, rockfish, sablefish and fish sticks. Be sure to have plenty of lemons on hand.

Dairy Products. Milk production at record levels gives us plenty of milk, cream, buttermilk, cottage cheese and good old American cheese for many a delicious, nutritious economy dish.

Vegetable Bins. Here we find plenty of good quality asparagus, topped carrots, good cabbage, small size lettuce along with artichokes, broccoli, cauliflower, mushrooms, Italian squash. There's corn on the cob, fresh green snap beans, first of the long white potatoes.

Fruit Displays. Little change at the moment. Apples and pears going. Good quality avocados and pineapple at reasonable cost. Add bananas, grapefruit and lemons to shopping list.

EX-ECONOMIST DIES

Wilmington, Del. — (AP) — Edmond E. Lincoln, 70, an economist with E. I. Du Pont de Nemours & Co., from 1931 until his retirement in 1953, died Wednesday night after a long illness.

New York — (AP) — Dr. Eugene S. Sagi, 66, a pathologist who specialized in cancer research, died Tuesday of a heart attack.

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