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# *Especially for Mother*

*(Continued)*

## Beaten Biscuits

*Of unique texture, this traditional Southern biscuit is properly served cold.*

TO PREPARE: 45 MIN. TO BAKE: 30 MIN.

- **4 cups sifted flour**
- **1 teaspoon sugar**
- **1 teaspoon salt**
- **½ cup lard**
- **1 cup milk**

1. Sift flour, sugar, and salt together into a bowl. Using a pastry blender or two knives, cut in the lard until mixture resembles coarse corn meal.
2. Stir in the milk to make a stiff dough. Turn dough onto a lightly floured surface and knead until smooth, about 3 min. Then beat dough vigorously with a wooden mallet, turning dough occasionally and beating on reverse side. Beat about 30 min., or until dough blisters and has a satiny surface.
3. Roll dough about ½ in. thick and cut with floured 1- or 1½-in. biscuit cutter. Transfer to baking sheets and prick biscuits uniformly, using a small pointed skewer.
4. Bake at 350° F about 30 min., or until very delicately browned.

*4 to 6 doz. biscuits*

## Rosemary Rolls

CONVENIENCE FOOD RECIPE | GOOD FOR FREEZING

TO PREPARE: 25 MIN. TO BAKE: 15 MIN.

(allow about 1 hr. for rising)

- **1 pkg. active dry yeast**
- **¼ cup warm water (110° F to 115° F)**
- **2½ cups biscuit mix**
- **¼ cup shredded Parmesan cheese**
- **1¼ teaspoons crushed rosemary**

1. Grease 12 2¾ x 1¼-in. muffin-pan wells.
2. Dissolve yeast in warm water. Mix in the biscuit mix, Parmesan cheese, and rosemary. Beat vigorously.
3. Turn dough onto a lightly floured surface. Shape into a ball. Cover; let rest 5 to 10 min.
4. Form into a roll about 12 in. long. Cut into 12 equal pieces; shape each piece into a smooth ball. Place in muffin wells. Cover with waxed paper and a clean towel. Let rise in warm place (about 80° F) until doubled in bulk, about 1 hr.
5. Bake at 400° F about 15 min.

*1 doz. rolls*

## Party Parmesan Spirals

TO PREPARE: 15 MIN. TO BAKE: 8 MIN.

(allow 30 min. for chilling dough)

- **1 cup sifted flour**
- **½ teaspoon salt**
- **¼ cup shredded Parmesan cheese**
- **⅓ cup hydrogenated vegetable shortening, all-purpose shortening, or lard**
- **3 to 3½ tablespoons cold water**

1. Sift flour and salt together. Mix in the Parmesan cheese. With pastry blender or two knives, cut in the shortening until pieces are size of small peas. Sprinkle the water gradually over mixture, a teaspoon at a time; mix lightly with a fork after each addition. Add only enough water to hold pastry together. Work quickly and do not overhandle. Shape pastry into a ball and chill about 30 min.
2. Flatten pastry ball on a lightly floured surface and roll it into a 10 x 8-in. rectangle. Using a pastry wheel, cut pastry in half lengthwise. Cutting crosswise, cut ten 1-in. strips from each half. Twist each strip several times; place on ungreased baking sheet and seal ends.
3. Bake at 450° F about 8 min., or until delicately browned. Remove spirals to cooling rack and immediately sprinkle with **paprika.** Serve warm. *20 cheese sticks*

# "Life Is a Cinch by the Inch"

**This year's recipient of the President's Trophy as "Handicapped American of the Year," to be presented next Thursday, is Dwight D. Guilfoil, Jr., of Arlington Heights, Ill. Like Dr. Anne Carlsen, he has earned his right to the trophy, not only by overcoming his own disability—he is confined to a wheel chair—but by helping others like himself.**

**Guilfoil, a 37-year-old father of seven, was stricken with polio and spinal meningitis while serving as an Air Force photographer in World War II. In 1950, with several other physically handicapped persons, he founded the Paraplegics Manufacturing Company, Inc. Today, as its president, he employs more than 100 paraplegics who assemble mechanical, electrical, and electronic parts.**

**The motto of this remarkable young executive speaks for him:**

**"Life by the yard is hard, but it's a cinch by the inch."**