

# Feeding the Family

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Food Editor

## West Indies Barbecue Sauce

Has Many Variations: Uses

This flavorful basic barbecue sauce featuring un-sulphured molasses lends itself well to many variations and uses. Since it is a combination of pantry shelf staples it can be made up in quantity and stored with refrigeration. Recipe makes approximately three-fourth cup or enough for three broiler-fryer chickens or for 12 to 15 hamburgers or frankfurters.

- 1/4 cup un-sulphured molasses
- 1/4 cup prepared mustard
- 1/4 cup vinegar
- 2 tablespoons Worcestershire sauce
- 1 teaspoon Tabasco
- 1/16 teaspoon each marjoram, oregano and thyme

Put molasses then mustard into a one-cup measure. Stir until well blended. Add remaining ingredients; mix well. Store in tightly covered container.

## Variations

Add one can (eight ounces) tomato sauce or one-half cup ketchup and one-fourth cup salad oil.

Add two tablespoons each finely chopped onion and green pepper.

Add one clove garlic, minced.

Add one-fourth cup red wine.

For a barbecue relish, add two to three tablespoons barbecue sauce to one cup pickle relish.

For four to six servings of barbecued baked beans, stir one-fourth cup barbecue sauce into two cans (one-pound each) baked beans. Garnish with tomato and onion slices. Heat to serving temperature.

## Be-deviled Ham 'n Eggs

For six tasty, satisfying bun-wiches try this combination: Hard-cook and slice four eggs; add one tablespoon chopped onion, two tablespoons mayonnaise, one 4 1/2-ounce can deviled ham. Fill hamburger or hot dog buns. Add thin slices of dill pickle or sliced bread and butter pickles for those who like more zest.

## Batters Up for Big League Popularity with Teen-agers

Parents and their offspring alike will score high when they produce pancake batters baked hot and ready on griddle or in biggest frying pan. Growing-ups will cheer for pancakes at breakfast, lunch or any other time that one thinks up an excuse for eating.

One of the earliest forms of baking, hearth cakes are now variously called pancakes, flapjacks, griddle cakes, hot cakes, flannel cakes.

## Pancake Variations

Starting with one of the many fine packaged pancake mixes, add any of the following ingredients to the standard recipe for variety and new interest. If the gang grows larger, try two or more kinds.

**Apple.** Add one cup grated or finely chopped cooking apples to standard batter.

**Berry Batter.** Add one cup fresh, canned or frozen (thawed) berries.

**Mincemeat.** Add two-thirds to one cup mincemeat.

**Banana.** Fold in one cup thinly sliced or diced banana.

**Colonial Jelly Stack.** Bake six thin, six-inch griddle cakes. Stack them with butter and jelly spread generously between pairs; cut in pie-shaped wedges.

**Ham.** Fold in one cup finely diced ham or luncheon meat.

**Wrap-Arounds.** Wrap golden brown pancakes around crisp sausages or fried apple slices. Anchor with toothpicks.

## Chocolate-Nut Pancakes

Party stuff, these chocolate and nut pancakes for serving with Foamy Sauce.

Combine 1 1/2 cups pancake mix, one-half cup sugar and one-half cup chopped nuts. Blend together 1 1/2 cups milk and one egg, well beaten; add one-half of liquid to dry in-

gredients; mix well. Blend in one square (one ounce) chocolate, melted, and add remaining liquid. Bake on hot, lightly greased griddle; turning only once. Makes 24 three-inch pancakes.

**Foamy Sauce.** Beat three egg yolks until thick and creamy; add gradually three-fourths cup confectioners' sugar. Stir in one-half teaspoon pure vanilla and one-eighth teaspoon salt. Fold in one cup cream, whipped. Chill thoroughly. This can also be served warm.

## Department of Agriculture Observes 100th Anniversary

One hundred years ago on May 15, 1862, President Abraham Lincoln signed the act that brought into being the United States Department of Agriculture. The ensuing century has brought almost unbelievable advances in the fields embracing research and experiment station work, extension services, forestry, food and marketing, production adjustment, conservation, farm cooperatives and credit, economics, and foreign service.

One of the most important facets of the U.S. Department of Agriculture is the Agricultural Marketing Service which looks back with pride on 50 years of marketing progress. It administers many programs including: Grading, inspection and standardization to provide adequate measures of quality for all major farm commodities and to assure wholesomeness of foods. A nationwide system of market news reporting to provide current market information. Research in market quality, transportation and facilities and insect control on stored products. Regulatory programs to help assure fair trading practices, proper labeling of seed and the proper storing of farm commodities, and the maintenance of competition in the market place. Food distribution programs to make our food abundance available to our schools and institutions and to needy persons both at home and abroad. Food management responsibilities under the nation's civil defense program.

## Today's Best Food Buys

Vegetable fats and oils. In the U.S. Department of Agriculture's food-to-feature spotlight the week of May 20 to 26, are culinary aids whose versatility embraces fried foods, salad dressings, cakes, pastries, pies, sweet doughs and breads.

Protein buys include quality catches of halibut and salmon. The production of dairy products is reaching its seasonal peak. Plenty of pork and lamb available. Beef and veal supplies are steady. Ample supplies of both chicken fryers and turkeys - all sizes; all at low cost. Egg supplies are up.

Fruits and vegetables are plentiful and of fine quality. Particular emphasis on artichokes, a s p a r a g u s, cauliflower, celery, apples, avocados, citrus fruits and strawberries.

## Rusk Arrives for World Fair Speech

Seattle - (UPI) - Secretary of State Dean Rusk is to make a major policy speech today at the World's Fair.

On his arrival from Washington Thursday the secretary stepped from his plane and said he was filled with the future.

"I woke up this morning to the news of Scott Carpenter's flight," Rusk said, "and now I am at Century 21."

Rusk, accompanied by his wife, was met by Gov. Albert D. Rosellini, fair officials and his father-in-law, Frank D. Foisie, of Seattle.

Rusk is to speak at the fair's Opera House at 5 p.m. and will return to Washington early Sunday morning.



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