

Swedish Coffee Cake Ideal For That Afternoon Lunch

Bake a coffee cake, call in good friends and gather round the fire for afternoon tea or coffee. It's the open season for indoor get-togethers.

From Attica, N. Y., Mrs. James V. Duffy sends this delightful recipe. Mrs. Duffy, of Swedish descent, writes that this is one

of her mother's prized recipes for afternoon gatherings.

Swedish Coffee Cakes

One and one-half cups flour, 1 pound butter, 1 cup sweet cream, 1 egg yolk, 1 yeast cake dissolved in 1 cup warm water, 2 tablespoons sugar (add to yeast

mixture), almond flavoring and chopped almonds.

Put flour in bowl, make hole in center, and put in half tablespoon of butter, cream, egg yolk, yeast mixture, flavoring and nuts. Mix all together, then roll the dough on floured board, spread with soft butter, fold and roll again; spread with more butter, and keep repeating until butter is all used.

Place in refrigerator overnight.

Roll out like bread sticks about a half-inch in diameter and about 6 inches long. Tie in a knot. Paint with egg yolk and sprinkle with sugar and finely chopped almonds. Let rise until double in size. Bake in hot oven (400 deg. F.) until delicately browned.

The Swedish tea or coffee rings are world famous. Here's another recipe, tested in the cooking laboratories of a noted American chain store grocery.

One and one-fourth cups of scalded milk, 1 yeast cake, 1 cup melted butter, 1/3 cup sugar, 1 egg, 1 teaspoon salt, 1/2 teaspoon almond extract, 3/4 cups sifted flour.

Dissolve yeast cake in 1 cup scalded milk which has been cooled to lukewarm. Add to remaining lukewarm milk. Then add butter, sugar, egg, salt and almond extract. Add flour a cup at a time, mixing well after each addition. Turn on slightly floured board and knead until smooth and elastic.

Return to bowl, cover with cloth and board. Let rise until double in bulk. Cut down, toss on slightly floured board, knead and shape in long roll. Roll with rolling pin as thin as possible. Spread with melted butter, sprinkle with sugar, cinnamon, and chopped nuts. Roll up like jelly roll, trim and join ends to form ring.

Place on buttered cookie sheet, cut with scissors perpendicularly and shape petalwise. Let rise. Sprinkle with cinnamon and sugar. Bake 20 minutes in hot oven (425 deg. F.) and 10 minutes in moderate oven (350 deg. F.).

MENU

BREAKFAST—Cantaloupe, oatmeal, Swedish coffee ring, coffee, milk.

LUNCHEON—Vegetable omelet, whole wheat muffins, ginger pears, tea, cookies, milk.

DINNER—Pork chops, potatoes broccoli in cream, apple sauce, macaroni, date pudding, coffee, milk.

Shaped by Binding

Within the last hundred years, it was a common practice, in some regions of France, to bind a child's head to give it a long, sugar-loaf shape.

Youngsters Need Plenty of Fruit, Vegetables in Diet



* Cooked vegetables and hot mock Hollandaise.

By MRS. GAYNOR MADDOX

NEA Services Staff Writer

Adolescent children need large supplies of vegetables. So does every hungry person who wants to achieve vigorous health. Your food budget must allow for four servings or more every day of vegetables or fruit.

Select a vegetable rich in vitamin C, such as cabbage, tomatoes, greens, turnips, rutabagas, for one of the vegetables. Also a yellow one rich in vitamin A and iron, such as carrots, yellow squash, yellow turnips and sweet potatoes. These are low cost sources of essential nutrients for sturdy youngsters. Dried beans, dried peas, peanuts and peanut butter are valuable low cost foods on the limited budget, too.

BAKED SQUASH WITH SAUSAGE

(Serves 4 to 6)

Six squares yellow squash, 1 pound bulk pork sausage, 6 thick slices cooking apples, pinch of nutmeg.

Wash and split squash lengthwise. Remove seeds and excess fiber. Shape sausage into cakes and fill squash cavities. Do not peel apples. Core and cut into rings. Place an apple ring on top of each sausage cake and sprinkle sparingly with nutmeg. Arrange squash sections in shallow pan with a little water in bottom. Bake in moderate oven (375 degrees F.) for an hour, or until squash is soft. Baste frequently.

For cooked and raw vegetable salads a smooth Hollandaise type sauce is liked by youngsters. Here's a mock Hollandaise which is easy to make.

MOCK HOLLANDAISE SAUCE

(One cup)

One-half cup mayonnaise, 1 teaspoon salt, dash pepper, 1/3 cup scalded milk.

Add mayonnaise, salt and pep-

per to scalded milk in top of double boiler. Beat with rotary

beater until blended. Place over rapidly boiling water and cook 3 or 4 minutes, or until mixture is thickened and smooth. Stir constantly while cooking. If too thick, add more scalded milk. Serve at once.

MENU

BREAKFAST: Concord grapes, rolled oats, dark brown sugar, top milk, coffee, milk.

LUNCHEON: Black bean soup, cooked vegetable salad with mock Hollandaise, peanut fruit cookies, tea, milk.

DINNER: Celery, fried ham steaks, sweet potatoes, creamed green cabbage, green salad with grated carrot, orange tapioca cream, coffee, milk.

Well Done

Some of the pepper pots (a combination of chicken, pork, pepper, onions, and other ingredients) cooking in the West In-

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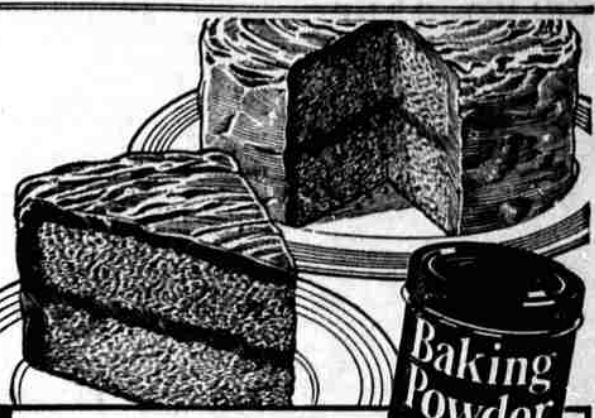
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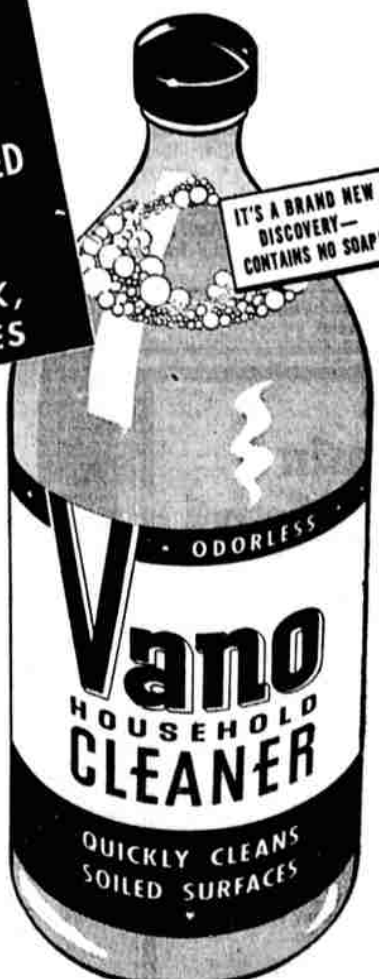
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TOUR—Nothing was missed by Lt. Gen. Hugh Drum (front) in his inspection of Camp Up-ton at Yaphank, L. I., where Delaware National Guard already is stationed for training.

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Rice Fancy Long Grain 3 lbs. 19c

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Cranberry Beans 3 lbs. 19c

Honey Howard's In the Comb 5 Lb. Jar 75c

Nylon Cold Suds 39c

Full pint. 16-oz. Free Sample with Each Bottle

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Lb. 15c

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