



CHICKEN LEGS



GRIDDLE CAKES



RHUBARB AND APPLE COBBLER



PRUNE AND APPLE PANDOWDY

The Molasses Pitcher Back On American Table

The molasses pitcher that graced Grandpa's table for so many years is returning to the American table. In those days it was as commonplace as salt and pepper shakers. Grandpa wanted the molasses pitcher handy so he could pour molasses over his morning cereal, griddle cakes and piping hot biscuits. For in-between-meal and bedtime snacks, he liked to spread this savory sweetener, together with freshly churned butter, over thick slices of grandma's delicious, home-made bread.

The molasses of which Grandpa was so fond was the rich, mild-flavored, sweet-tasting kind. This same type is obtainable today and is known as old-fashioned, unsulphured molasses.

This grand old sweetener was not just a flavor treat to Grandpa. It helped to keep him healthy, because it contributed extra nutritional values. It is a good source of iron and natural sugars, both of which are in the form that is easily assimilated by the body. It supplies calcium and some vitamin B₁. Of course, Grandpa didn't know much about minerals and vitamins. However, his body needed them. The large quantity of molasses that he ate helped supply these important nutrients.

For grandma, in her cooking, old-fashioned molasses was also a must. It gave the delicious, satisfying flavor and appetizing color to her baked beans, brown bread, cookies, cakes and gingerbread. These were the dishes that made her cooking famous. Here are several ways for you to enjoy Grandpa's and Grandma's favorite sweetener.

GRANDMA'S WHOLE-WHEAT GRIDDLE CAKES

1 cup sifted enriched flour
1 teaspoon salt
2 teaspoons double-acting baking powder
wheat flour
1 cup unsulphured molasses
2 cups milk
2 tablespoons shortening, melt
Sift together first three ingredients, mix with whole-wheat flour. Mix egg yolks, molasses, milk and shortening; stir into flour mixture. Beat egg whites stiff, but not dry; fold into batter. Bake a spoonful at a time on a lightly greased, hot griddle. Serve hot with butter and unsulphured molasses. Yield: 12 griddle cakes.

Rhubarb and Apple Cobbler

4 cups diced rhubarb
2 cups sliced cooking apples
2/3 cup sugar
1/2 teaspoon salt
1-3 cup unsulphured molasses
2 tablespoons butter or margarine

Unbaked pastry for one-crust pie

Heat oven to 450 F. (not.) Place rhubarb and apples in 10 x 6 x 2-inch casserole; sprinkle with sugar and salt, and drizzle with molasses. Dot with butter. Cover with pastry rolled into rectangular shape, 1/2 inch thick. Trim, seal, and flute edge. Cut a design or gash in pastry to allow steam to escape. Bake 10 minutes; reduce heat to 350 F. (moderate), and bake 30 minutes or until crust is brown and fruit is tender. Yield: 6 to 8 servings.

SPARERIBS

2 cups (1 lb.) dried Lima beans
6 cups (1 large can) tomato juice
3 teaspoons salt
2 lbs. spareribs
1 teaspoon salt

SCALLOPED BEANS AND LUNCHEON MEAT

2 (1 lb.) cans baked beans
12 oz. can luncheon meat

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ANCIENT CAVE

SAIGON, Indo-China (AP) — Many who came to Indo-China want to travel over to Cambodia and see the famous ruined city of Angkor Wat — the cradle of the ancient Khmer civilization. Since demand for travel facilities by air has increased, Air Vietnam is running regular services to Siem Reap, the nearest hotel point to Angkor Wat. Tourist trips ranging from 3 to 7 days are arranged.

2 tablespoons chopped onion
1/2 cup water
2 tablespoons unsulphured molasses
2 teaspoons Worcestershire sauce
1/2 teaspoon salt
1/2 teaspoon dry mustard

HEAT oven to 375 F. (moderate)
Spread 1 can baked beans in a 6-cup casserole. Chop luncheon meat into 1/2-inch cubes; sprinkle over beans. Cover with remaining can of baked beans. Mix remaining ingredients; pour over beans. Bake 45 minutes or until brown. Yield: 6 to 8 servings.

Tele-fun
by Warren Goodrich

Prune and Apple Pandowdy

1 lb. dried prunes, cooked
1 cup apple
No. 2 can (2 1/2 cups) pie
1 tablespoon lemon juice
1 cup unsulphured molasses
1/2 teaspoon nutmeg
1/2 teaspoon salt
1/2 cup sugar
2 tablespoons butter or margarine
1 1/2 cups sifted enriched flour
1/2 teaspoon salt

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CHICAGO (AP)—Abraham Lincoln spectacles for the first time are on public display. The Chicago Historical Society acquired them for \$275 from the Oliver R. Barrett Lincoln Collection. The magnifying type spectacles were used by Old Abe for reading.

ST. PAUL, Minn. (AP)—Traffic accidents in Minnesota in 1951 claim 77 more lives than in 1950.

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