

BANANAS ARE VERSATILE

Bananas are a staple to American housewives. Nearly every family enjoys them. In addition to finding their way into lunch boxes and serving as an after-school snack with graham crackers for the youngsters, they are wonderful for desserts and salads.

Use fully ripe bananas. The yellow peel should be flecked with brown. The secret of banana flavor in cakes is to mash fully ripe bananas before adding to the batter so that the flavor is literally mixed in with the rest of the cake. An easy way to mash bananas is to slice them into a bowl and beat with a fork or rotary egg beater or break the bananas into chunks and beat with an electric mixer until they become a thick, smooth, creamy liquid.

BANANA CUPCAKES

Before mixing, have shortening at room temperature. Grease pans; set oven at correct temperature (375 degrees).

2 1/2 cups sifted cake flour
1 1/2 cups sugar
2 1/2 teaspoons baking powder
2 1/2 teaspoons baking soda
1 1/2 teaspoon salt
1 cup shortening
2 eggs unbeaten
1 1/2 cups mashed ripe bananas
1 teaspoon vanilla

Sift flour, sugar, baking powder, soda and salt into a large mixing

bowl. Add shortening, eggs and 1/2 cup of the bananas. Beat two minutes at slow to medium speed with electric mixer or two minutes by hand. Scrape down bowl and beat or spoon frequently during mixing. Add remaining cup of bananas and vanilla. Beat one minute longer. Turn into well-greased cupcake pans. Bake in a moderate oven (375 degrees) about 25 minutes or until cupcakes are done. Top with Banana Butter Frosting. Makes 18 to 20 cupcakes.

BANANA BUTTER FROSTING

1/2 cup mashed ripe bananas
1/2 teaspoon lemon juice
1/4 cup butter
1 1/2 cups sifted confectioners' sugar

Mix together bananas and lemon juice. Beat butter until creamy in mixing bowl. Add sugar and bananas alternately, a small amount at a time, beating until frosting is light and fluffy. Makes about 2 1/2 cups of frosting — enough to frost 18 to 20 cupcakes.

BANANA LOAF CAKE

This loaf cake is particularly accommodating because it not only slices well to serve with coffee or tea, but it also makes a delicious dessert sliced and topped with whipped cream, applesauce or hard sauce.

2 1/2 cups sifted cake flour
1 cup sugar
2 1/2 teaspoons baking powder
1 1/2 teaspoon baking soda
1 1/2 teaspoon salt
1 cup shortening
2 eggs unbeaten
1 cup mashed ripe bananas
2 tablespoons milk
1 teaspoon vanilla
1/2 cup chopped walnuts
1/2 cup chopped dates

Sift together flour, sugar, baking powder, soda and salt into mixing bowl. Add shortening eggs and 1/2 cup bananas. Beat two minutes at slow to medium speed with electric mixer or by hand. Add remaining 2 1/2 cups bananas, milk and vanilla and beat one more minute. Turn into well-greased loaf pan and bake in a moderate oven (350 degrees) for 55 minutes or until cake is done. Serve plain or topped with whipped cream, applesauce or hard sauce, if desired.

CUSTARD SAUCE

Beat two eggs in top of double boiler until blended. Stir in 1/3 cup sugar and 1/2 teaspoon salt. Blend in 2 cups evaporated milk and stir in one cup boiling water. Cook over boiling water, stirring constantly until custard coats the spoon, about four to six minutes. Remove from heat and cool custard immediately by placing top of double boiler in cold water. Add 2 tablespoons dry sherry. Stir occasionally while cooling. Serve chilled over sherried pears.

CHEESE AND SHRIMP FONDUE

Cut cooked (or canned) shrimps into thirds. To two cups of shrimps add 2 1/2 cups scalded milk, 2 cups coarse fresh bread crumbs, 1/2 pound grated cheddar cheese, 1 teaspoon salt, dash of pepper, 2 tablespoons minced onion, 1 teaspoon dry mustard, 4 beaten eggs, separated. Cook in greased 2-quart casserole. Set in baking pan in slow oven (325 degrees) and fill pan with hot water around casserole. Bake until lightly brown and firm to touch in center, about 1 1/2 hours. Serves six.

PARADISE SALAD

Canned peas and cottage cheese are a good standard team. Add a maraschino cherry for bright color and serve with either mayonnaise or French dressing.

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CUPCAKES with sweet, ripe bananas in the batter and a delicious Banana Butter Frosting to match the fruit flavor of the cake are easy to make and make a nice change in the menu. Slice cupcakes in two and use sliced bananas and frosting for filling in center and sliced bananas for garnish.

PARADISE DUFF

This is a homespun type of dessert. Into a chicken fryer or skillet with a cover, pour a No. 2 1/2 can of pears. Add 2 teaspoons lemon juice, a generous sprinkling of nutmeg and 2 teaspoons cornstarch or thickening of the juice. Place pears cut side up. Bring to a boil, then drop sweet dumplings onto each pear half. Sprinkle with sugar and nutmeg. Cover and let steam 20 minutes. Serve with cream.

FRUIT SALAD

Crisp apple cubes, pineapple chunks, banana slices and chunks of fresh or canned pears with crisp salad greens tossed lightly with French dressing make a good spring salad. Sprinkle with grated cheese or shredded nuts.

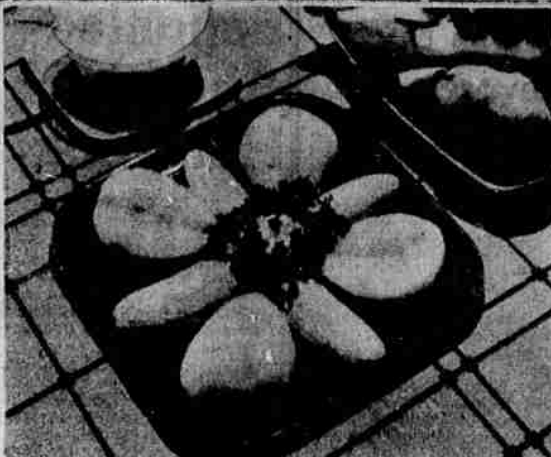
LENTEN QUICKIE

Combine a can of cream of mushroom soup with 1/4 cup white wine and simmer two or three minutes over hot water. Add 1 lightly beaten egg. Place a layer of canned tuna in a greased baking dish. Cover with a layer of ripe olive chunks and then with hot mushroom sauce. Sprinkle

with grated cheese and broil until delicately brown and bubbly.

BARBECUED CHEESE BUNS

Put a half cup of stuffed olives and a green pepper through the food grinder. Add 1/2 pound grated cheddar cheese, 1/4 cup olive oil and 1-3 cup chili sauce. Mix well. Split hamburger buns, toast and butter. Spread with cheese filling and toast under broiler, not too close to heat, until cheese is melted and bubbly. Salt and pepper to taste.



STAR SALAD is a color harmony in ivory and white, using alternate slices (lengthwise) of ripe bananas and pear halves. Cottage cheese and parsley garnish the center. Serve with a side dish of French dressing or mayonnaise.

PLAN LUNCHES

Remember that lunch should provide at least a third of the daily food needs of each person. Try to include a serving each of fruit or vegetable; one serving of meat,

BROILED FRUIT PUFFS

Add a festive note to lamb with broiled fruit puffs. Combine 2-3 cup mayonnaise with 1/4 cup chopped sweet pickle. Pile into canned cling peach halves and broil until filling of puff is golden brown.

FRUIT SALAD

A frozen fruit salad can add a touch of spring to a winter menu.

AVOCADO DRESSING

For avocado fans, here's a dressing to serve with wedges of head lettuce or with finely shredded cabbage. With a rotary beater combine 1 mashed or sieved avocado with 1/2 cup orange juice, 1 tablespoon lemon juice and 1/2 teaspoon salt. Beat until dressing is satiny smooth.

HOLIDAY PEARS

For St. Patrick's Day or just a spring salad, tint canned pear halves a pale green by adding 1/2 teaspoon food coloring to each 1 1/2 cups of juice. Add a little mint flavoring to the green pears. If you are tinting pears pink, add a bit of almond flavoring.

GLAMOURIZE MEALS

To win immediate and enthusiastic acceptance, food must both look

and taste good. Use little "glamour" touches, such as green paper rings, paprika, parsley and sliced hard cooked eggs to make simple, inexpensive dishes something extra special.

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LEFTOVERS

Rather than being the problem children of menu planning, leftovers can become the stars at the table. All it takes is originality and courage to try dishes that may seem unusual at first. Try casserole by adding freshly boiled, diced celery and onion to the leftover vegetables or meat. Fold in cooked elbow macaroni or spaghetti as an extender and top with a can of undiluted cream soup, grated cheese or buttered crumbs.

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Boiling Onions 5-lb. bag		19¢
Fresh Corn Golden Bantam ear		10¢
Daffodils Touch of Spring Dozen		39¢

New Potatoes	Cooked, Peeled, Tip Top, Whole No. 2 cans	10¢
Pink Salmon	Sextant brand 1-lb. cans	3 for \$1
Tomato Juice	Hunt's 46-oz.	4 for \$1
Drifted Snow Flour	10 lbs.	89¢
Luncheon Meat	Canadian Pork 12-oz. cans	3 for \$1
Apricots	Bagley's No. 2 1/2 cans	4 for \$1
Mortons Salt	Plain or Iodized	2 pkgs. \$1
Mayonnaise	Durkee's—Made with Fresh Eggs	Qt. 59¢
Heinz Strained Baby Foods	4 for 39¢	
Nabisco Vanilla Wafers	7 1/4-oz. pkg.	25¢
Argo and Kingsford Corn Starch	2 pkg.	29¢
NIAGARA Laundry Starch	Pkg.	19¢
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