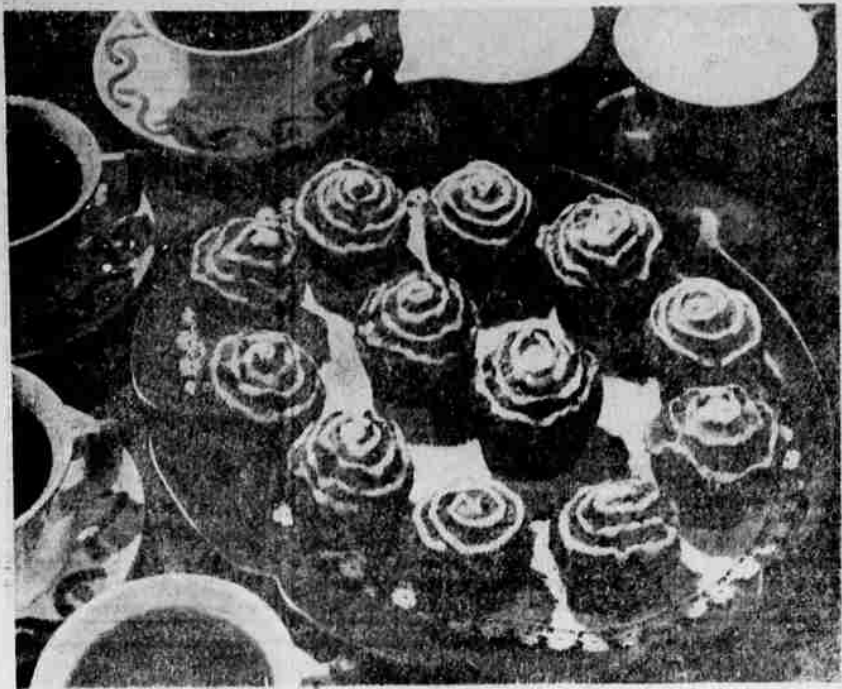




ELEGANT SIMPLICITY describes these breakfast treats. Elegant because the crumble topping and sugar icing crown a deliciously tender muffin. Simple because quick breads are so easy to make. You just stir enough to moisten all the dry ingredients.

— Photo courtesy Wheat Flour Institute.

Spicy Gems

With children going back to school, breakfast becomes even more important to start their day off right. A good breakfast calls for fruit, cereal in whole grain, milk, and an enriched bread, with butter or margarine. Include an egg at least three or four times during the week and breakfast meat as often as possible.

There'll be no breakfast-skippers in your family when you serve eye and taste-appealing hot breads. They'll begin the day satisfied and well-nourished, too.

SPICY GEMS

For the Crumble Topping you'll need:

- 2 tablespoons enriched bread crumbs
- 2 tablespoons enriched flour
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 2 tablespoons butter or margarine

Mix all ingredients together until crumbly.

MUFFIN BATTER

- 2 cups sifted enriched flour
- 3 tablespoons baking powder
- 1 teaspoon salt
- 2 tablespoons sugar
- 1/2 teaspoon allspice
- 1 egg, beaten
- 2 tablespoons melted shortening

Sift together flour, baking powder, salt, sugar and allspice. Combine egg, milk and shortening. Add liquid to flour mixture, stirring only until flour is moistened. Fill greased muffin cups 2/3 full. Sprinkle topping over batter. Bake in hot oven (425 degrees) 20 minutes. When cool, make swirls with confectioners' sugar icing. Makes about 18 medium-size muffins.

APPLE BREAKFAST CAKE

- 1 1/2 cups sifted enriched flour
- 2 tablespoons baking powder
- 1 teaspoon salt
- 1/2 cup sugar
- 2 to 3 cups milk
- 2 tablespoons melted shortening
- 2 tablespoons butter or margarine
- 2 cups chopped apples
- 1/4 cup sugar

Sift together flour, baking powder, salt and sugar. Combine egg, milk and melted shortening. Add liquid to flour mixture, mixing only until flour is moistened. Melt butter or margarine in bottom of 8-inch square pan. Add apples and sugar. Pour batter over apples and

bake in a moderately hot oven (400 degrees) for 25 minutes. Makes one coffee cake.

SCANDINAVIAN PANCAKES

- 1 apple
- 1/4 cup sugar
- 1 1/2 cups sifted enriched flour
- 1/2 teaspoon salt
- 1 tablespoon sugar
- 1 egg, beaten
- 1 cup milk
- 1 tablespoon melted shortening

Core and peel apple and cut into thin rings. Sprinkle with 1/4 cup sugar and let stand while mixing batter. Sift together flour, baking powder, salt and sugar. Combine egg, milk and melted shortening. Mix well. Add liquid to flour mixture and mix thoroughly. Pour 1 tablespoon batter on hot griddle or skillet. Put apple ring in center and top with another tablespoon batter. When bubbly, turn and brown. Serve hot with melted butter or margarine. Makes about 12 4-inch pancakes.

BUTTER CREAM FROSTING

Work one-third cup butter or margarine in a bowl until creamy with a wooden spoon or an electric mixer on medium speed. Add 1 teaspoon vanilla flavoring and gradually blend in one-third pound of confectioners' sugar sifted, then 2 1/2 to 3 tablespoons hot cream, milk or evaporated milk. Mix until completely smooth, stir in slowly another two-third pound of sugar (1 lb. measures about 3 1/2 cups), and another 2 1/2 to 3 tablespoons of the hot cream, beat well after each addition. Continue until frosting is a smooth - spreading consistency. Makes about 2 cups or enough to frost tops and sides of two 8 - inch layers generously.

KEY RACK

If the handyman in your family likes to make gadgets, suggest a key rack, cut from plywood or thin wood in the shape of a fat skeleton key. Small nails can hold the spare household keys where they are easily accessible on the decorative holder.

PICTURE FRAMING

Underwood's
CAMERA SHOP
700 Main St. Phone 7044



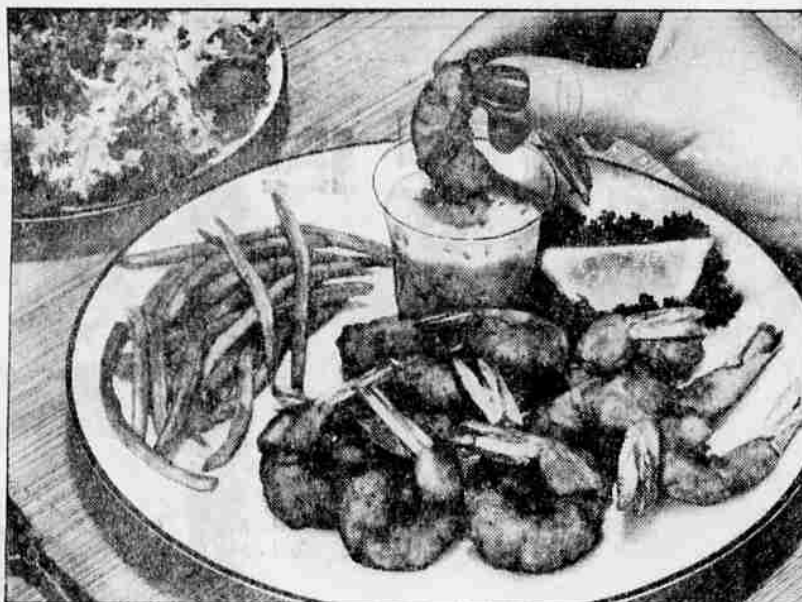
A COOLER and a cookie. The cooler? Iced coffee, served in tall glasses with a simple sugar syrup for easy sweetening. Cookies shown are Coffee Butter Bits. To make 3 dozen: 1/2 cup cornstarch, 1/2 cup confectioners' sugar, 1 tablespoon instant coffee, 1 cup sifted flour, 1 cup butter or margarine. Mix and sift cornstarch, sugar, coffee and flour. Have butter at room temperature. Blend ingredients until soft dough is formed. Chill 1 hour. Shape into balls 1-inch in diameter. Place on ungreased cookie sheet about 1 1/2 inches apart. Flatten cookies with lightly floured fork. Bake in slow oven (300 degrees), 20 to 25 minutes. Recipe and picture from the Pan-American Coffee Bureau.

CAKE FROSTING

Creamy cooked frostings harden more quickly than uncooked frostings, so need to be spread more

quickly. The bowl of frosting may be placed over warm water while spreading to keep the frosting soft and workable.

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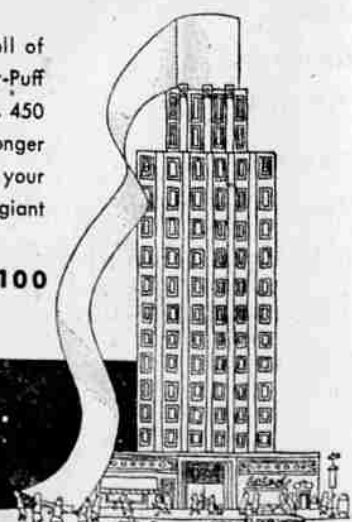


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