

Winter Travel

This fall and winter, an even greater number of wise travelers will be taking advantage of off-rate transportation and accommodations, seeing their dream cities and countries on the "dream season" plan. For those who plan a foreign trip for the first time, here are some suggestions about travel gear:

Get a well-organized passport case. Pockets for currency, photographs, luggage checks, etc. will keep you from losing your head—and your valuable papers!

Travel iron. If you aren't careful when you pack, and are limited in the amount of clothing you can bring, an iron can be a big time and money-saver. Get one with AC-DC current, plus a converter plug for European sockets. Ditto for electric shavers.

Cosmetics and toiletries. For gals, the small fitted overnight bag is handy, or where you're limited to one piece of luggage, a utility kit with plastic bottles and waterproof lining will fit into a suitcase or a large shoulder bag. Men find the waterproofed dressing case ideal either packed in luggage or carried in the hand. Important thing is to keep toiletries organized and not mixed in with garments.

Luggage. Americans always seem to stand out because of their distinctive luggage; don't spoil your appearance with battered cases. Tag each piece carefully, and add additional identification inside in case tags become detached. Luggage covers will save a fine finish; luggage wheels will cancel porter fees. Select a type of suitcase to suit your method of transportation; it's important that the luggage protect what you pack inside it.

Trick or Treat

Gay Halloween cookies are just the thing for late October's informal parties and "tricks or treat" treasure bags. Of course, fresh home baked cookies are always a welcome feature, but the younger set will find them even more tempting when decorated to suit the occasion.

Fortunately, most cookies are easy and quick to make. The refrigerator type, one of the easiest, is especially convenient and versatile. Just make the dough when you have free time, form into a roll and store well-wrapped in the refrigerator to slice and bake as needed.

For baking wonderfully rich cookies that are as economical as they are tasty, a delicate flavored margarine is tops. Remember though, when choosing a margarine for extra convenience and goodness, select one that's just as right for flavoring and spreading as it is for baking.

Cookies usually disappear before you get a chance to store them, but if by chance there are some left over, here are a few storage tips. Remember that soft cookies should be stored in a tightly covered container and crisp ones in a loosely covered one. If the crisp ones do absorb some moisture from the air, you can re-crisp them by putting them in a slow oven (300 degrees F.) for a few minutes.

High on the list of Halloween favorites is gay Mr. Jack-O-Lantern. Why not capture some of his popularity by fashioning your next batch of plain refrigerator cookies into spirited pumpkins iced with an orange frosting. For added interest, give your imagination free reign in "etching" your own appropriate combinations of eyes, nose, and mouth with a toothpick dipped in melted chocolate.

COMPOSITE

A composite of cooked prunes, fresh green grapes and sliced banana is elegant fare when it's chilled in whipped cream accented with California sherry wine.

Take it from me...

Bessy's Dairy Dishes

By Bessy, the Basin Bossy

Here's November! The air is crisp, the days are shorter and the appetite is sharpened beyond anything its seen since the previous spring.

From here on in, count on more hours at home, fewer away. Count on more demand from the refrigerator for snacks. That's from youngsters and adults alike.

To retain control of the appetite situation (and waistline, you gals), here's a tip that has proven its worth:

Try, about a half hour before mealtime, a glass of fresh, cool milk.

It will take the edge off your appetite, and before you know it, after a few mealtimes handled this way, that old waistline will begin trimming down. And still, you can keep up the old nutrition intake—with milk.

Here's a different one—PEANUT-RICE LOAF: You'll need 2 cups chopped peanuts, 2 cups cooked rice, 3 cups whole wheat flakes, 3 tablespoons flour, 1½ tsp. salt, ¼ tsp. pepper, 1 cup milk, 1 egg beaten, 2 tbsp. finely chopped green pepper, 1 cup diced celery and 2 tbsp. melted butter.

Combine the peanuts and rice. Crush whole wheat flakes and mix with flour, salt and pepper. Add to first mixture and mix well. Stir in milk, egg, green pepper, celery and butter. Pack lightly in greased loaf pan.

Bake in moderately hot (375 degrees F.) for one hour. Let loaf stand five minutes before turning out of pan. Serve with brown sauce.

Take it from me, it will be extra nice for the eight servings you can get here, if you serve each with a tall glass of fresh milk.

Bessy.

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