



A NEW AND EXCITING DESSERT is suggested by General Foods' Post 40% Bran Flakes which combines the spicy flavors of mince-meat with the mellow flavor of bran flakes for a hearty and nourishing treat.

WINTER DESSERT

During this "winter's winter" when freezing weather and snow have been the talk in so many homes, housewives may be puzzled over the kinds of hearty husbands who daily need to brave the cold as well as for the small fry, it is of paramount importance to give them energy giving fare in good spirits are expected to last.

Toward this end, Mrs. Home-maker can have an energy-packed answer by adding hearty finish to a meal with this Hot Bran Flakes Mince-meat Dessert. The very unusual flavor combination of mince-meat with the mellow flavor of 40 per cent bran flakes will be largely responsible, too, for a fast growing popularity for this dish.

Energetic young folks are frequently the best judges of fine desserts, so if you're in any doubt try Bran Flakes Mince-meat Dessert on them when they rush in from the cold. You'll see how those young hearty appetites make it disappear.

MINCEMEAT DESSERT
3 cups 40 per cent bran flakes
2 cups ready-to-use mince-meat
1-3 cup chopped nuts
1 cup orange juice
2 egg whites
Dash of salt
1/4 cup sugar
Place half of the cereal in a 1-quart casserole or in 10 to 12 small baking dishes. Combine mince-meat, nuts and orange juice and spoon half of the mixture over cereal in casserole. Cover with remaining cereal. Add remaining mince-meat mixture. Bake in moderate oven (350 degrees) 26 to 30 minutes.

Meanwhile, beat egg whites until foamy; then add salt. Add sugar, 2 tablespoons at a time, beating well after each addition. Continue beating until egg whites will form stiff peaks. Top cereal mixture with meringue and bake for another 8 to 10 minutes, or until meringue is lightly browned. Makes 10 to 12 servings.

Note: If desired, omit meringue and serve dessert with custard sauce or brandied hard sauce.

Condensed mince-meat may be used and should be cooked as directed on package before it is used in this recipe. If no directions are given on package, place mince-meat in saucepan, add 1 1/2 package, and cook over medium heat for 1 minute.

TANGY SARDINE TREAT
Open-face sandwiches are perfect for between meal snacks. This one also makes a nourishing lunch. Arrange Norway sardines on toast fingers and dot generously with melted butter and a little lemon juice. Place in hot oven for a few minutes. Serve piping hot.



CARPETING IDEAS are being borrowed from all sections of the world these days. A mixture of decorative accents gives us an opportunity to change rooms around and bring in a new feeling. Here is a bit of strategic drama in a Moroccan type scatter rug by Berwick in Avisco crimped rayon fiber. The black and white pattern serves to enliven the bedroom and provides a comfortable feel to the room. The crimped rayon fiber makes possible the brilliant colorings shown in black and white. It is also available in combinations of nutria and turquoise, gray and green. The coverlet is by Riverdale.

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THEY USED TO SAY that good cooks were born, not made — but that, of course, was before our time. Now manufacturers have made everything easy. Here is one example, you can use citrus and dried fruits in the wintertime to replenish your supply of jams and jellies and have wonderful fresh-tasting accompaniments for meat or fish. During Lent, sweet spreads make appealing garnish and extend the menu happily for all of us. Photo and recipe suggestions are courtesy of General Foods' Certo and Sure-Jell.

Recipes Make Good Cooks

Nowadays, it's an accepted fact that a novice can get jams and jellies of perfect consistency in their own little glasses in less than fifteen minutes from start to finish — all that's required is the ability to read and follow a recipe!

And, when you've made your own Lemon Jelly, discover how flattering it can be to a Lenten entree of fish. Or, take the recipe for Apricot Honey Jam, and bring it to the table to glorify pancakes and waffles. There are so many things you can do every day with sweet spreads that we pity those who don't take advantage of ways for making them! All of the ingredients are on hand at your grocer's, so try them now and be prepared for many an encore!

APRICOT HONEY JAM
Yield: about 8 medium glasses (4 lbs. jam)
3 cups prepared fruit (6 oz. dried apricots)
2 cups (1 1/2 lbs.) honey
2 cups (14 oz.) sugar
1 box (2 1/2 oz.) powdered fruit pectin

First, prepare the fruit. Add 2 1/2 cups water to 6 ounces dried apricots. Cover and let stand 4 hours or overnight. Drain, reserving liquid. Grind apricots or chop very fine; combine with liquid. Measure 3 cups into a large saucepan. Then make the jam. Measure honey and sugar and set aside. Add powdered fruit pectin to fruit in saucepan and mix well. Place over high heat and stir until mixture comes to a hard boil. At once stir in honey and sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat and skim off foam with metal spoon. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Cover jam at once with 1/4 inch hot paraffin.

LEMON JELLY
Yield: about 8 medium glasses (4 lbs. jelly)
2 1/2 cups juice (6 lemons)
6 cups (2 lbs. 10 oz.) sugar
1 bottle liquid fruit pectin

First, prepare the juice. Grate the rind and squeeze the juice from 6 medium-sized lemons, or enough to make 2 1/2 cup lemon juice. Add juice and 1 1/2 cups water to rind and let stand 10 minutes. Press juice through a cloth. Measure 2 1/2 cups into a large saucepan.

Then make the jelly. Add sugar to juice in saucepan and mix well. Place over high heat and bring to a boil, stirring constantly. At once stir in liquid fruit pectin. Then bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, skim off foam with metal spoon, and pour quickly into glasses. Cover.

TUNA-KRAUT SALAD FROM MILWAUKEE
Put 1 cup chilled and drained sauerkraut into salad bowl. Add a 6 1/2 or 7-oz. can White Star Tuna (oil and all), 1 carrot, shredded; and chopped onion to taste. Mix lightly. (Add a little mayonnaise, if you like.) Just right for 2 or 3, with buttered rye bread, wieners, and beer or coffee.

HONEY BROILED GRAPEFRUIT
Wash and cut each grapefruit into halves. Loosen pulp from peel with a sharp knife. Remove seeds and cut out tough fibrous center with scissors. Pour 2 tablespoons honey on each half and place on cold broiler rack set about 4 inches below burner. Broil at 375 degrees for 15 minutes, or until slightly brown. Garnish each serving with a maraschino cherry. Serve at once.

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