

Figures Released

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 ditures were amounts spent for coffee-breaks, pop, gum, candy, popcorn and alcoholic beverages. The later item assumes a greater significance in the budget of the city family. However, the outlay for coffee, tea and soft drinks averages about the same in both groups.
 (Next week Mrs. Kirkpatrick will discuss regional breakdowns on food use and cost and a listing of the specific volumes she has given to the county library for those who wish to do detailed research on the subject.)

COFFEE

A serious indictment has been brought against American homemakers by National Family Opinion, Inc., which made a survey last year for Pan-American Coffee Bureau.
 "The average American housewife brews coffee which is uniformly poor," was the conclusion reached after study of the survey. According to the Coffee Brewing Institute, you cannot get more than 45 decent, drinkable cups of coffee out of a pound of ground coffee — and 40 cups to the pound make an even better brew.
 Today, the national average is 64 cups to the pound. This means that the American housewife is wasting about 20 extra cups of coffee out of each pound of coffee she uses. As a consequence, all the cups of coffee she makes from that pound are weak and pallid.
 "Coffee is many things to many people," Pan-American Coffee Bureau says.
 "To some, it is comforting warmth on a cold day and for others it provides the necessary gumption to help them to get to work on time. Sometimes coffee means inspiration, or courage, or merely a good excuse to sit down and talk with someone you like. Very often, it sets the final tone of the at-home meal.
 "To sum up, coffee should be made so that the drinking of it is a pleasure. It requires no sleight-of-hand, no magic to brew it well.
 "You'll find it worthwhile to follow the few common sense suggestions that make all the difference between good coffee and bad."
 Start with a thoroughly clean coffee-maker, the bureau advises and use fresh coffee if you can. Fresh water is important, too. Measure the coffee properly each time. Best results in brewing coffee are obtained by using one standard coffee measure of coffee (or its equivalent, 2 level measuring tablespoons) to 3 measuring cup of water for each serving. If you want weaker coffee, dilute with water after brewing.
 Finally, serve the coffee as soon as possible after brewing.

NEW CAKE MIX

A new prepared spice cake mix is being produced by Procter & Gamble, inspired by Duncan Hines (now owned by Procter & Gamble).
 The package, with a bright plaid pattern, is specially constructed to give better protection than ever before.
 Follow the easy 1-2-3 directions for making the cake which appear on the new plaid package. Then when cool frost the light, spicy cake with a maple syrup icing.

MAPLE SYRUP ICING

1/2 cup shortening
 1 egg
 1/4 teaspoon salt
 4 cups sifted confectioners sugar
 4 tablespoons maple syrup
 3 or 4 tablespoons milk
 Blend shortening, egg and salt. Add sugar alternately with syrup. Spread between layers and over the top and sides of cake.

BREAKFASTS

A little extra trouble will add enthusiasm to those lagging breakfast appetites. Raisin bread toast, either plain, or with jam, usually tastes like more; hot biscuits can be made in a jiffy and the pleasure with which they are received makes the effort worthwhile.

MILK



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A ROSY ACCENT FOR FEBRUARY FOODS

February is a month of cherries. From Valentines Day on, every homemaker has a favorite use for them, whether the cherries be tart, sweet or candied. Cherries brighten the breakfast muffins, (flavor and frost a snowy layer cake, fill a batch of dainty cookies. Not as noticeable, perhaps, but just as important in all these baked foods is the nutritional quality of the flour with which you make them. Be sure to buy enriched flour. It has three B-vitamins and food iron that add up to better health at no extra cost.
 Cherry Puffs — nice at breakfast time — are a tempting treat at mid-morning or afternoon coffee:

- CHERRY PUFFS**
 1 package yeast, compressed or dry
 1/2 cup water (lukewarm for compressed yeast, warm for dry)
 1 cup milk
 1/4 cup shortening

Valentine Favors

Are your youngsters planning a Valentines Day party?
 Help them make easy, inexpensive favors that their little girl friends may use later as purses.
 Designed by Martha Blair, director of the Pfaff Sewing Institute, the favors are made with two pieces of heart-shaped red felt joined at the top by a strip.
 To make the purses, trace heart shapes from a book or magazine or fold a piece of newspaper in half and cut a semi-heart shape on the fold. Open the paper and both sides of your heart will be even.
 Sew three-fourths of the way up both sides of the heart and attach a thin felt strip at the top of each heart. When the little misses have eaten the Valentine sweets from their heart-shaped favors they can slip the handle over a wrist or on a belt and use the favor as a purse.
 Pfaff designers suggest sewing machine embroidering the hearts and handle. Pfaff's heart — "felt" Valentine favors may be made from any fabric scraps. You may cut one dozen four by five-inch favors from a half yard of 36-inch wide felt.
 Heart "felt" Valentine favors are a wonderful bad weather project for youngsters. Little or no help from mother is needed to sew them and their young guests will have a permanent Valentine party souvenir.

COOKIES

If you're looking for cookies that travel well, try Prune Oat Drops. Chewy with prunes and lightly spiced with cinnamon, they'll be welcomed with enthusiasm by a boy or girl away at school.

- PRUNE OAT DROPS**
 1 1/2 cups prunes
 1 1/2 cups sugar
 3 or 4 tablespoons milk
 2 eggs
 1-3 cup milk
 2 cups sifted all-purpose flour
 2 teaspoons baking powder
 1 teaspoon salt
 1 1/2 teaspoons cinnamon
 2 cups rolled oats
 1 teaspoon vanilla
 Cut prunes from pits. Cover prunes with water and boil 10 minutes. Drain. Cream sugar and shortening together thoroughly. Add beaten eggs and milk. Sift together flour, baking powder, salt and cinnamon. Blend into creamed mixture. Stir in oats, prunes and vanilla. Drop by teaspoonfuls onto greased cookie sheets and bake in hot oven (400 degrees) about 15 minutes.
 Makes about 6 dozen cookies.

SALAD

Unpeeled, quartered cold, crisp apples in a pinwheel on a relish plate are a good substitute for salad to go with ham, roast pork or meat loaf. The apples add the crisp touch needed to go along with cooked vegetables and meat.

Westerners are sweet on Spreckels Granulated Sugar...



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into greased muffin pans. Sprinkle with sugar. Let rise until doubled (about 20 minutes.) Bake in moderate oven (375 degrees) 20 to 25 minutes.
 Makes 1 1/2 dozen 3-inch sweet rolls.

Cherry Surprise Cake is a Valentine you can bake for the entire family or, if you like, divide into individual party cupcakes:

- CHERRY SURPRISE CAKE (Quick-Mix Method)**
 2 cups sifted enriched flour
 1 tablespoon baking powder
 1 teaspoon salt
 1 1/2 cups sugar
 1/2 cup hydrogenated shortening
 1 cup milk
 1 teaspoon vanilla extract
 3 egg whites (about 1/2 cup)
 1 cup drained sour pitted cherries (unsweetened)
 Cherry Frosting

Sift together flour, baking powder, salt and sugar. Add shortening and 2 1/2 cup milk. Mix to blend. Beat 2 minutes at medium speed of electric mixer or 300 strokes by hand. Add remaining milk, vanilla extract and egg whites. Mix to blend. Beat 2 minutes or 300 strokes longer. Fold in cherries. Bake in 2 greased paper-lined 8-inch round pans or greased 2-inch muffin pans, filling 2-3 full. Bake in moderate oven (350 degrees) 30 to 35 minutes. Frost with Cherry Frosting.
 Makes 2 8-inch layers or 3 dozen 2-inch cupcakes.

- CHERRY FROSTING**
 1 1/2 cups sugar
 6 tablespoons unsweetened cherry juice

1 tablespoon corn syrup
 2 egg whites
 1 teaspoon vanilla extract
 Few drops red food coloring
 Combine all ingredients except vanilla extract and food coloring in top of double boiler. Mix well. Place over boiling water. Beat constantly with rotary beater until mixture holds its shape. Remove from heat, add vanilla extract and food coloring. Beat until cool. Frost sides and tops of cakes. Makes frostings for 2 8-inch layers or 3 dozen cupcakes.

Fragile Tricorns are a pretty addition to a February cookie tray:

- TRICORNS**
 1 1/4 cups sifted enriched flour
 1/2 teaspoon salt
 2-3 cup shortening

1/4 cup sugar
 1 egg
 1/2 teaspoon vanilla extract
 Cherry Filling
 Sift together flour and salt. Cream together shortening and sugar. Add egg and vanilla extract, mixing thoroughly. Blend in flour mixture. Press dough into a ball, wrap in waxed paper and chill. Roll out one half of dough at a time to 1-16 inch thickness. Cut with a 3-inch round cookie cutter and place on baking sheet. Place 3 cherries of the Cherry Filling on center of each round of dough. With a spatula, lift 3 sides of the round over filling. Pinch edges together, shaping into tricorns. Bake in moderate oven (375 degrees) 10 to 15 minutes.

- CHERRY FILLING**
 1/4 cup sugar

1/4 teaspoon salt
 3 tablespoons cornstarch
 1/2 cup cherry juice
 1 cup pitted, red sour cherries
 Blend together sugar, salt and cornstarch. Add cherry juice. Cook until thick and smooth, stirring constantly. Add cherries.
 Makes 2 dozen small cookies.

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