

Fit for your KING



MELANIE DE PROFIT, Director, Culinary Arts Institute

Fluffy Cooler

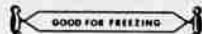
CONVENIENCE FOOD RECIPE

TO PREPARE: 30 MIN.

- 1 cup miniature marshmallows
- ½ cup unsweetened pineapple juice
- 1 tablespoon honey
- ½ cup chilled whipping cream
- 1 28-oz. bottle lemon-lime beverage, chilled

1. Set a bowl and rotary beater in refrigerator to chill.
2. Combine marshmallows, pineapple juice, and honey in top of a double boiler. Heat over simmering water until marshmallows are melted, stirring occasionally. Set aside to cool.
3. Using the chilled bowl and beater, beat whipping cream until of medium consistency (piles softly). Fold into the marshmallow mixture.
4. Divide mixture among four tall glasses. Fill each glass with lemon-lime beverage. Stir gently to mix. 4 servings

Peanut Bounties



TO PREPARE: 25 MIN. TO BAKE: 5-7 MIN.

It's easy to fill the cookie jars with one baking of these crispy cookies.

- ¾ cup (about 4 oz.) salted peanuts, coarsely chopped
- 1 cup corn flakes, crushed
- 1 cup uncooked rolled oats
- 1 cup sifted flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- 1 cup butter
- 1 cup firmly packed brown sugar
- 1 egg, well beaten (until thick and piled softly)

1. Sift together the flour, baking powder, and baking soda. Set aside.
2. Cream butter until softened. Add brown sugar gradually, creaming until fluffy after each addition.
3. Add beaten egg in thirds, beating thoroughly after each addition.

4. Mixing until well blended after each addition, add the dry ingredients in halves. Blend in the peanuts, corn flakes, and rolled oats.

5. Drop by half-teaspoonfuls about 2 in. apart onto ungreased cookie sheets.

6. Bake at 375°F 5 to 7 min. Remove cookie sheets to cooling racks and cool about 3 min. before removing cookies. Store in a container having a cover.

About 14 doz. cookies

Note: If preparing one-half recipe, measure the beaten egg and use only half.

Salty Peanut-Butter Cookies

Follow recipe for Peanut Bounties. Omit cornflakes and rolled oats. Increase flour to 1¾ cups. Decrease butter to ¾ cup and cream with ¼ cup peanut butter and 1 teaspoon vanilla extract. Substitute 1 cup granulated sugar for brown sugar. Increase eggs to 2.

Almond-Cherry Angel Food Cake



TO PREPARE: 35 MIN. TO BAKE: 40 MIN.

- 1 pkg. cherry-flavored angel food cake mix
- ¼ teaspoon almond extract
- 1 cup (about 5 oz.) toasted blanched almonds

1. Finely chop ¾ cup of the almonds. Reserve remaining whole almonds for decorating top of cake.
2. Prepare angel food cake mix according to directions on package. Blend the almond extract into beaten egg whites.
3. Fold the finely chopped almonds into the batter with the last addition of the dry ingredients. Bake and cool according to directions on package.
4. Frost cake with your favorite butter-type frosting. Decorate top of frosted cake with the whole almonds.

One 10-in. tubed cake

Candy Jones,

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