



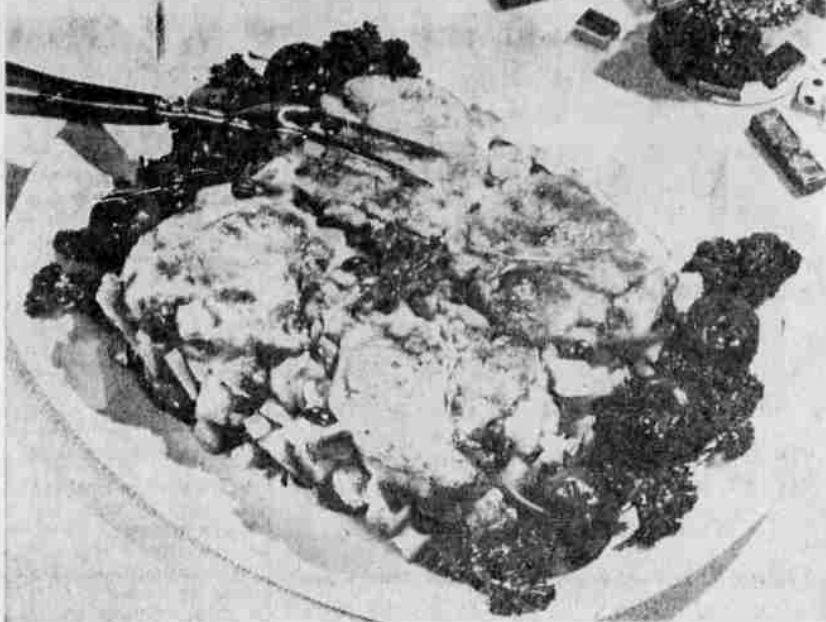
IF YOU'RE IN THE MOOD to cook with apples, and this is the season for it, you will want to try this Wheat Germ Austrian Apple Cake, a deliciously tart and old-world favorite. It can be served at breakfast, lunch or for dinner. Choose Jonathon apples, now coming on the market in all their crisp beauty from Washington orchards. (See Story on Page 1-C)



BREAKFAST MUFFINS
ROYAL TREAT
The most pleasant way to begin the day is with a tempting and unhurried breakfast to build a better family. That element of time is probably as important as the food served. For who can enjoy food bolted in between anxious glances at the clock? When you do allow plenty of time for the morning meal, it can be a joy. One simple but nourishing breakfast includes oven-toasted rice cereal with fresh, frozen or canned fruit and milk. For added interest, bake Honey-Currant Upside-Down Muffins. Prepare the muffins ahead and reheat in the morning. If you prefer freshly baked muffins, try this shortcut. Measure out your dry ingredients the night before, then cover and use them in the morning.

HONEY CURRANT UPSIDE-DOWN MUFFINS
2 cups whole bran cereal
1/2 cup honey
1 1/2 cups milk
1 egg, slightly beaten
1 cup sifted flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup currants
Combine bran, 1/2 cup of the honey and milk; let stand until most of moisture is taken up. Stir in egg. Sift together flour, soda and salt. Add to first mixture, stirring only until combined. Put 1 teaspoon of remaining honey into bottom of each greased muffin cup; sprinkle with about 1 teaspoon currants. Fill about 2/3 full with batter. Bake in moderately hot oven (400 degrees) about 25 minutes. Let

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Herald and News



DOUBLE DECKER PORK CHOPS and fruit stuffing is a dinner favorite for any man. Hearty and matched to a man's taste, this oven dish features two-high pork chops, between 'em a stuffing of apples, cranberries and enriched bread cubes. Try it for dad!

UNFLAVORED GELATINE BASE FOR SALADS

Blender and designer, unflavored gelatine makes salads beautiful of presentation. For a cool and new relish-type salad, diced tomatoes are combined with green pepper, onion and celery. The crisp blend of salad ingredients is then chilled until firm in a base of bouillon and unflavored gelatine. The jellied tomato relish can be made hours ahead of use and brought cool and fresh-of-flavor from the refrigerator at meal time. If desired, garnish with cottage cheese.
Besides its beauty touch, unflavored gelatine is an important protein food in its own right. The envelope amount of unflavored gelatine will gel two cups of liquid and up to two cups of the diced vegetables, enough for four to six servings. This all-protein gelatine is also low in calories, only 28 calories for the envelope amount.
MOLDED TOMATO RELISH
1 envelope unflavored gelatine
1/2 cup water, divided
1 bouillon cube
3 tablespoons lemon juice
1/2 teaspoon Tabasco
1 cup peeled and chopped tomato
1/2 cup chopped green pepper
1/2 cup chopped celery
2 tablespoons minced onion
Mix together gelatine, sugar and salt in saucepan. Stir in 1/2 cup of the water; add bouillon cube. Place over low heat, stirring constantly, until gelatine and bouillon cube are dissolved. Remove from heat; stir in remaining 1/2 cup water, lemon juice and Tabasco. Chill until the consistency of unbeaten egg white. Fold in vegetables. Spoon into six individual molds. Chill until firm. Unmold on crisp lettuce. If desired, garnish with cottage cheese. Yield: six servings.

WALNUT-WINE SQUARES

Walnuts and wine make a new dessert from a long-time favorite—fig bars. Crumble fig bars to make 1 quart. Add 1/2 cup chopped walnuts and 1/4 cup muscatel wine. Fold in 1 cup heavy cream, whipped. Pour into a square pan; chill for several hours. Cut into squares for serving.

STUFFED LEG OF LAMB

There comes a time in all families when only a good roast will satisfy. One of the best of roasts is boneless stuffed leg of lamb. The stuffing will be particularly pleasing when canned, crushed pineapple and a small amount of crushed stuffing made with enriched bread.



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DOUBLE DECKER PORK CHOPS

1 quart soft 1/2-inch bread cubes
1 1/2 cups chopped tart apples
1/2 cup chopped cranberries
1-3 cup sugar
1 teaspoon salt
1/2 teaspoon crumbled sage
8 pork chops, 1/2-inch thick (about 1 1/2 pounds)
Combine soft bread cubes, apples, cranberries, sugar, salt and sage. Arrange 4 pork chops in an (8-inch) square baking dish. Cover chops with stuffing and arrange remaining pork chops on top. Bake in a moderate oven (350 degrees F.) for 1 hour. Invert onto serving platter. Yield: 4 servings.
Opatija, Yugoslavia, has been a favorite seaside resort of the Greeks, Romans and Venetians for more than 2,500 years.

ESCALLOPED CABBAGE

Cabbage, as bright and green as it arrived from the garden or 100-acre "cabbage patch," stars in escalloped cabbage. In a casserole, alternate 3 layers of shredded cabbage (cooked for only 7 minutes) with 3 layers of soft, enriched bread crumbs and crisp bacon bits, tossed together. Over the top, pour a medium white sauce made with bacon drippings. Bake at 400 degrees for 15 minutes.

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Pineapple Tidbits or Crushed Del Monte No. 211	.23	5/1.00	.15
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Stewed Tomatoes Del Monte No. 303	.25	5/1.00	.25
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Courtesy of THE OREGON FRYER COMMISSION

HONEY OVEN-BAKED CHICKEN

1 2-lb.-2 1/2-lb. Oregon Fryer, quartered
1/2 teaspoon salt
3 tsp. butter or margarine
1/2 cup honey
1/2 cup prepared mustard
1 tablespoon fresh lime juice
1 teaspoon salt

Preheat oven to 350 degrees. Melt butter in shallow baking pan. Arrange chicken in pan, skin side down. Sprinkle with 1/2 teaspoon salt. Combine honey, mustard, lime juice and 1 teaspoon salt. Brush chicken with this mixture. Bake 30 minutes brushing occasionally with the honey mixture. Turn chicken; bake 20 to 25 minutes longer continuing to brush chicken occasionally with honey mixture. Before serving drizzle chicken with any remaining honey mixture.

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