

After School Snacks Should Include Milk

"Hi Mom, what y' got to eat?" Ever hear that question or one quite similar? The answer is undoubtedly yes, if you have children in school. This is the usual greeting every afternoon when they arrive home from school or a day of play in the open.

To avoid the problem of having your children nibble on less nourishing snacks have all ready for their eager appetites a variety of the more wholesome types. During these winter months a hot chocolate milk drink is a wonderful warmer-upper. This can be accompanied with a peanut butter sandwich or a combination of cream cheese or cottage cheese and nuts as a new and interesting sandwich spread. Cookies are always a favorite and the homemade variety made of flavo-rich butter are unquestionably the best eating.

Including dairy foods in your children's after-school snacks will contribute high quality nutrients to their daily nutritional requirement. For example, children should have at least 1 to 2 glasses of milk each day or its equivalent, while teenagers need 4 or more glasses. It is the wise homemaker who tries to include part of this requirement in between-meal snacks.

Try some of the following suggestions for after-school snacks. They meet the test of nourishing snacks for healthy, happy youngsters.

JAM CRUNCHERS
1 1/2 cups sifted flour
1/4 teaspoon soda
1/2 teaspoon salt
1/4 cup butter
1/2 cup brown sugar, firmly packed
1 cup granulated sugar
1 teaspoon vanilla
2 cups cornflakes, slightly crushed
1 to 1 1/2 cup chopped nuts
Thick jam

Sift flour once, measure. Sift again with soda and salt. Cream butter and sugars until light and fluffy. Add vanilla. Add sifted dry ingredients gradually mixing until smooth. Fold in lightly crushed cornflakes (measure cornflakes first, then crush). Form into balls 1-inch in diameter; roll in nuts, then place on cookie sheet. Make a thumb print in the top of each (flattening the dough); fill with any desired thick jam. Bake in a moderate oven, 375 degrees, about 15 minutes, or until lightly brown. Let stand a minute or two before removing from cookie sheet with a broad spatula. Cool on wire rack. Makes about 40 cookies.

BUTTERSCOTCH REFRIGERATOR COOKIES
1 cup brown sugar, packed
1 egg, well beaten
1 1/2 cups sifted all-purpose flour
1/4 teaspoon baking powder
1/4 teaspoon salt
1/2 cup chopped nuts (walnut or pecana)
1 teaspoon vanilla
Cream butter and brown sugar together until light. Stir in egg, then add sifted dry ingredients. Add nuts and vanilla and mix thoroughly. Place mixture on waxed paper and form in a roll. Roll up in waxed paper and chill for several hours or overnight until firm. Slice with sharp knife into thin slices about 1/4 inch thick. Bake on baking sheet in moderately hot oven, 400 degrees, for about 8 to 10 minutes. Makes 8 to 6 dozen cookies.

HOT TAFFY CHOCOLATE
8 squares (2 ounces) unsweetened chocolate, cut into small pieces
1/2 cup hot water
1/4 cup sugar
1/4 cup light molasses
1 quart milk
Pinch salt
Whipped cream

Heat chocolate and water together in saucepan stirring constantly until chocolate is melted; stir until mixture forms a smooth paste. Add sugar, molasses, milk and salt; heat slowly but do not let mixture boil. Serve hot plain or topped with whipped cream, if desired. Makes 6 servings.

HOT CARAMEL MILK
1/2 cup melted caramels (or 1/2 cup caramel sauce)
1 quart milk
Dash of salt
Few drops of peppermint extract (optional)

Melt caramels over very low heat (or use double boiler). Gradually stir in milk and heat until boiling, but not boiling, and until caramel is all dissolved in milk. Add salt and peppermint extract, if desired. Serve hot in cups or mugs, topped with whipped cream. Makes about 5 servings.

COTTAGE CHEESE-NUT SPREAD
1 cup creamed cottage cheese
2 tablespoons cream
1/4 cup chopped nuts
1/2 teaspoon salt
1 teaspoon onion juice
Blend cottage cheese with cream until the right consistency for spreading. Add salt, onion juice and chopped nuts. Spread between thin slices of buttered rye or whole wheat bread.

This could well be the best thing that's ever happened to your food budget!

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MAPLE MOUSSE
VERMONT STYLE

From the beautiful state of Vermont with its tree-studded, green rolling hills and hospitable people (if you don't talk too much) come these "Seasonal Recipes" by Duncan McDonald printed in the 160th annual copy of the Old Farmer's Almanac.

Not too long ago, we drove across the state of Vermont in mid-summer, along the highway that wound and wound through the Green Mountains, past 1 white homes and white, steep churches and stopped for a night not too far from the birthplace of Calvin Coolidge.

Because we like to sample the foods that are accustomed to those who live beyond the rim of Oregon, we had a "grab box" including an electric toaster.

When we registered, we discovered "true maple syrup" was for sale at the motel and bought some, planning to bring it home. Come morning, we moved boxes and eggs to a nook outside, furnished with table and chairs where there was a breathtaking view of a valley and a winding river. We had scarcely popped the first slice of bread into the toaster when we were treated to an early morning visit from the motel owner, a gracious man bearing a plate of piping hot buttermilk biscuits and a bottle of Vermont's maple syrup under a Vermont souvenir.

The thoughtful gesture left a pleasant memory, but back to recipes, the maple syrup can has the same recipe for maple mousse that we found in the Farmer's Almanac... and here it is.

MAPLE MOUSSE
2 eggs, separated
1 teaspoon salt
1 cup maple syrup
1/2 pint whipped cream
1 teaspoon vanilla
Beat egg yolks. Add salt and maple syrup. Cook in top of double boiler until mixture thickens. Cool. Fold in stiffly beaten egg whites and then stiffly beaten cream. Add vanilla and freeze. Serves four.

There are those in Vermont who believe that the season's first maple syrup sends a lightning tremor through the limbs of those who partake of it. And for them there is no recipe for any kind of the food that does not gain by the use of this earliest maple syrup. Here is a recipe for breakfast.

EGGS IN MAPLE SYRUP
2 tablespoons maple sugar
1/2 cup water
3 eggs
1/2 teaspoon salt
Melt maple sugar in water, gradually bring to a boil. Beat eggs with salt and whip into maple mixture. Serve immediately on toast. Serves two... or try

MAPLE SYRUP PIE
1 1/2 tablespoons butter
2 tablespoons flour
2 egg yolks
1/4 teaspoon salt
1 1/2 cups maple syrup
1 cup walnuts
1/2 teaspoon vanilla
1 8-inch baked pie shell
Whipped cream
Cream butter and flour. Add egg yolks, salt, maple syrup. Cook in double boiler until thick. Add nut meats and vanilla. Pour into baked pie shell. Top with whipped cream.
Pure Vermont maple syrup is mild flavored. A stronger maple flavor can be added with use of a "synthetic" maple flavoring.

DATE APRICOT SAUCE
"Date Apricot Sauce" dresses up vanilla pudding or ice cream. For a special treat just combine 1 cup apricot jam, 1/4 cup orange juice and 1/2 cup chopped fresh California dates in a saucepan and heat. Add lemon juice to taste and serve warm over chilled pudding or ice cream. Wonderful with eggnog ice cream!

Small-fry cooks: they'll enjoy cutting rounds out of a sheet of sponge cake, using cookie cutters. Then the rounds may be frosted and decorated. The raggle-taggle ends of cake may be used instead of bread in a pudding, but the regular amount of sugar will probably have to be decreased.

