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FEBRUARY FOR FUN AND FOOD

"F" is for February—as well as for fun—and in particular, "F" is for food. In other words, why not make February a month of "fun with food." Here are some ways you can do just that.

Search about the nooks and crannies of your kitchen for all those recipes you've clipped out and gathered from friends and places, but just never got around to trying. Let February be the month to try some of those dishes that sound so good.

Select the simpler ones to serve the family during the week, then splurge on a fancy dish for Sunday dinner or some other special meal. By the end of the month you'll have a complete new file of up-to-date recipes that you know you can serve successfully to guests and to the family.

Imagination—that's the family recipe to have "fun with food." If you're not the brave, courageous type, stick to varying your favorite dishes in little ways with different spices or accompaniments. If you are a little more daring, let your imagination "go." Conceit a new food combination all your own.

Pick out a new flavor, and pair it with an old favorite food; select a cut of meat and see how many different ways you can prepare it; experiment with leftovers and prove to dad and the family just how good they can be. Loosen your creative spirit, and see how many new ideas you can come up with. You'll take even greater pride in your cooking results when the ideas are yours from the start.

Here's a "fun with food" starter for you—a basic yeast dough. Prepare a batch of yeast dough; then "go to town" with it. Shape it to suit a special occasion; flavor it with a new herb or extract, and serve it with a new spread—the sky's the limit.

ENRICHED YEAST BREAD
1 package yeast, compressed or dry
1/4 cup water (lukewarm for compressed yeast, warm for dry)
2 cups milk
2 tablespoons sugar
2 teaspoons salt
1 tablespoon shortening
6 cups sifted enriched flour (about)

Soften yeast in water. Scald milk. Add sugar, salt and shortening. Cool to lukewarm. Add two cups flour, stirring well. Add soft yeast. Add enough more flour to make a moderately stiff dough. Turn out on lightly floured board, or pastry cloth, and knead until smooth and satiny (five to eight minutes). Shape into ball and place in lightly greased bowl. Grease surface of dough lightly. Cover and let rise in warm place (70 degrees to 85 degrees F.) until doubled (about 1 1/2 hours). Punch down. Divide dough into two equal portions. Shape each portion into a smooth ball. Let rest 10 minutes. Shape into loaves or rolls.

QUICK AS A WINK DINNER
Sauerkraut and frankfurters enjoy fine fame as one of the most harmonious couples on the menu today.

The virtues of this tasty pair are many—both are notably economical and also gloriously easy to store and prepare. Sauerkraut, particularly, boasts an amazingly low calorie content, a plus which sends its popularity rating zooming high! The mild-flavored, never-too-salty sauerkraut, processed by one of the Northwest's leading kraut packers, finds favor with all members of the family.

Kraut and frankfurters are well suited to a variety of treatments, and with plenty of franks and kraut always on hand, hearty, short-order meals are guaranteed. For a zesty lunch or an in-a-minute dinner, here are two cases in point, starring the much-loved sauerkraut and frankfurter.

KRAUT-FRANK DINNER SUPREME
1 No. 2 1/2 can Western-style Sauerkraut
1 large onion, chopped fine
1 large green pepper, cut in strips

2 tablespoons butter or margarine
2 8-oz. cans tomato sauce
1 can water
1 pound frankfurters
Drain kraut well. (Sauerkraut juice goes well in tomato juice.) Brown kraut, onion, and green pepper lightly in butter. Add tomato sauce and water. Simmer 1 hour on low heat with franks laid on top of kraut. Serves 5 or 6. (Add a little more tomato sauce and water to make juice for cooking dumplings on top for a special dinner all in one pan.)

KRAUT-FRANK DINNER SANDWICH
1 No. 303 can Western-style Sauerkraut
8 frankfurters
2 tablespoons butter or margarine
2 tablespoons catsup
2 tablespoons prepared mustard

8 slices buttered bread
Melt butter or margarine. Add frankfurters and cook over low heat until browned on all sides. Meanwhile, combine kraut, catsup, and mustard; mix well. Arrange kraut mixture on 4 bread slices. Cut frankfurters in half, lengthwise. Arrange over kraut and top with remaining bread slices.

RIPE OLIVES PEP SALADS
For wonderful color and flavor, toss 1/2 cup of sliced pitted ripe olives and one orange, sliced, with your best green salad. Oil and vinegar dressing is fitting for this dish. Ripe olives add meatiness and glossy color to almost any salad. Include them in Sunshine or Perfection molds, or in tomato aspic, shrimp molds. Jaunty ripe olive rings are marvelous with cole slaw, chicken or crab salad, Caesar salad, potato, egg or macaroni salad. Possibilities are endless! Cut in wedges, rings or chop. Cans of ready-chopped ripe olives are on your grocer's shelf.

People Read SPOT ADS — you are

DON'T OVERLOOK potato chips for that ideal snack after school. They are economical and a popular combination served with a juicy, red apple. Snack bowls can be kept full for "the gang" too, without stretching the food budget.

Shortcakes Long On Dessert Goodness

Teasing references to the leaden biscuits baked by recent brides are seldom heard these days. One reason may be that biscuits as such are less a mealtime staple than they once were.

Nevertheless, a deft hand with a biscuit dough still remains worthwhile. For without biscuits one can't enjoy the delicious fruit shortcakes which are such satisfying desserts the year around.

Apricot Cream Shortcake is a luscious dessert perfectly suited to the months when fresh fruits are less plentiful. It consists of two feathery biscuit layers between which is sandwiched a tempting apricot-nut filling. Whole bran cereal used in the biscuit dough gives a nutlike flavor which blends nicely with the filling. Top each serving with a mound of fluffy apricot whipped cream topping.

An old-fashioned buttermilk biscuit dough forms the basis for Peach Shortcake with Peach Sauce. Baked in layers, this shortcake is also served cut in wedges.

The topping is a lemon-accented sauce that's simple to make from convenient canned sliced peaches.

APRICOT CREAM SHORTCAKE

1 1/2 cups sifted flour
1/2 teaspoon salt
3 teaspoons baking powder
1/2 cup sugar
1 cup whole bran cereal
1/2 cup soft shortening
2 tablespoons butter or margarine
1 egg, slightly beaten
2 3/4 cup milk

2 tablespoons soft butter or margarine
2 3/4 cup brown sugar, firmly packed
1/2 teaspoon salt
1/2 cup chopped nuts
1 3/4 cup cooked, finely cut apricots

Sift together flour, salt, baking powder and sugar into large mixing bowl. Cut in shortening and butter with pastry blender or two knives until mixture resembles coarse corn meal. Stir in whole bran cereal. Combine egg and milk; stir into flour mixture. Press half of mixture into bottom of well-greased 9-inch round cake pan.

Combine butter, brown sugar, salt, nuts and apricots. Spread over cake mixture. Pat remaining dough on top. Bake in moderately hot oven (425 degrees)

about 15 minutes, or until nicely browned on top. While hot, cut into wedges; serve with Apricot Whipped Cream Topping.

Yield: 6 servings.
APRICOT WHIPPED CREAM TOPPING:
1 cup heavy cream
3 tablespoons sugar
1/2 cup cooked, finely cut apricots

Whip cream until stiff. Fold in sugar and apricots. Serve as shortcake topping.

PEACH SHORTCAKE WITH PEACH SAUCE
1/2 cup whole bran cereal
1/2 cup buttermilk or sour milk

1 1/2 cups sifted flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
2 tablespoons sugar
1/2 cup soft shortening
2 teaspoons soft butter or margarine

Combine whole bran cereal and buttermilk; let stand until most of moisture is taken up. Sift together flour, baking powder, soda, salt and sugar. Cut in shortening until mixture resembles coarse corn meal. Add whole bran cereal mixture, stirring, until dough leaves sides of bowl. Turn out on lightly floured board. Pat into 2 8-inch rounds. Put 1 layer in bottom of greased 8-inch round layer cake pan; spread with butter. Cover with remaining layer. Bake in moderate oven (450 degrees) about 20 minutes, or until done. Split shortcake and spread with additional butter. Serve warm with Peach Sauce between layers and over top.

Yield: 6 servings.
Note: If sweet milk is used instead of buttermilk, omit soda and increase baking powder to 3 teaspoons.

Peach Sauce

2 1/2 cups (1 lb. 4 oz. can) sliced peaches
1/2 cup sugar
1/2 teaspoon salt
1 tablespoon cornstarch
1 tablespoon lemon juice
Drain peaches thoroughly, reserving 1 cup of the syrup. Mix sugar, salt and cornstarch in medium-sized saucepan; stir in peach syrup. Cook over low heat until thick and clear; stir in lemon juice and peach slices; heat thoroughly.

Yield: about 3 1/2 cups sauce.
A large kettle with a perforated insert is convenient for boiling spaghetti or macaroni. The pasta may be lifted out and drained in the insert.

BRIGHT WITH COLOR
Let a refreshing peach and mint salad work magic on winter-weary appetites. Prepare apple-flavored gelatin according to directions. Add a drop or two mint extract and tint sparkling green with food coloring. Pour into an eight-inch square pan and chill until firm. Cut into squares and place each on lettuce leaf. Arrange drained canned cling peach slices over gelatin square. Shape cream cheese or blue cheese spread into small balls. Flatten slightly between two peach halves. Place one on each salad for garnish.

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