

Tuck-Ins

Spicy "Almond Oat Cookies" tucked in lunch boxes will make the return to school a pleasure for youngsters. These multi-flavored snacks feature delicious almonds, oats, ginger, cinnamon, molasses and sour cream. Don't restrict them to lunch boxes alone. Serve them for dessert and savor the crunching eating goodness of ever-popular almonds.

ALMOND OAT COOKIES

- 1 egg
- 1/4 cup melted shortening
- 1/4 cup sugar
- 1/4 cup dairy sour cream
- 1/4 cup molasses
- 1 cup sifted all-purpose flour
- 1/2 teaspoon soda
- 1/4 teaspoon salt
- 1/4 teaspoon ginger
- 1/4 teaspoon cinnamon
- 1 cup quick-cooking oats
- 1/2 teaspoon vanilla
- 1/2 cup chopped or slivered almonds

Beat egg and mix with shortening, sugar, sour cream and molasses. Sift together flour, soda, salt and spices, and add to first mixture. Stir in oats, vanilla and almonds. Drop by teaspoonfuls onto greased baking sheet. Bake in hot oven (400 degrees F.) about 10 minutes.

Makes about 3 1/2 dozen cookies.

CRUNCHY COOKY CHEWS

Add one or two of these Coconut Almond Chews to each serving of sherbet or fresh fruit dessert. Beat 3 egg whites with 1/4 teaspoon salt until stiff. Gradually beat in 1 cup powdered sugar. Add 1/4 teaspoon almond extract. Fold in 2 tablespoons flour, 2 tablespoons melted butter, 2 cups flaked coconut, 1/2 cup almond slivers and 1/4 cup drained chopped maraschino cherries. Drop from teaspoon onto greased baking sheet and bake in moderate oven about 15 minutes.

ZUD it's Wonderful!

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FREE SAMPLE

RUSTAIN PRODUCTS FAIRLAWN, NEW JERSEY

VERSATILE FRUITS — The recipe for this Fresh Fruit Melange comes from Colombia, neighbor of the United States to the south in South America. Its shores touch both the Pacific Ocean and the Caribbean Sea. Its warm climate produces some of the most delectable fruits known to man, among the variety, mangos, oranges, pineapples, bananas and many others. Mangos frequently appear in our own Klamath Falls food markets and this recipe sounds delicious.

Freddy Says

OREGON FRYERS

For Better FLAVOR Look for this LABEL

FRESH FRYER FREDDY

MILK MAKES MEAL

You will be competing with cake. Makes 12-14 pancakes. pancake houses when you serve flavorsome chocolate cakes. Sift 1 1/4 cups sifted flour, 3 teaspoons baking powder, 1/2 teaspoon salt into mixing bowl. Add 1 egg, 3 tablespoons melted butter, and 2 1/2 cups chocolate milk. Mix only until dry ingredients are thoroughly moistened. Somewhat lumpy batter makes lighter pancakes. Bake on a hot, lightly buttered griddle, turning only once. Use about 1/4 cup batter for each

cake. Makes 12-14 pancakes. Serve alamoade. Milk drinks are as refreshing as they are nourishing. Pine-Co Punch proves it. Blend 1 cup milk and 1 cup shredded coconut at high speed for 1 minute in electric blender. Add 1 cup frozen pineapple juice concentrate, thawed, 2 cups milk and 1/4 cup confectioners sugar. Blend about 1 minute. Serve in 4-6 tall, frosted glasses with pineapple spear or chunks for garnish.

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FRESH FRUIT MAKES COLOMBIAN DESSERT

The Peace Corps members going to Colombia, South America, this year will be meeting many difficult situations, but our guess is that among the pleasures they will meet will be the wonderful abundance of fresh fruits.

Typical of the fruits found in Colombia are the pineapple, banana, lemon and lime which all of us know. There are also many local fruits unfamiliar to us. Among them is the mango which is a juicy, aromatic food, well liked in tropical countries over the world. If you are lucky you can find the mango on American fruit stands.

A recipe using the mango is this Colombian Fresh Fruit Melange.

COLOMBIAN

FRESH FRUIT MELANGE

- 2 bananas, peeled and sliced
 - Lime or lemon juice
 - 1 mango, peeled and sliced
 - 1/2 cup flaked coconut
 - 1/2 cup light corn syrup
- Dip banana slices in lime or lemon juice. In a serving dish arrange alternating layers of banana slices, mango slices, and coconut until about half of the fruit is used. Pour 1/4 cup of the corn syrup over this. Continue layering fruits and coconut until all fruit is used. Top with coconut.

THERE'S A LIMIT

OCEAN CITY, Md. (AP)—The Ocean City Bus Line has posted this sign in one of its busses: "Anyone carrying more than three watermelons will be charged for space."

COMPANY COMING?

For an easy, elegant company dessert, whip some cream and sweeten lightly with powdered sugar. Fold in 2 tablespoons green creme de menthe and chill half an hour. Then fold on well-drained canned cling peach slices. Serve in sherbet glasses with a sprig of mint to garnish. Makes 4 servings.

LIVELY DRESSING

Here's a zesty dressing to try on your favorite fish salad. Combine 1 tablespoon instant minced onion, 2 tablespoons white table wine and a cup mayonnaise. Add a generous quantity of chopped pickle and fresh parsley. Let stand several hours to blend flavors.

EASY COFFEE CAKE

Arrange canned cling peach slices in a butter-brown sugar mixture in bottom of 8-inch square pan. Prepare coffee cake batter, using recipe on package of blueberry muffin mix. Pour over peaches and bake according to directions. Turn upside-down to serve for a sunny good morning.

Venetian Delight



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