

Homemade Breads Thrifty Energy Source

Breads and cereals play an important role in any low cost diet because they are so satisfying. They are economical sources of energy, protein, phosphorus and iron. When made from whole grain, enriched or restored products, cereals and breads are good sources also of the vitamins, thiamine, riboflavin and niacin.

In the "Food for Fitness" guide prepared by nutritionists of the U.S. Department of Agriculture, it is recommended that four or more servings of breads and cereals be included in the family diet.

Since the proteins of cereal grains and milled products such as flour need to be supplemented with proteins of higher quality, it is nutritionally advantageous to use these foods in combination with milk. For extra food value and rich flavor, cook cereals in evaporated milk diluted with an equal amount of water, then serve with evaporated milk as it pours from the can. Evaporated milk is thrifty and handy, too, to use in making pancakes, biscuits, corn bread and other quick breads. Evaporated milk is a real short-cut in making yeast breads, for being sterile it need not be scalded before use.

The recipes given here are for two types of yeast breads — one a batter type and one which requires kneading. Not only is the food value considerably improved with the use of evaporated milk, but this whole milk concentrate assures good browning of the crust and a fresh moistness which makes the bread keep well.

NO-KNEAD BREAD

1-3 cup sugar
1-3 cup soft shortening
1/2 teaspoon salt
1/2 cup boiling water
1/2 cup evaporated milk
1 package dry granular yeast
1/2 cup warm water
2 eggs, beaten
4 1/2 cups sifted flour

Mix sugar, shortening and salt in a large mixing bowl. Add boiling water and stir until shortening is melted. Add evaporated milk. Sprinkle yeast on warm water and stir until dissolved. Add to first mixture. Then stir in eggs. Add the flour a cup at a time, beating until fairly smooth after each addition. Cover and let rise in a warm place until double in bulk, about 1 to 1 1/2 hours. Beat batter down, then beat four minutes with a wooden spoon. Turn batter into a well-greased 2-quart casserole dish. Let rise uncovered until double in bulk, about 45 minutes. Bake in a preheated moderate oven (350 degrees) 1 hour. Turn out of dish immediately onto a cooling rack, turn right side up and let cool before cutting. Makes 1 large loaf.

To make rolls: After beating dough down after its first rising, spoon batter into well-greased muffin pans, filling each cup about half full. Let rise uncovered until double in bulk, about 45 minutes to 1 hour. Bake in preheated moderate oven (350 degrees) 30 minutes. Make 1 1/2 dozen.

WHITE BREAD

3 tablespoons sugar
1 tablespoon salt
2 tablespoons shortening



TOPS IN QUALITY!
LOW IN PRICE

1/2 cup boiling water
1 1/4 cups evaporated milk
2 packages dry granulated yeast
1/2 cup warm water
6 1/2 to 7 cups sifted flour
Place sugar, salt and shortening in a large mixing bowl. Add the 1/2 cup boiling water and stir until shortening is melted. Stir in evaporated milk. Add yeast to the 1/2 cup warm water and stir to dissolve. Add to evaporated milk mixture. Stir in 4 cups flour. Beat with spoon until fairly smooth. Mix in remaining flour a cup at a time until dough pulls away from side of bowl. Turn out onto a lightly floured board. Knead until smooth and elastic and dough no longer sticks to the board. Place in a large greased bowl, turn once to bring greased side up, cover and let rise in a warm place until double in bulk, about 1 1/2 hours. Punch down. Cover and let rise again 30 minutes. Punch down again, and divide dough in halves. Put one portion of dough on a lightly floured board and let rest for 10 minutes. Then shape by flattening dough to press out air. Fold dough in halves and press out air. Bring two ends to center, overlap and seal by pressing down firmly with the knuckles. Take further edge of long side and fold over toward you a third of the way at a time, sealing well with heel of the hand. Roll back and forth to tighten. Seal each end by pressing with edge of hands. Then smooth loaf lightly between hands to even. Place loaf in a 9 x 5 x 3 inch loaf pan, sealed edge down. Repeat with second portion of dough. Cover and let loaves rise until sides of dough reach top of pan and center is rounded, about 50 to 60 minutes. Bake in preheated hot oven (425 degrees) until done, about 25 to 30 minutes. Make 2 loaves.

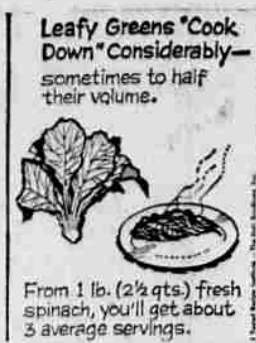
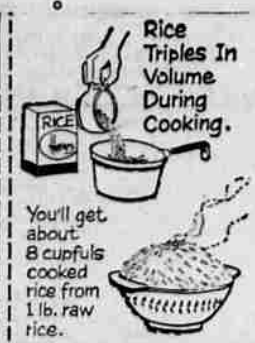


Simply add 1/2 teaspoon Crescent Ground Mustard to a can of baked beans. Stir well and simmer for about 5 minutes. Crescent Mustard is selected for premium quality and packed fresh for flavor.

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Caraway Shrimp

1 lb. shrimp, fresh or frozen, shrimp are added. Drain. For a hot appetizer, serve shrimp immediately. For a cold appetizer, chill in the refrigerator to serve later. Serve Caraway Butter with both hot and cold appetizers.
Caraway-Butter Dip: At serving time, melt 1/4 cup butter or margarine. Add one teaspoon caraway seeds and 1/4 teaspoon garlic salt. Place in a small dish over a candle warmer. Serve shrimp on toothpicks for dipping in warm sauce.



Boiling Caldron As Centerpiece

Looking for something different in the way of a Halloween decoration?

Here's an idea that's sure to excite the kiddies and your neighbors too. Get several pieces of dry ice, each about the size of an ice cube, and place them in a pot that suggests witchcraft. By half filling the pot with water, you can create a bubbling, boiling caldron that will make an ideal centerpiece or a front stoop decoration. Add more dry ice as it becomes necessary. A five-pound supply should last about three hours.

You can add further to the occasion with a wicked witch which you can either buy in a store or make yourself out of paper. Of course, Halloween isn't complete without a pumpkin. An annual ritual calls for packing the youngsters in the car and taking them to the nearest produce stand where they can select their own pumpkin. After that, it will be up to you to carve the pumpkin into a grotesque face. One slip of the knife can mean permanent damage to most surfaces. Not so if you do the carving job on a countertop of scratchproof ceramic tile. Furthermore, the mess that accompanies carving a pumpkin is easily cleaned when the surfacing material is ceramic tile.

For a savory sauce for steak, add catchup, Worcestershire sauce and a dash of tabasco to butter and heat.

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