

# THE ORIENTAL TOUCH

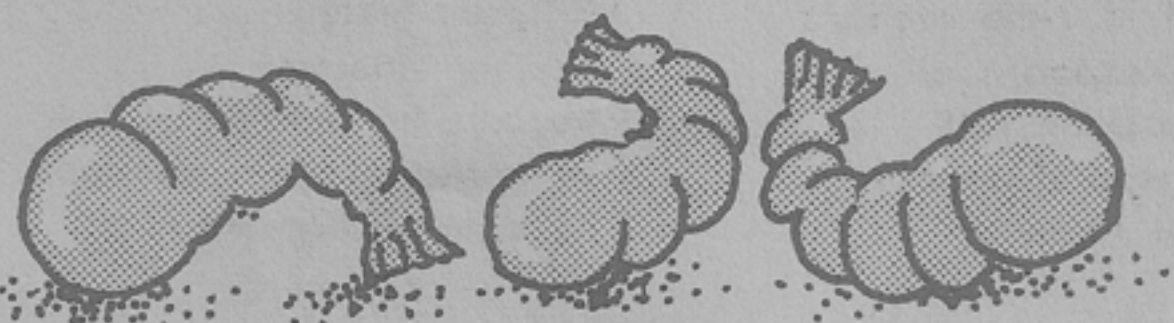
### CHICKEN ALMOND

2 chicken breasts, boned and skinned  
5 tablespoons salad oil  
2 tablespoons soy sauce  
2 teaspoons sugar  
1/2 teaspoon Ac'cent  
1 teaspoon salt

1/8 teaspoon pepper  
4 tablespoons cornstarch  
2/3 cup water  
1 10 3/4-ounce can chicken broth  
1 8-ounce can water chestnuts, drained and sliced

1 4-ounce can sliced mushrooms, drained  
1 cup thinly sliced celery  
1/2 cup peas, fresh or frozen  
1/2 cup toasted slivered almonds

Partially freeze chicken; slice in long, thin slivers. Thaw completely. Heat oil in large skillet; add chicken pieces, soy sauce, sugar, Ac'cent, salt and pepper. Cook for a few minutes, stirring, until chicken loses its pink color. In small bowl combine cornstarch and water; stir until smooth. Stir into chicken mixture along with broth, water chestnuts, mushrooms, celery and peas. Cook, stirring until mixture is slightly thickened, translucent and bubbly hot. Serve topped with toasted almonds. **YIELD:** 6 servings.



### BUTTERFLY FRIED SHRIMP

1 pound raw shrimp  
1 1/2 cups flour  
1/2 cup cornstarch  
1 teaspoon salt

2 teaspoons baking powder  
1 egg  
1 1/2 cups water

Peel shrimp, leaving last section and tail intact. Split down center of back, cutting almost to inner edge; remove black sand and vein. Spread open and press flat. Rinse; dry well. Sift flour, cornstarch, salt and baking powder into bowl. Stir in egg; gradually add water. Beat with egg beater until smooth. Dip shrimp in batter. Fry in deep hot fat, 375 degrees, for 2 to 3 minutes until golden brown. Drain on absorbent paper. **YIELD:** 4 servings.



### PEA PODS WITH BEEF

1/2 pound flank steak  
1 tablespoon soy sauce  
1 clove garlic, minced  
3 tablespoons peanut oil  
1 teaspoon salt  
1 pound pea pods  
1/4 cup sliced celery

1/2 cup water  
Dash pepper  
1/4 teaspoon sugar  
1 teaspoon red wine or sherry  
1 teaspoon cornstarch  
2 tablespoons water

Slice steak against grain into 1/4x3-inch strips. Mix with soy sauce. In skillet over high heat, cook garlic in oil until lightly browned. Add steak and stir-fry 1 minute; remove from pan. Sprinkle salt over pan; add pea pods and celery; stir-fry 2 minutes. Stir in 1/2 cup water, pepper and sugar. Cover; cook over medium heat for 3 minutes. Add steak; sprinkle with wine and stir-fry 30 seconds. Blend cornstarch and 2 tablespoons water; add to skillet. Cook 1 minute or until sauce is thickened. **YIELD:** 3 to 4 servings.

### CHOW MEIN

2 tablespoons oil  
1/4 pound diced lean raw pork or 1/2 cup cooked shredded chicken  
1/2 small onion, sliced  
2 stalks celery, sliced thin  
1 can bean sprouts, drained  
1 small can sliced mushrooms, drained

2 tablespoons bamboo shoots sliced thin  
4 water chestnuts, sliced thin  
2 ounces Chinese pea pods, optional  
1/2 cup water  
1 tablespoon salt  
1 teaspoon sugar

Dash Ac'cent  
1 tablespoon soy sauce  
2 tablespoons cornstarch  
3 tablespoons water  
1 large can chow mein noodles  
2 tablespoons cut-up green onion  
3 tablespoons chopped toasted almonds

Heat oil in large skillet. Add pork and cook over medium heat until lightly browned. Add onion; cook until browned. Add remaining vegetables, 1/2 cup water, salt and sugar. Cover; bring to a boil over high heat. Stir well; replace cover and cook 2 to 3 minutes until vegetables are just tender-crisp. Remove cover; reduce heat. Add Ac'cent and soy sauce. Make a paste of cornstarch and 3 tablespoons water, add slowly, stirring constantly until gravy thickens. Spoon over crisp noodles; garnish with green onion and toasted almonds. **YIELD:** 5 to 6 servings.

**CHOP SUEY:** Follow same recipe but omit chow mein noodles; serve over boiled rice.

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**THE SPOKESMAN-REVIEW**  
Spokane, Washington 99253

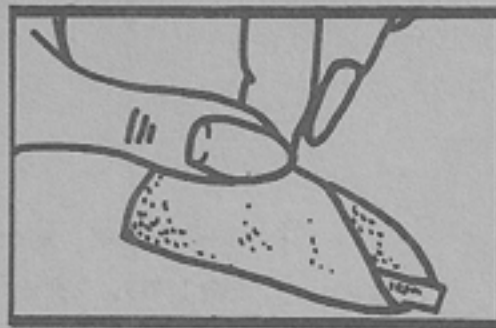
## FORTUNE COOKIES

3 egg whites  
 3/4 cup sugar  
 1/8 teaspoon salt

1/2 cup melted butter  
 1/4 teaspoon vanilla  
 1 cup sifted flour

1 tablespoon instant  
 tea powder  
 2 tablespoons water

In bowl combine egg whites, sugar and salt. Stir in thoroughly remaining ingredients in the order listed, one at a time. Chill at least 20 minutes. Drop by teaspoonfuls onto greased baking sheet, four inches apart (make only 2 at a time); spread very thin, with back of spoon, to 3 inches in diameter. Bake at 350 degrees for 5 minutes or until edges just turn lightly brown. Immediately remove to wire rack. Working quickly, place fortune in center of each cookie; fold in half. Grasp rounded edges between thumb and forefinger of one hand. Place forefinger of the other hand at center of folded edge, push in. Bring edges of fold downward around forefinger. Place in muffin tin, open edges up, until set. **YIELD:** About 4 dozen.



## EGG FLOWER SOUP

1 quart chicken broth  
 1/4 cup frozen peas  
 1/2 teaspoon salt  
 2 tablespoons sliced mushrooms  
 1 egg, beaten

Combine chicken broth, peas and salt; simmer until peas are tender, about 5 minutes. Add mushrooms. Increase heat so soup boils. Slowly pour egg into soup; stir gently. Season with Ac'cent and pepper, to taste. **YIELD:** 6 servings.

## FRIED RICE

2 tablespoons oil  
 1 cup diced cooked pork, ham, chicken or shrimp  
 2 tablespoons soy sauce  
 4 cups cold cooked rice  
 1 2 1/2-ounce can mushrooms, drained  
 1 cup bean sprouts  
 2 eggs, beaten  
 1/4 cup cut-up green onions

Cook pork in oil until brown. Stir in soy sauce, rice, mushrooms and bean sprouts. Cook until thoroughly heated. Make a well in center of mixture; add eggs. Cover; cook until eggs are half set. Uncover; continue cooking, stirring to mix egg and rice. Adjust seasonings as necessary. Serve garnished with onions. **YIELD:** 4 to 6 servings.

## CHINESE ROAST PORK

2 pounds fresh pork shoulder roast  
 1/4 cup soy sauce  
 1/4 cup beef broth  
 3 tablespoons brown sugar  
 4 garlic slivers  
 Toasted Sesame Seeds  
 Chinese Mustard

Cut pork into three lengthwise strips. Combine soy sauce, beef broth, brown sugar and garlic; pour over. Cover; refrigerate at least 2 hours, turning meat frequently. Remove from marinade; place on rack in roasting pan. (Add a few tablespoons water to prevent smoking.) Roast at 350 degrees for 1 1/4 hours or until well done, turning occasionally, and basting with marinade. Cut in thin slices or pencil-slim strips. Serve with Toasted Sesame Seeds and Chinese Mustard. Or, use to garnish oriental main dishes.

**TOASTED SESAME SEEDS:** Spread sesame seeds in thin layer on rimmed cookie sheet. Bake at 350 degrees for about 20 minutes or until golden brown, stirring occasionally.

**CHINESE MUSTARD:** Stir 1/4 cup boiling water into 1/4 cup dry mustard. Add 1/2 teaspoon salt, 2 teaspoons salad oil and a pinch of turmeric. **YIELD:** 1/3 cup.

## CHINESE BOILED RICE

Allow 1/3 cup long-grain white rice per person. Put rice in deep saucepan; add cold water to 3/4-inch above rice. Boil over high heat for 5 minutes, stirring once. Reduce heat, cover and let simmer 20 minutes until dry. Remove from heat; keep covered 20 minutes. Stir to fluff.

## SWEET AND SOUR SPARERIBS

2 pounds spareribs, cut in 1-rib sections  
 2 tablespoons oil  
 1/4 teaspoon salt  
 1/8 teaspoon pepper  
 3/4 cup sugar  
 1/4 cup flour  
 1 1/4 cups water  
 2/3 cup vinegar  
 1/2 cup soy sauce  
 1 green pepper, chopped  
 1 onion, chopped

Place ribs in skillet; add hot water to cover. Bring to boil; reduce heat, simmer 5 minutes. Drain; dry thoroughly. Heat oil in skillet. Add ribs; season with salt and pepper. Mix sugar and flour; sprinkle over browning ribs. Turn ribs often to prevent scorching. When ribs are well-browned, stir in remaining ingredients. Cover; simmer 1 hour until ribs are tender. **YIELD:** 4 to 6 servings.

## EGG FOO YUNG

1 cup bean sprouts  
 1/4 cup minced celery  
 1 tablespoon minced onion  
 2 tablespoons sliced mushrooms  
 1/4 cup diced Chinese Roast Pork, optional  
 1/2 teaspoon salt  
 1/4 teaspoon sugar  
 Dash Ac'cent  
 3 eggs, unbeaten  
 Brown Sauce or Sweet-Sour Sauce  
 Green onions, cut-up

In bowl combine vegetables, pork and seasonings. Add eggs; toss gently until egg coats all ingredients. Spoon 1/4 of mixture on lightly greased skillet; flatten like pancake. Cook over low heat until underside is light brown; turn and cook other side. Serve with Brown Sauce or Sweet-Sour Sauce; garnish with green onion. **YIELD:** 4 servings.

**BROWN SAUCE:** Blend 1 tablespoon cornstarch, 1 teaspoon soy sauce, 1 1/2 cups chicken broth and 1/4 teaspoon sugar. Cook until mixture comes to a boil and thickens. Add salt and pepper to taste. Serve hot. **YIELD:** 1 1/2 cups.

**SWEET-SOUR SAUCE:** Blend 2 teaspoons cornstarch, 2 teaspoons sugar, 2 teaspoons vinegar, 5 teaspoons soy sauce, 3/4 teaspoon salt and 1 cup cold water. Boil 5 minutes. Serve hot. **YIELD:** About 1 cup.

The following is a list of products which are to be featured in the Homemakers Department during March:

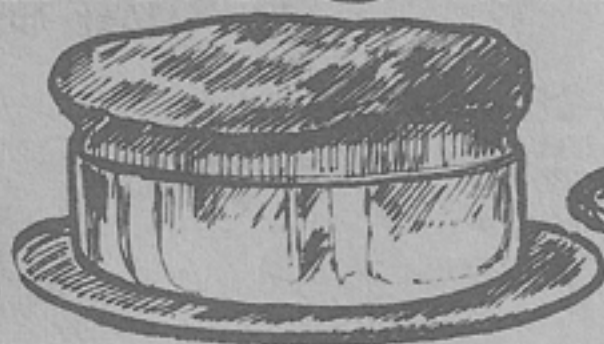
BANANAS—Dole  
 BREAD—Holsum

HAM—Hormel  
 INSTANT COFFEE—Nescafe

PASTA—U.S. Macaroni  
 WASHINGTON DAIRY PRODUCTS

# THE HOLIDAY FEAST

B-12



Glazed Cornish Game Hens  
with Wild Rice Stuffing

Sweet Potatoes or Yams

Cheesy Sauced Broccoli

Cranberry Wine Salad or Frozen Cranberry Salad

Strawberry Angel Pie

Lime Souffle or Pecan Tarts

Brandied Coffee Royale

### GLAZED CORNISH GAME HENS

4 1-pound frozen game hens  
Salt and pepper

Wild Rice Stuffing  
1/3 cup melted butter  
4 slices bacon

1/4 cup beef consomme  
1/4 cup light corn sirup

Thaw hens; rinse and dry. Cock wings back, tucking flap of neck skin under them. Season hens inside and out with salt and pepper. Stuff each with 1/2 cup Wild Rice Stuffing (bake extra stuffing in casserole for 30 minutes). Using large safety pin, tuck in tail and pull cavity skin together; cross legs over, catch the legs on top with the pin; fasten shut. Place birds, breast up, on rack in shallow roasting pan. Brush with melted butter. Strip each breast with bacon slice, cut in half. Roast uncovered at 400 degrees about 1 hour until meaty part of drumstick is tender when pierced with a fork. During last 15 minutes of roasting, baste several times with mixture of consomme and corn sirup. **YIELD:** 4 servings.

**WILD RICE STUFFING:** Wash 1 cup wild rice through several changes of cold water. Soak 1 hour in hot water to cover. Drain; dry on absorbent paper. In saucepan cook rice in 1/4 cup butter for 5 minutes. Dissolve 1 1/2 tablespoons instant chicken bouillon and 1 teaspoon salt in 1 1/2 cups boiling water; pour over rice. Cover; simmer 30 minutes, or until tender, and liquid is absorbed. Add 1/3 cup cut-up green onion, 1 cup minced celery, 1/2 cup chopped toasted almonds, 1 8-ounce can sliced mushrooms, drained, 1/2 teaspoon crumbled marjoram and generous dash nutmeg.

### CRANBERRY WINE SALAD

1 cup cranberry juice cocktail	1 8-ounce can whole cranberry sauce
1 3-ounce package raspberry gelatin	1 cup whipping cream, whipped
1/4 cup sugar	1/2 cup chopped pecans
3/4 cup sangria wine	Crisp greens

Place cranberry juice in medium bowl; cover and cook 2 minutes on HIGH or until boiling. Add gelatin and sugar; stir until dissolved. Add sangria. Chill until slightly thickened. Fold in cranberry sauce, whipped cream and pecans. Turn into 6 cup mold. Chill until set. Unmold on crisp greens. **YIELD:** 8 servings.

### CHEESY SAUCED BROCCOLI

2 10-ounce packaged frozen broccoli spears	1 tablespoon lemon juice
1/2 cup shredded cheddar cheese	1 cup dairy sour cream
1/2 teaspoon grated lemon rind	1/4 teaspoon salt
	Dash pepper
	1/4 cup toasted sunflower seeds

Cook broccoli as directed on package. Drain and arrange in shallow pan. Combine cheese, lemon rind and juice, dairy sour cream, salt and pepper; spoon over broccoli. Sprinkle with sunflower seeds. Place under broiler 2 to 3 minutes to melt cheese. **YIELD:** 6 to 8 servings.

### BRANDIED COFFEE ROYALE

3/4 cup whipping cream	1/2 teaspoon cinnamon	5 cups strong hot coffee
1/4 cup powdered sugar	1/2 teaspoon grated orange rind	1 cup brandy

Whip cream with powdered sugar, cinnamon and orange rind. Chill. Combine coffee and brandy in blazer pan of chafing dish or saucepan over direct heat. Heat through; do not boil. Serve in coffee cups, topped with chilled whipped cream. **YIELD:** 8 servings.

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THE SPOKESMAN-REVIEW

Spokane, Washington 99210

## SEAFOOD COCKTAIL

2/3 cup chili sauce  
1 tablespoon horseradish  
2 tablespoons lemon juice

1 teaspoon worcestershire sauce  
Dash Tabasco  
Dash salt

1 cup cooked crab, shrimp  
or lobster  
1/4 cup minced celery  
Lettuce

Combine chili sauce, horseradish, lemon juice, worcestershire, Tabasco and salt; chill. Arrange seafood and celery in lettuce-lined cocktail glasses. Top with chili mixture. Garnish with lemon wedges, if desired. **YIELD:** 6 servings.

## FROZEN CRANBERRY SALAD

2 cups cranberries  
1/2 cup water  
3/4 cup sugar  
1/2 cup orange marmalade  
1 1/2 cups whipping cream  
Sugared Cranberries

Combine cranberries and water in saucepan. Bring to boil; reduce heat and simmer, covered, 5 minutes or until berries are soft. Press through sieve, discarding skins. Stir sugar and marmalade into sieved mixture. Cool to room temperature, stirring occasionally. Whip cream; fold into cranberry mixture. Turn into 5-cup mold. Cover; freeze until firm. To serve, let stand 10 minutes at room temperature; unmold on crisp greens and garnish with Sugared Cranberries. **YIELD:** 8 servings.

**SUGARED CRANBERRIES:** Dip whole cranberries in slightly beaten egg white; roll in granulated sugar.

## MICRO YAM CASSEROLE

2 1-pound cans yams,  
drained  
1/4 cup half 'n' half  
2 tablespoons melted  
butter  
1 cup dairy sour cream,  
divided  
1 egg  
2 tablespoons brown sugar  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/4 teaspoon salt  
2 tablespoons chopped  
walnuts

Mash yams; blend in half 'n' half, and butter. Blend in 1/4 cup dairy sour cream, egg, brown sugar, spices and salt. Spoon into shallow 1-quart casserole. Cover with waxed paper. Cook 1 1/2 minutes on HIGH. Rotate dish 1/4 turn; continue cooking 6 to 8 minutes on MEDIUM (50% power) or until almost set, rotating dish 1/4 turn 2 to 3 times. Spread with remaining dairy sour cream; sprinkle with walnuts. Cook 2 to 3 minutes on MEDIUM or until topping is heated, rotating dish 1/2 turn after 1 minute. **YIELD:** 6 servings.

4 egg whites  
1/4 teaspoon cream of tartar  
1/4 teaspoon salt  
1 cup sugar

1/2 cup finely chopped  
toasted almonds  
2 cups whipping cream

2 tablespoons orange flavored  
liqueur  
1 cup strawberry preserves  
Toasted sliced almonds

Beat egg whites with cream of tartar and salt until mixture stands in soft peaks. Gradually add sugar, beating until stiff. Continue beating at least 10 minutes. Fold in chopped almonds. Spread over bottom and sides of greased 9-inch pie plate. Make bottom 1/4-inch thick, sides 1-inch thick. Bake at 275 degrees for 1 hour. Turn off heat; leave oven door tightly closed for at least 5 hours. Whip cream; fold in liqueur and strawberry preserves. Spoon into meringue shell. Chill or freeze overnight. Garnish with toasted almonds. **YIELD:** 8 servings.

## PECAN TARTS

2 3-ounce packages cream  
cheese, softened  
1 cup butter

2 cups sifted flour  
2 eggs  
1 1/3 cups packed brown sugar

1/2 teaspoon vanilla  
3 tablespoons melted butter  
2/3 cup chopped pecans

Blend cheese and 1 cup butter. Add flour, mixing until dough leaves sides of bowl. Chill. On floured board, roll to 1/8-inch thickness. Cut with 3-inch cookie cutter; ease into 2-inch muffin pans. Beat eggs; add brown sugar, vanilla and 3 tablespoons melted butter; beating until blended. Stir in pecans. Divide filling among unbaked pastry shells. Bake at 375 degrees 15 to 20 minutes. **YIELD:** 3 dozen.

## LIME SOUFFLE

3/4 cup sugar, divided  
1 envelope unflavored  
gelatin  
1/2 teaspoon salt  
1/2 cup water  
1/3 cup lime juice  
2 teaspoons grated lime  
rind  
4 eggs, separated  
1 cup whipping cream,  
whipped  
Raspberry Nut Sauce

In top of double boiler combine 1/4 cup sugar, gelatin, salt, water, lime juice, rind and slightly beaten egg yolks; mix well. Cook over boiling water, stirring occasionally until mixture thickens slightly, about 15 minutes. Cool until mixture mounds from spoon. Beat egg whites until soft peaks form; gradually add 1/2 cup sugar, beating until stiff peaks form. Fold in whipped cream and gelatin mixture. Turn into prepared 4 to 5 cup souffle dish. Refrigerate until set, at least 3 hours. Serve with **RASPBERRY NUT SAUCE:** Combine 1 cup raspberry jam, 1/4 cup undrained crushed pineapple and 1/2 cup chopped nuts. **YIELD:** 8 servings.

**TO PREPARE SOUFFLE DISH:** Fold 30-inch piece of aluminum foil in half lengthwise. Secure around outside of dish so a 3-inch collar stands above brim of dish.

## CANDIED SWEET POTATOES

6 sweet potatoes or yams,  
cooked and pared  
3 tablespoons butter or  
margarine  
1 cup packed brown  
sugar  
1/4 teaspoon salt  
3 tablespoons water

Slice sweet potatoes lengthwise into serving pieces, arrange in greased baking dish. Dot with butter; sprinkle with brown sugar and salt. Add water. Bake uncovered at 350 degrees for about 30 minutes, basting occasionally with liquid in dish. **YIELD:** 6 servings.

**ORANGE CANDIED YAMS:** Substitute 3 tablespoons orange juice for water; add the grated rind of 1 orange.

## STRAWBERRY ANGEL PIE

4 egg whites  
1/4 teaspoon cream of tartar  
1/4 teaspoon salt  
1 cup sugar

1/2 cup finely chopped  
toasted almonds  
2 cups whipping cream

2 tablespoons orange flavored  
liqueur  
1 cup strawberry preserves  
Toasted sliced almonds

Beat egg whites with cream of tartar and salt until mixture stands in soft peaks. Gradually add sugar, beating until stiff. Continue beating at least 10 minutes. Fold in chopped almonds. Spread over bottom and sides of greased 9-inch pie plate. Make bottom 1/4-inch thick, sides 1-inch thick. Bake at 275 degrees for 1 hour. Turn off heat; leave oven door tightly closed for at least 5 hours. Whip cream; fold in liqueur and strawberry preserves. Spoon into meringue shell. Chill or freeze overnight. Garnish with toasted almonds. **YIELD:** 8 servings.

## PECAN TARTS

2 3-ounce packages cream  
cheese, softened  
1 cup butter

2 cups sifted flour  
2 eggs  
1 1/3 cups packed brown sugar

1/2 teaspoon vanilla  
3 tablespoons melted butter  
2/3 cup chopped pecans

Blend cheese and 1 cup butter. Add flour, mixing until dough leaves sides of bowl. Chill. On floured board, roll to 1/8-inch thickness. Cut with 3-inch cookie cutter; ease into 2-inch muffin pans. Beat eggs; add brown sugar, vanilla and 3 tablespoons melted butter; beating until blended. Stir in pecans. Divide filling among unbaked pastry shells. Bake at 375 degrees 15 to 20 minutes. **YIELD:** 3 dozen.

Following is a list of products which are being featured in the Homemaker's Department:

CHEESE—Wa. Dairy Farmers  
CHOCOLATE CHIPS—Hershey's  
CHOPPED CLAMS—Snow's

DIET COKE—Coca-Cola  
IMO FOOD DRESSING—Rod's  
MIXERS—Canada Dry

ORANGES—Mandarin  
POPCORN—Jolly Time  
SPAGHETTI SAUCE—Ragu

# THE BUSY LITTLE BEE

## HONEY SUBSTITUTIONS

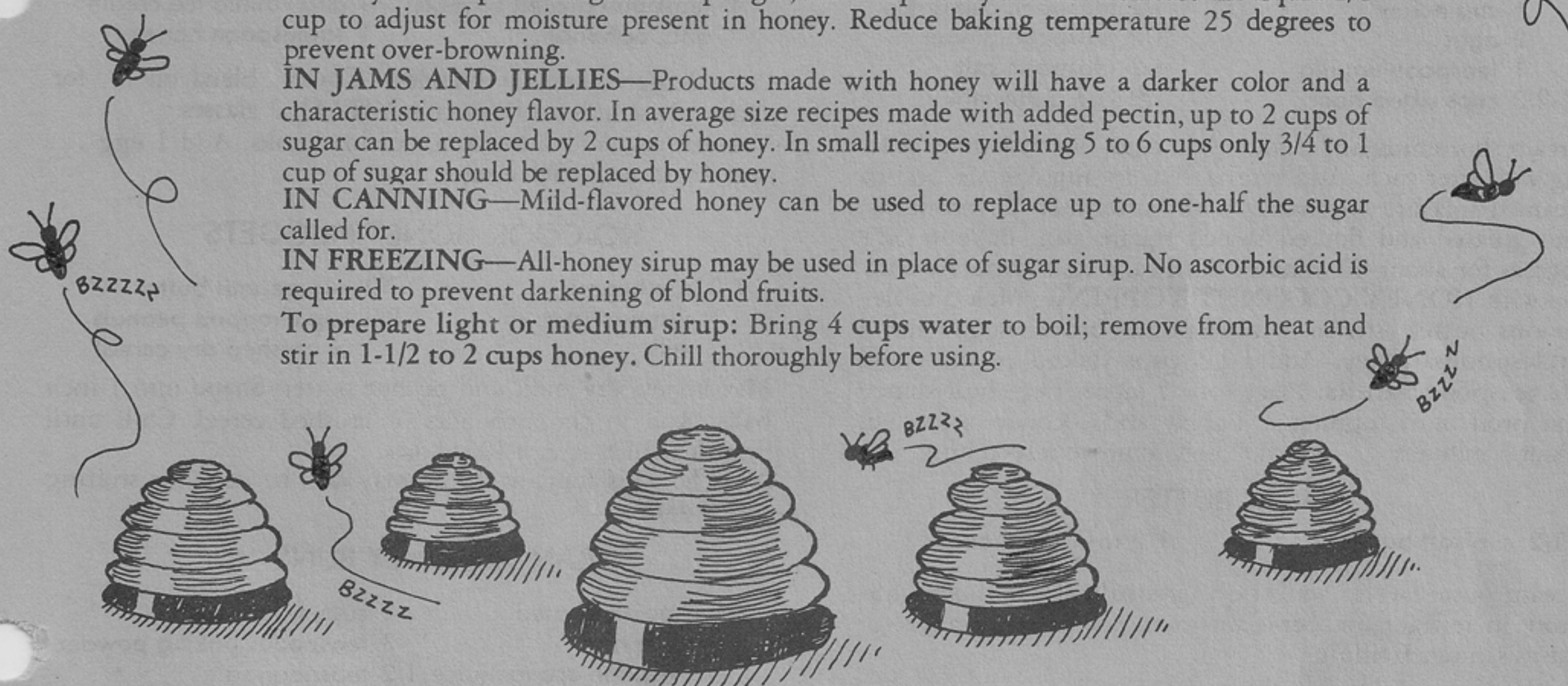
**IN BAKING**—If recipe calls for 1/2 cup sugar or less, omit sugar and use equal amount of honey. In recipes calling for 1 cup sugar, use 1 cup honey but also decrease the liquid 1/4 cup to adjust for moisture present in honey. Reduce baking temperature 25 degrees to prevent over-browning.

**IN JAMS AND JELLIES**—Products made with honey will have a darker color and a characteristic honey flavor. In average size recipes made with added pectin, up to 2 cups of sugar can be replaced by 2 cups of honey. In small recipes yielding 5 to 6 cups only 3/4 to 1 cup of sugar should be replaced by honey.

**IN CANNING**—Mild-flavored honey can be used to replace up to one-half the sugar called for.

**IN FREEZING**—All-honey sirup may be used in place of sugar sirup. No ascorbic acid is required to prevent darkening of blond fruits.

To prepare light or medium sirup: Bring 4 cups water to boil; remove from heat and stir in 1-1/2 to 2 cups honey. Chill thoroughly before using.



## HONEY DROPS

- |                               |                                |
|-------------------------------|--------------------------------|
| 1/2 cup shortening            | 2 cups sifted flour            |
| 2/3 cup sugar                 | 2 teaspoons baking powder      |
| 1 egg                         | 1 teaspoon salt                |
| 1 egg yolk                    | 1 egg white                    |
| 1/2 cup honey                 | 1/4 cup finely chopped almonds |
| 2 teaspoons grated lemon rind |                                |

Cream shortening and sugar. Add egg and egg yolk; mix well. Stir in honey and lemon rind. Sift dry ingredients; stir in. Drop by teaspoonfuls onto lightly greased cookie sheet. Dip dinner fork in slightly beaten egg white, press cookie flat. Sprinkle with almonds. Bake at 350 degrees for 12 minutes or until lightly browned. **YIELD:** 4-1/2 dozen cookies.

## HONEY DATE BARS

- |                         |                          |
|-------------------------|--------------------------|
| 1/2 cup shortening      | 1 teaspoon baking powder |
| 1 cup honey             | 1/2 teaspoon salt        |
| 1 teaspoon vanilla      | 1 cup cut-up dates       |
| 3 eggs                  | 1 cup chopped nuts       |
| 1-1/4 cups sifted flour | Powdered sugar           |

Blend shortening, honey and vanilla until creamy. Beat in eggs, one at a time. Sift dry ingredients; stir in. Add dates and nuts. Spread in greased 9x12-inch pan. Bake at 350 degrees for 30 to 35 minutes until golden brown. Cool. Cut in bars and roll in powdered sugar. **YIELD:** 36 1x3-inch bars.

## HONEY GLAZED RIBS

- |                                                |                               |
|------------------------------------------------|-------------------------------|
| 3 to 4 pounds spareribs, cut in 3-rib sections | 1/3 cup honey                 |
| 1 10-1/2-ounce can beef broth, undiluted       | 2 garlic cloves, crushed      |
| 1/3 cup soy sauce                              | 1/2 teaspoon ginger, optional |
|                                                | 1/3 cup catsup, optional      |

Arrange ribs in shallow pan. Combine remaining ingredients; pour over. Cover and let stand in refrigerator at least 2 hours, turning occasionally. Cover pan; bake at 350 degrees for 1 hour. Remove cover; turn ribs and continue baking for 1/2 hour or until meat shrinks from bone. **YIELD:** Allow 3/4 to 1 pound ribs per serving.

## HONEY GRAHAM BREAD

- |                           |                         |
|---------------------------|-------------------------|
| 1-1/4 cups sifted flour   | 1 cup chopped walnuts   |
| 1 teaspoon salt           | 2 eggs                  |
| 1/2 teaspoon soda         | 2/3 cup honey           |
| 2 teaspoons baking powder | 2 tablespoons salad oil |
| 1 cup graham flour        | 1 cup buttermilk        |

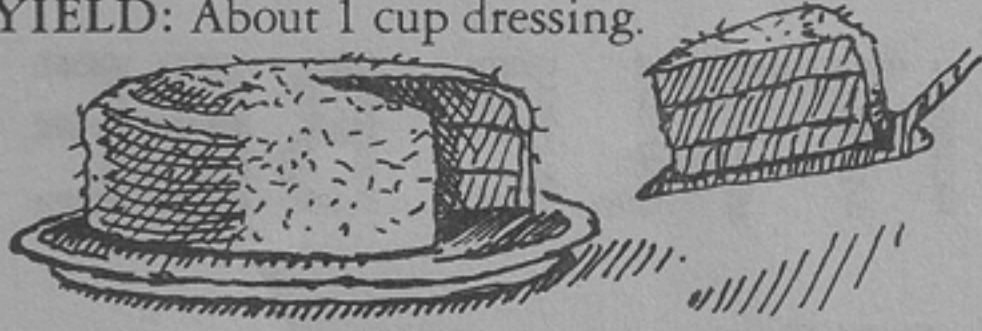
Sift flour, salt, soda and baking powder. Stir in graham flour and nuts. Set aside. Beat eggs; beat in honey, salad oil and buttermilk. Add dry ingredients, stirring just until moistened. Spoon into greased 9x5-inch loaf pan. Bake at 325 degrees for about 60 minutes or until bread tests done. Cool 10 minutes then remove from pan and complete cooling on rack. Chill before slicing. **YIELD:** 1 loaf.

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## CREAMY HONEY DRESSING

- |                                     |                         |
|-------------------------------------|-------------------------|
| 1 cup dairy sour cream<br>or yogurt | 2 teaspoons honey       |
|                                     | 2 teaspoons lemon juice |

Combine all ingredients, blending well. Chill and serve with fruit salad. **YIELD:** About 1 cup dressing.



## DOROTHY'S HONEY CAKE

- |                         |                       |
|-------------------------|-----------------------|
| 1/2 cup shortening      | 1 teaspoon soda       |
| 1 cup honey             | 1/2 teaspoon cinnamon |
| 2 eggs                  | 1/2 teaspoon ginger   |
| 1 teaspoon vanilla      | 1/2 teaspoon salt     |
| 1-2/3 cups sifted flour | 1/2 cup buttermilk    |

Cream shortening and honey. Add eggs, one at a time, beating well after each. Add vanilla. Sift dry ingredients; add to creamed mixture alternately with buttermilk. Spoon batter into greased and floured 9-inch square pan. Bake at 325 degrees for about 40 minutes until cake tests done. At once top with **HONEY COCONUT TOPPING:** Melt 3 tablespoons butter; stir in 3 tablespoons brown sugar and 3 tablespoons honey. Add 1-1/3 cups flaked coconut and 1/2 teaspoon vanilla. Place 4 or 5 inches from heat source and broil until topping is bubbly and coconut is toasted, about 3 minutes. . . watch closely to prevent scorching.

## HONEY BUTTER

- |                     |                    |
|---------------------|--------------------|
| 1/2 cup soft butter | 1/2 to 1 cup honey |
|---------------------|--------------------|

Cream butter well. Add honey gradually. Beat thoroughly. Store in refrigerator. Serve on toast, hot breads, waffles, or use as sandwich filling.

## HONEY FRUIT JELLY

- |                                |                          |
|--------------------------------|--------------------------|
| 1 cup prepared fruit<br>juice* | 3 cups honey             |
|                                | 1/2 bottle liquid pectin |

Measure juice into saucepan; add honey, mixing well. Place over high heat. Bring to a boil, stirring constantly. At once stir in liquid pectin. Return to full rolling boil; boil hard for 1 minute stirring constantly. Remove from heat, skim off foam with metal spoon. Ladle into hot sterilized jars; seal at once. **YIELD:** About 5 medium jars.

\*Use any fruit juice; prepare the juice as directed in the jelly recipe for that fruit (in the booklet attached to the pectin bottle).

**ORANGE HONEY JELLY:** Use 1 cup strained orange juice for prepared juice; proceed as directed.

## HONEY CHIP COOKIES

- |                      |                             |
|----------------------|-----------------------------|
| 1/2 cup shortening   | 1 teaspoon baking<br>powder |
| 1/2 cup honey        | 1/4 teaspoon salt           |
| 1/2 teaspoon vanilla | 1/2 cup chocolate chips     |
| 1 egg                | 1/4 cup chopped nuts        |
| 1 cup sifted flour   |                             |

Cream shortening, honey and vanilla until light and fluffy. Add egg; beat well. Sift flour, baking powder and salt; stir in, blending well. Fold in chocolate chips and nuts. Drop dough by teaspoonfuls onto greased cookie sheet. Bake at 350 degrees for about 12 minutes. **YIELD:** 4 dozen crisp cookies.

## HONEY FRUIT DRESSING

- |                                                   |                                              |
|---------------------------------------------------|----------------------------------------------|
| 1/2 cup honey                                     | 1 teaspoon salt                              |
| 1 cup salad oil                                   | 1 teaspoon dry mustard                       |
| 1/4 cup vinegar                                   | 1 teaspoon paprika                           |
| 1 teaspoon onion juice<br>or 1/4 cup minced onion | 1 tablespoon celery,<br>sesame or poppy seed |

Combine all ingredients; beat with rotary beater until blended. Chill in refrigerator. Mix thoroughly before serving. Serve on fresh or canned fruit salads. **YIELD:** 1-1/2 cups.

## HONEY ORANGE SHAKE

- |                                              |                         |
|----------------------------------------------|-------------------------|
| 1 cup milk                                   | 1/2 cup orange juice    |
| 1/2 teaspoon grated orange<br>rind, optional | 1 cup vanilla ice cream |
|                                              | 1 tablespoon honey      |

Put all ingredients in blender. Cover; blend on hi for about 30 seconds until smooth. **YIELD:** 2 glasses.

**Variations:** Add 1 banana, cut in chunks. Add 1 egg . . . or substitute for ice cream.

## NO-COOK HONEY NUGGETS

- |                          |                                                  |
|--------------------------|--------------------------------------------------|
| 1/2 cup honey            | 1/2 cup peanut butter                            |
| 1 cup nonfat dry<br>milk | 2/3 cup chopped peanuts<br>or crushed dry cereal |

Mix honey, dry milk and peanut butter. Shape into 1-inch balls. Roll in chopped nuts or crushed cereal. Chill until firm. **YIELD:** About 50 candies.

**NOTE:** This fondant candy may also be used for stuffing pitted dates.

## ORANGE HONEY BUNS

- |                                   |                           |
|-----------------------------------|---------------------------|
| 2 teaspoons grated<br>orange rind | 2 cups sifted flour       |
| 1 tablespoon orange juice         | 3 teaspoons baking powder |
| 1/2 cup honey                     | 1/2 teaspoon salt         |
| 1/4 cup butter                    | 1/4 cup shortening        |
|                                   | 3/4 cup milk, about       |

Combine orange rind, juice, honey and butter in saucepan. Heat until butter is melted. Simmer 2 to 3 minutes; remove from heat. Generously grease 8 custard cups; divide honey mixture among cups. Sift flour, baking powder and salt into mixing bowl. Cut in shortening. Add just enough milk to form soft dough; stir to blend. Divide dough between custard cups. Bake at 425 degrees for 15 to 18 minutes. Immediately remove from cups and serve, sticky side up. **YIELD:** 8 rolls.

## HONEY HINTS

**TO KEEP HONEY**—Store in a tightly covered container in a dry place—at room temperature. Or, freeze. The refrigerator is not a good place to store liquid honey; it hastens crystallization of some of the sugar.

**TO RELIQUEFY HONEY**—Place container in a pan of warm water (not warmer than the hand can stand) until the crystals disappear. Most liquid honeys will crystallize with age. It is a natural process that does not harm honey.

**TO EXTRACT HONEY FROM COMB**—Place in top of double boiler over warm water. The wax will rise to top. Cool, then lift off, leaving liquid honey. Strain through cheesecloth or nylon stocking, if desired.

**RECIPES DEVELOPED** using honey or some type of sir-up usually produce better products than recipes in which honey is substituted for other sweeteners. Cakes and cookies made with honey are noted for their keeping qualities.

The following is a list of products which are to be featured in the Homemakers Department during January, 1975:

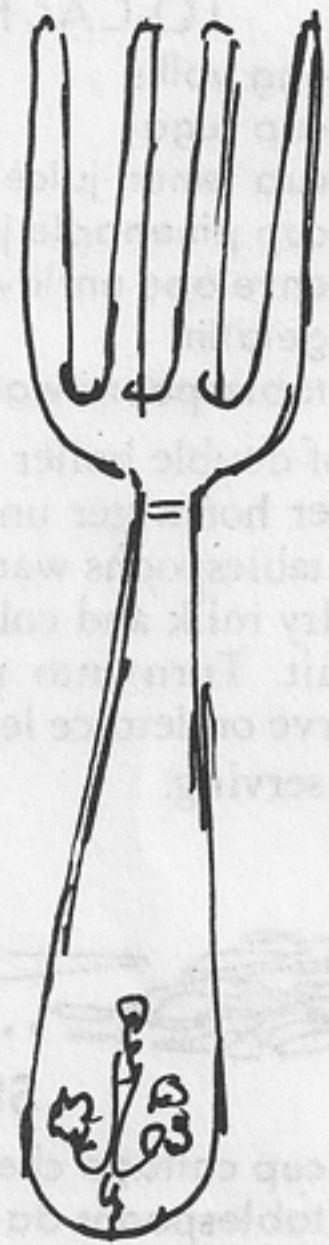
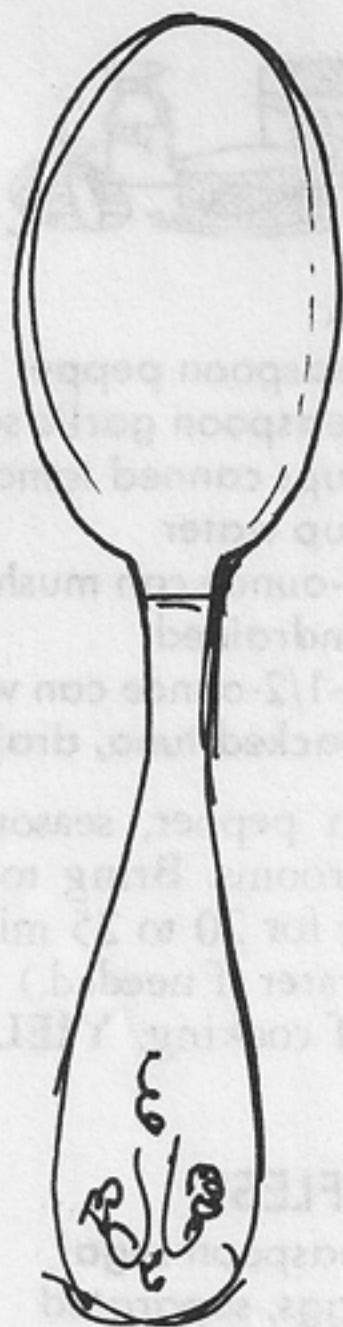
BEVERAGES—Shasta  
CEREAL—Maypo

FROZEN FOOD—Mrs. Paul's  
SAUSAGE—Bird Farm

SEAFOOD—Pacific Pearl  
POP CORN—Jolly Time

# DIETER'S DELIGHT

S-8



### DIETER'S DILLY HALIBUT

- |                                         |                               |
|-----------------------------------------|-------------------------------|
| 4 halibut steaks,<br>about 1-1/2 pounds | 4 lemon slices                |
| Salt and pepper,<br>to taste            | 2 teaspoons minced<br>parsley |
| 4 onion slices                          | Boiling water                 |
|                                         | Dilly Sauce                   |

Arrange halibut steaks in shallow baking pan; season with salt and pepper. Place an onion and lemon slice on each steak; sprinkle with parsley. Barely cover with boiling water. Cover and bake at 350 degrees for 20 to 30 minutes or until fish flakes easily when tested with fork. Drain; serve with **DILLY SAUCE**: In small bowl combine 1 cup plain yogurt, 1/4 cup chopped celery, 2 teaspoons chopped parsley, 1/2 teaspoon dill weed, 3/4 teaspoon celery salt and 1/4 teaspoon sugar; blend well. **YIELD**: 4 servings... 204 calories per serving.

### GARDEN SALAD SOUP

- |                                 |                         |
|---------------------------------|-------------------------|
| 1 cup thinly sliced<br>potatoes | 2 cups shredded lettuce |
| 1 cup minced green<br>onion     | 3 cups chicken broth    |
| 1 tablespoon butter             | 1 teaspoon dill weed    |
| 2 cups diced cucumber           | 1 cup plain yogurt      |
|                                 | Salt and pepper         |
|                                 | Radish slices           |

Cook potatoes and onion in butter until soft; add cucumber, lettuce, chicken broth and dill weed. Cover; simmer 15 minutes. Stir in yogurt. Turn into blender container; cover and blend on high for 30 seconds or until smooth. (OR, force through strainer.) Season to taste with salt and pepper. Serve hot or chilled, garnished with radish slices. **YIELD**: 4 servings... 121 calories per serving.

### SLIMMER'S SWISS STEAK

- |                          |                                   |
|--------------------------|-----------------------------------|
| 1/4 cup dry bread crumbs | 1 1-pound can tomatoes            |
| 2 teaspoons salt         | 2 medium onions, thinly<br>sliced |
| 1/4 teaspoon pepper      | 1/4 cup minced celery             |
| 2 pounds round steak     | 1 tablespoon worcestershire       |
| 2 tablespoons fat        |                                   |

Combine bread crumbs, salt and pepper. Lay meat on board; sprinkle with half of crumb mixture. With rim of saucer, pound in crumbs. Turn meat; repeat until all is used. Cut meat in serving pieces. Melt fat in large skillet; brown meat well on both sides. Stir in remaining ingredients. Simmer, covered for 2 hours or until meat is tender. **YIELD**: 6 servings (1 piece meat with 2 tablespoons pan juices)... 348 calories per serving.



### TRIM CHICKEN GOURMET

- |                                    |                                           |                         |
|------------------------------------|-------------------------------------------|-------------------------|
| 1 3-pound fryer chicken,<br>cut-up | 1/4 cup canned jellied<br>cranberry sauce | 3 whole cloves          |
| 1 teaspoon salt                    | 1 cup water                               | 1 3-inch stick cinnamon |
| Dash pepper                        | 1 tablespoon wine                         | 1 tablespoon raisins    |
| 1-1/2 tablespoons butter           | vinegar                                   | 1 tablespoon cornstarch |
|                                    |                                           | 2 tablespoons water     |

Season chicken with salt and pepper. Melt butter in skillet. Fry chicken, a few pieces at a time, until golden on both sides. Combine cranberry sauce, 1 cup water, vinegar, spices and raisins; pour over chicken. Cover and simmer over low heat until chicken is fork tender, about 40 minutes. Turn occasionally. Remove chicken to serving platter. Make a paste of cornstarch and 2 tablespoons water; stir into mixture in skillet. Cook and stir until thickened. Serve sauce over chicken. **YIELD**: 4 servings... 250 calories per serving.

For Help With Homemaking Problems Write Dorothy Dean or Phone 624-3321

## THE SPOKESMAN-REVIEW

Spokane, Washington 99210

### TRIM POTATO SALAD

- 4 cups diced, cooked potatoes
- 3 tablespoons low-calorie French dressing
- 1/4 cup chopped green onion
- 3/4 cup shredded carrot

- 3/4 cup diced celery
- 2 hard-cooked eggs, chopped
- 2 tablespoons chopped dill pickle
- 1 cup low-fat yogurt

- 2 teaspoons prepared mustard
- 1 teaspoon prepared horseradish
- 1 teaspoon worcestershire
- Salt and pepper, to taste

Place potatoes in salad bowl; sprinkle with French dressing. Refrigerate 1 hour. Add green onion, carrot, celery, eggs and dill pickle. Blend yogurt, mustard, horseradish, worcestershire and salt and pepper; stir into salad. Refrigerate until serving time. **YIELD:** 8 servings . . . 65 calories per serving.

### LO-CAL FROZEN FRUIT SALAD

- |                               |                                                                                                 |
|-------------------------------|-------------------------------------------------------------------------------------------------|
| 2 egg yolks                   | 1/2 cup nonfat dry milk                                                                         |
| 1/4 cup sugar                 | 1/2 cup cold water                                                                              |
| 1/4 cup lemon juice           | 2 cups mixed fresh fruit (berries, grapes, peaches, melon), or unsweetened drained canned fruit |
| 1/2 cup pineapple juice       | Crisp lettuce leaves                                                                            |
| 1 envelope unflavored gelatin |                                                                                                 |
| 2 tablespoons water           |                                                                                                 |

In top of double boiler combine egg yolks, sugar and juices; cook over hot water until mixture coats spoon. Soften gelatin in 2 tablespoons water; stir into hot mixture. Cool. Whip nonfat dry milk and cold water; fold into egg mixture along with fruit. Turn into refrigerator tray(s) and freeze until firm. Serve on lettuce leaves. **YIELD:** 8 servings . . . 95 calories per serving.



### SPANISH TUNA

- |                                |                                              |
|--------------------------------|----------------------------------------------|
| 1 cup packaged pre-cooked rice | 1/2 teaspoon pepper                          |
| 1 medium onion, thinly sliced  | 1/8 teaspoon garlic salt                     |
| 1/2 cup chopped green pepper   | 2-1/2 cups canned tomatoes                   |
| 1 teaspoon chili powder        | 1 cup water                                  |
| 3/4 teaspoon salt              | 1 4-ounce can mushrooms, undrained           |
|                                | 1 6-1/2-ounce can water packed tuna, drained |

In skillet combine rice, onion, green pepper, seasonings, tomatoes, water and undrained mushrooms. Bring to boil. Reduce heat, cover tightly and simmer for 20 to 25 minutes until rice is tender. (Add additional water if needed.) Flake tuna and add during last 5 minutes of cooking. **YIELD:** 6 servings . . . 230 calories per serving.

### SLIMMER SLAW

- |                                |                         |
|--------------------------------|-------------------------|
| 3/4 cup cottage cheese         | 1/8 teaspoon pepper     |
| 3 tablespoons dairy sour cream | Dash Tabasco            |
| 3 tablespoons vinegar          | 1 teaspoon grated onion |
| 1 tablespoon sugar             | 1 pimiento, chopped     |
| 3/4 teaspoon salt              | 1/4 cup sliced radishes |
|                                | 4 cups shredded cabbage |

Blend cottage cheese, sour cream, vinegar, sugar, seasonings, onion and pimiento. Toss with radishes and cabbage. Chill. Serve in lettuce cups. **YIELD:** 6 servings . . . 70 calories per serving.

### WAISTLINE WAFFLES

- |                           |                        |
|---------------------------|------------------------|
| 3/4 cup sifted cake flour | 1 teaspoon sugar       |
| 2 teaspoons baking powder | 2 eggs, separated      |
| 3/4 teaspoon salt         | 1 cup skim milk        |
|                           | 1 tablespoon salad oil |

Sift dry ingredients into bowl. Beat egg yolks; beat in milk and salad oil. Add to flour mixture, stirring just until mixed. Beat egg whites until stiff; fold in. Bake in preheated waffle iron for about 4 minutes or until waffle stops steaming. **YIELD:** 8 4-inch square waffles . . . 80 calories per serving.

### FRUITY RUBY ICE

- |                                               |                                                |              |
|-----------------------------------------------|------------------------------------------------|--------------|
| 1 10-ounce package frozen raspberries, thawed | 1 10-ounce package frozen strawberries, thawed | 2 egg whites |
|                                               |                                                | Dash salt    |

Press berries through a sieve; discard pulp and seeds. Beat egg whites and salt until soft peaks form; gradually add berries, continuing to beat until egg whites and berries are well blended. Turn into refrigerator tray(s); freeze, stirring once. At serving time, spoon into sherbet glasses. **YIELD:** 8 servings . . . 80 calories per serving.

### PINEAPPLE-LIME DESSERT

- |                                        |                                   |
|----------------------------------------|-----------------------------------|
| 1/3 cup graham cracker crumbs, divided | 1/2 cup drained crushed pineapple |
| 1 cup pineapple juice                  | 1/3 cup nonfat dry milk           |
| 1 3-ounce package lime gelatin         | 1/3 cup cold water                |

Spread half the graham cracker crumbs in bottom of refrigerator tray. Heat pineapple juice to boiling; remove from heat. Add gelatin; stir to dissolve. Chill until thickened. Stir in crushed pineapple. Whip nonfat dry milk and cold water until stiff enough to hold soft peaks. Fold into gelatin mixture. Turn into crumb lined tray; sprinkle with remaining crumbs. Chill until set. **YIELD:** 8 servings . . . 120 calories per serving.

### BANANA FREEZE

- |                             |                         |
|-----------------------------|-------------------------|
| 1/2 cup sugar               | 1/4 cup orange juice    |
| 1 cup water                 | 1/4 cup lemon juice     |
| Dash salt                   | 1 egg white             |
| 1 large ripe banana, mashed | 1/3 cup nonfat dry milk |
|                             | 1/3 cup cold water      |

In saucepan combine sugar and 1 cup water; cook stirring until sugar dissolves. Remove from heat; stir in salt, banana and juices. Pour mixture into row refrigerator trays; freeze until mushy, about 1 hour. Beat egg white, nonfat dry milk and 1/3 cup cold water until stiff; fold into the partially frozen mixture. Return to trays; freeze until firm. **YIELD:** 10 servings . . . 70 calories per serving.

The following is a list of products which are to be featured in the Homemakers Department during November, 1973:

- |                               |                                 |                           |
|-------------------------------|---------------------------------|---------------------------|
| MRS. FILBERT'S MARGARINE      | POPCORN . . . 3-Minute Brand    | WASHINGTON BEEF PRODUCTS  |
| PAPER TOWELS . . . Viva       | STUFFING PLUS . . . MJB Co.     | WASHINGTON DAIRY PRODUCTS |
| PARSONS' AMMONIA . . . Armour | TURKEY . . . Ralston Purina Co. | WASHINGTON GROWN FRYERS   |



# Christmas Cookies

### CREAM CHEESE SPRITZ

- |                                |                        |
|--------------------------------|------------------------|
| 1/2 cup butter                 | 2 teaspoons grated     |
| 1/2 cup margarine              | lemon rind             |
| 1 3-ounce package cream cheese | 1 teaspoon lemon juice |
| 1 cup sugar                    | 3 cups sifted flour    |
| 1 egg                          | 1/8 teaspoon salt      |
|                                | Candied cherries       |

Cream butter, margarine and cream cheese. Add sugar gradually, beating until light and fluffy. Blend in egg, lemon rind and juice. Sift flour and salt; stir in. Having dough at room temperature, force through cookie press onto ungreased cookie sheet. Decorate with small pieces of candied cherries. Bake at 350 degrees for 8 to 10 minutes until set. **YIELD:** About 12 dozen.

### CHRISTMAS RIBBONS

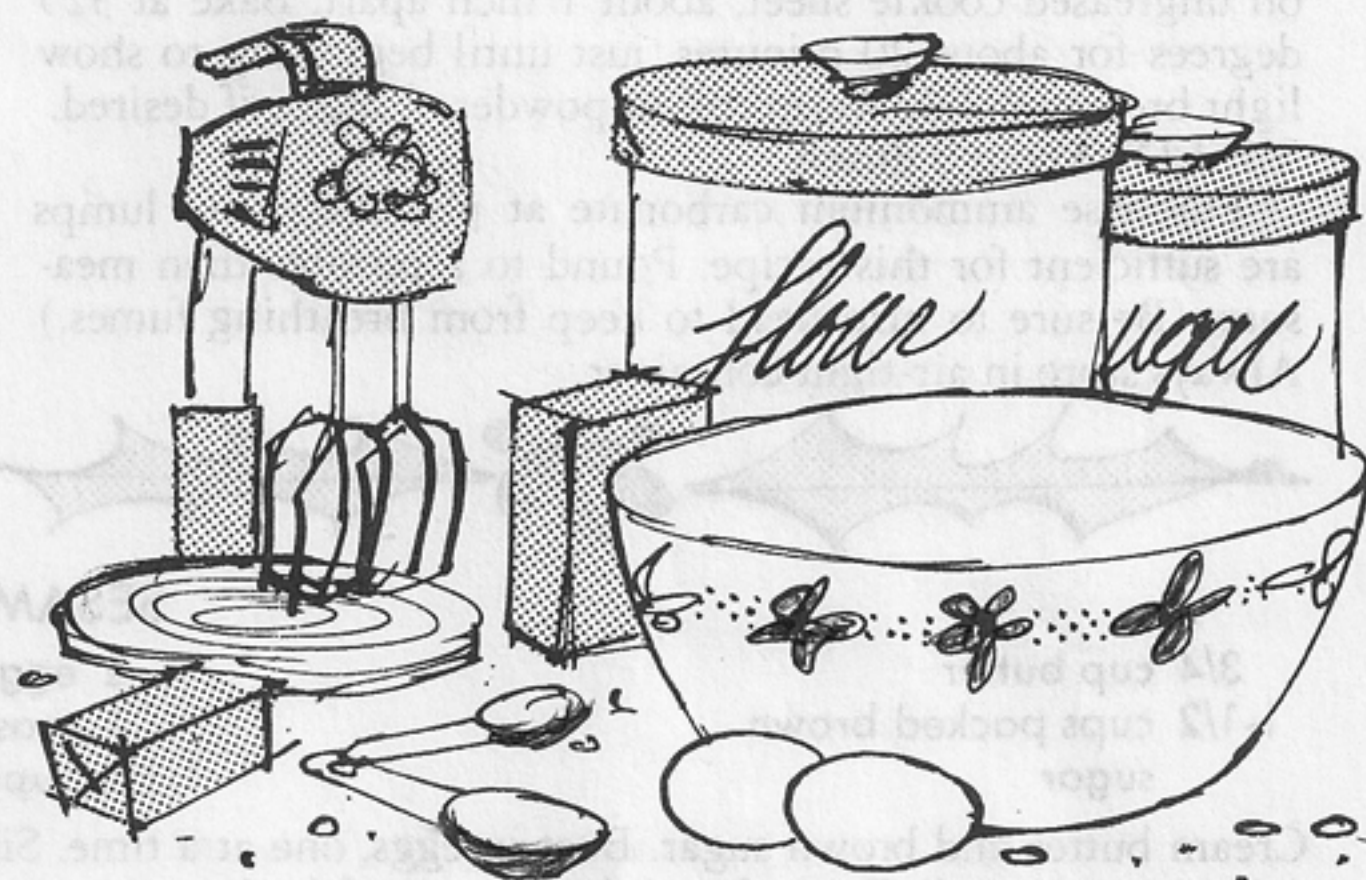
- |                               |                                               |
|-------------------------------|-----------------------------------------------|
| 1 cup butter                  | 1/4 teaspoon salt                             |
| 1-1/4 cups sugar              | 1/4 teaspoon each green and red food coloring |
| 1 egg                         | 1/3 cup finely chopped walnuts or pecans      |
| 1 teaspoon vanilla            | 1/3 cup finely chopped red candied cherries   |
| 2-1/2 cups sifted flour       |                                               |
| 1-1/4 teaspoons baking powder |                                               |

Cream butter and sugar until light and fluffy. Add egg and vanilla; beat well. Sift dry ingredients; stir in. Divide dough in half. To one part add green food coloring and nuts; to second part add red food coloring and cherries. Shape each into rectangle 2x12x3/4-inches; fit pieces together. Wrap in waxed paper; chill in refrigerator several hours or overnight. Cut in 3/8-inch slices; place on ungreased cookie sheet. Bake at 350 degrees for 8 to 10 minutes. **YIELD:** 5 dozen crisp cookies.

### CUT-OUT LEMON COOKIES

- |                              |                          |
|------------------------------|--------------------------|
| 1 cup butter                 | 1/2 cup sour milk        |
| 1-1/2 cups sugar             | 4 cups sifted flour      |
| 1 egg                        | 1/4 teaspoon salt        |
| 1 tablespoon lemon juice     | 1 teaspoon baking powder |
| 1 teaspoon grated lemon rind | 1 teaspoon soda          |
|                              | Sugar                    |

Cream butter and sugar until light and fluffy; beat in egg. Blend in lemon juice and rind and sour milk. Sift flour, salt, baking powder and soda; stir in. Refrigerate dough for at least 4 hours. Divide in thirds; roll out on lightly floured board to 1/4-inch thickness (keep remainder refrigerated). Cut into desired shapes. Place on lightly greased cookie sheet; sprinkle with sugar. Bake at 350 degrees for 6 to 8 minutes or until delicately golden. **YIELD:** About 7 dozen tender cookies.



### FATTIGMANDS

- |                        |                                  |
|------------------------|----------------------------------|
| 2 eggs                 | 1 teaspoon crushed cardamon seed |
| 4 egg yolks            | 1 cup sugar                      |
| 1/4 cup whipping cream | 3 cups sifted flour, about       |
| 1/4 cup melted butter  |                                  |
| 2 tablespoons brandy   |                                  |

Beat eggs and yolks until very light. Beat in cream, melted butter, brandy, crushed cardamon and sugar. Add flour to make a soft dough. Chill in refrigerator for 2 hours. Turn out dough, a small amount at a time, on floured board. If still too soft to roll, work in a little more flour. Roll very thin. Cut into diamond shapes; cut a slit in each diamond and pull one corner of diamond through slit. Fry in deep hot fat, 375 degrees for 2 or 3 minutes until golden. Drain on absorbent paper. Dust with powdered sugar, if desired. **YIELD:** About 6 dozen.

### ORANGE LACE CRISPIES

- |                                  |                            |
|----------------------------------|----------------------------|
| 1 cup butter                     | 1/2 cup sifted flour       |
| 3/4 cup sugar                    | 1/2 teaspoon salt          |
| 2 eggs                           | 1 cup uncooked rolled oats |
| 3 tablespoons grated orange rind | 1/2 cup flaked coconut     |
| 1/2 teaspoon vanilla             |                            |

Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each. Stir in orange rind and vanilla. Sift together flour and salt; blend into creamed mixture along with rolled oats and coconut. Drop by teaspoonfuls onto greased cookie sheet, 2 inches apart; flatten to about 1/4-inch with bottom of glass dipped in sugar. Bake at 350 degrees for 6 to 8 minutes or until lightly browned around edges. Let stand one minute then remove from pan and roll around handle of wooden spoon. Cool on rack. **YIELD:** 4 dozen crisp cookies.

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## THE SPOKESMAN-REVIEW

Spokane, Washington 99210

## PRINCESS GEMS

- |                                         |                                       |
|-----------------------------------------|---------------------------------------|
| 1 cup shortening                        | 1 cup shredded coconut                |
| 1/2 cup soft butter                     | 1 teaspoon almond extract             |
| 2 teaspoons powdered ammonium carbonate | Red and green food coloring, optional |
| 2 cups sugar                            | Powdered sugar                        |
| 2-1/2 cups sifted flour                 |                                       |

Cream shortening and butter. Gradually add ammonium carbonate and sugar, creaming well. Stir in flour, a little at a time, then the coconut and flavoring. If desired, tint part of dough green and part pink with a few drops of food coloring. Shape into small balls about 3/4-inch in diameter. Place on ungreased cookie sheet, about 1 inch apart. Bake at 325 degrees for about 20 minutes, just until beginning to show light brown. While warm roll in powdered sugar, if desired. **YIELD:** About 9 dozen.

\* Purchase ammonium carbonate at pharmacy; six lumps are sufficient for this recipe. Pound to a powder then measure. (Be sure to turn head to keep from breathing fumes.) Always store in air-tight container.



## SESAME THINS

- |                               |                         |                               |
|-------------------------------|-------------------------|-------------------------------|
| 3/4 cup butter                | 2 eggs                  | 1/4 teaspoon baking powder    |
| 1-1/2 cups packed brown sugar | 1 teaspoon vanilla      | 1/2 cup toasted sesame seeds* |
|                               | 1-1/4 cups sifted flour |                               |

Cream butter and brown sugar. Beat in eggs, one at a time. Sift flour and baking powder; add sesame seeds. Stir into creamed mixture; mix well. Drop dough by teaspoonfuls, 3 inches apart, onto greased cookie sheet. Bake at 325 degrees for about 10 minutes until cookies are brown-rimmed; at once remove from baking sheet. **YIELD:** About 6 dozen thin crisp cookies.

\* Spread sesame seeds on rimmed cookie sheet; bake at 325 degrees for about 15 minutes to toast them.

## COCONUT MACAROONS

- |                      |                             |
|----------------------|-----------------------------|
| 3 egg whites         | 1/4 teaspoon almond extract |
| 1 cup sugar          | 2-1/2 cups flaked coconut   |
| 1/4 teaspoon salt    |                             |
| 1/2 teaspoon vanilla |                             |

Beat egg whites until frothy, about 30 seconds. Stir in sugar, salt, vanilla and almond extract; blend in coconut. Drop by rounded teaspoonfuls 2-inches apart on ungreased brown paper or foil placed on cookie sheet. Bake at 325 degrees for about 15 minutes until delicately browned. Macaroons spread during baking; as you remove them from the paper, shape into mounds by gathering in edges. **YIELD:** About 30 chewy macaroons.

## DATE PINWHEELS

- |                          |                     |
|--------------------------|---------------------|
| 1 cup butter             | 3 eggs              |
| 1 cup sugar              | 4 cups sifted flour |
| 1 cup packed brown sugar | 1/2 teaspoon salt   |
| 1/2 teaspoon vanilla     | 1 teaspoon soda     |
|                          | 1 teaspoon cinnamon |

Cream butter, sugars and vanilla until light and fluffy. Beat in eggs, one at a time. Sift dry ingredients; stir in. Chill dough several hours; divide into 4 parts. On a floured board roll each into a square about 1/4-inch thick. Spread with Date Filling; roll up jelly roll fashion. Wrap in waxed paper; refrigerate overnight. Cut in 1/4-inch slices; place on ungreased cookie sheet. Bake at 375 degrees for about 10 minutes. **YIELD:** 8 dozen cookies.

**DATE FILLING:** In saucepan, combine 2-1/4 cups cut-up dates, 3/4 cup sugar and 3/4 cup water; cook, stirring until thick. Stir in 1 cup finely chopped nuts. Cool.

## SANDBAKELSE

- |                      |                                                  |
|----------------------|--------------------------------------------------|
| 1 cup unsifted flour | 1/2 teaspoon almond extract                      |
| 1/4 cup sugar        | 2 tablespoons chopped blanched almonds, optional |
| 1/8 teaspoon salt    |                                                  |
| 1/2 cup butter       |                                                  |
| 1 egg yolk           |                                                  |

Sift flour, sugar and salt into mixing bowl. Stir in remaining ingredients; with hands, work dough to mix well. Turn onto lightly floured board; knead a few seconds. With thumb press a rounded teaspoonful of dough evenly into bottom and sides of greased sandbakelse mold. Level top by pressing mold against palm of hand. Place molds on baking sheet; bake at 400 degrees for about 10 minutes until golden. When cool enough to handle, remove tart from mold by tapping gently to ease out tart. **YIELD:** About 30 small tarts.

**MARZIPAN FILLED TARTS:** Cream 1/3 cup butter and 1/4 cup sugar. Beat 2 eggs slightly; beat into creamed mixture. Crumble in 1/4 pound almond paste; beat to mix well. Place a teaspoonful in each unbaked tart shell. Bake at 400 degrees for 12 to 15 minutes until golden.

## KARIN'S SPRITZ COOKIES

- |                   |                            |
|-------------------|----------------------------|
| 1/2 cup butter    | 2-1/2 cups sifted flour    |
| 1/2 cup margarine | 1/2 teaspoon baking powder |
| 3/4 cup sugar     | 1/8 teaspoon salt          |
| 1 egg             | 1 teaspoon almond extract  |

Cream butter and margarine. Add sugar gradually, beating until light and fluffy. Stir in egg; mix well. Sift flour, baking powder and salt; stir in. Add flavoring. (If dough seems dry, add a few drops of cream.) Having dough at room temperature, force through cookie press onto ungreased cookie sheet. Bake at 400 degrees for 7 to 10 minutes until delicately browned. **YIELD:** About 5 dozen tender-crisp cookies.

## KOLACHY COOKIES

- |                                |                          |
|--------------------------------|--------------------------|
| 1/2 cup butter                 | 1/4 cup sugar            |
| 1/2 cup margarine              | 1 teaspoon baking powder |
| 1 8-ounce package cream cheese | 1/4 teaspoon salt        |
| 2 cups sifted flour            | 2 eggs                   |
|                                | 2 or 3 tablespoons jam   |

Cream butter, margarine and cream cheese until light and fluffy. Sift flour, sugar, baking powder and salt, gradually blend into creamed mixture. Stir in eggs one at a time, blending well after each addition. Refrigerate dough for at least 2 hours until firm. Divide in half; roll out on floured board 1/4-inch thick (keep remaining dough refrigerated). Cut into rounds with small cookie cutter. Place on ungreased cookie sheet. Make a small indentation in the center of each cookie. Fill with scant quarter-teaspoon of jam. Bake at 375 degrees for about 15 minutes until golden. **YIELD:** About 3 dozen rich flaky cookies.

The following is a list of products which are to be featured in the Homemakers Department during December, 1972:

CANNED CHILI—Nalley's  
CANNED SEAFOODS—Gorton's  
JUICES—Welch's

MAYONNAISE—Kraft  
PAPER TOWELS—Viva  
POPCORN—Jolly Time

SPAGHETTI SAUCE—Ragu  
SPICES—Crescent  
TURKEY—Lynden Farms