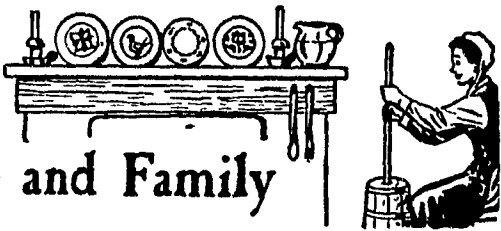


# For the Farm Wife and Family



## Tricks With Toast

by Mrs. Richard C. Spence

A quick look at breakfast shows that toast is an important part of the menu almost every day. Toast can come to the table many ways, and it's exciting and easy to park up breakfast with these crunchy toast treats.

Made with enriched bread Peanut Butter Special, Apple Butter Toast Treat and Toast Tropicale all offer essential nourishment.

Enriched bread gives your family three B-vitamins and food iron—nutrients so essential that nutritionists recommended four or more servings of enriched, whole grain or restored bread and cereal every day.

Try some of the following toasts for breakfast or brunch—

**Peanut Butter Special**  
 1/2 cup peanut butter  
 1/4 cup softened butter or margarine  
 1 tablespoon honey  
 2 teaspoons grated lemon rind  
 6 slices enriched bread

Blend thoroughly peanut butter, butter or margarine, honey and lemon rind. Let stand several hours or overnight to allow flavors to blend.

Toast bread on both sides, then spread immediately with peanut butter mixture.

Makes six servings.

**Apple Butter Toast Treat**  
 4 slices enriched bread  
 Butter or margarine, softened  
 1/2 cup apple butter  
 1/4 cup slivered blanched almonds

Toast bread on both sides. Spread with butter or margarine. Then spread with apple butter, allow two tablespoons per slice.

Sprinkle with almonds. Place under broiler and broil until almonds are lightly browned. Four servings.

**Toast Tropicale**

4 slices enriched bread  
 Butter or margarine, softened  
 2 tablespoons flaked coconut  
 1 large banana, thinly sliced  
 1/4 cup brown sugar  
 Toast bread on both sides. Spread with butter or margarine and sprinkle with coconut. Arrange banana slices over coconut. Sprinkle brown sugar evenly over bananas.

Place under broiler and broil just until brown sugar begins to melt. Four servings

As an accompaniment to soup, these toasty nibblers do the trick. They also do double duty as canapes.

**Curry Butter Sticks**  
 1/4 cup soft butter or margarine  
 1/4 to 1/2 teaspoon curry powder  
 6 slices enriched bread.

Blend thoroughly butter or margarine and curry powder. Trim crusts from bread slices. Cut each slice into three strips.

Place under broiler and toast until lightly browned. Spread untoasted side of bread strips with butter mixture.

Return to broiler and toast until edges are crisp and

browned. Good with chicken soup.

**Orange Butter Rounds**  
 1/4 cup soft butter or margarine  
 1 teaspoon grated orange peel, fresh or dried  
 2 teaspoons celery seed  
 8 slices enriched bread

Blend thoroughly butter or margarine and orange peel. Using 3-inch round cutter, cut rounds from bread slices. Toast rounds under broiler until lightly browned.

Spread untoasted side with butter mixture and then sprinkle with celery seed.

Return to broiler and toast until lightly browned. Serve with consomme.

**Sugar-Coffee Sticks**  
 1/4 cup soft butter or margarine  
 2 teaspoons sugar  
 1 1/2 to 2 teaspoons instant coffee  
 6 slices enriched bread

Blend thoroughly butter or margarine, sugar and coffee. Trim crusts from bread slices. Cut each slice into three strips. Place under broiler and toast until lightly browned.

Spread untoasted side with butter mixture. Return to broiler and toast until lightly browned. Perfect with mushroom soup.

**Garlic-Caraway Sticks**  
 1/4 cup soft butter or mar-

garine  
 1/4 tspn. garlic powder  
 6 slices enriched bread  
 1 tablespoon caraway seeds  
 Blend thoroughly margarine and caraway seeds. Trim crusts from bread slices. Cut each slice into three pieces. Place under broiler and toast until lightly browned.

Spread untoasted side with butter mixture and sprinkle with caraway seeds. Return to broiler and toast until lightly browned. or treat with cream table.

**Garlic Crostini**  
 1/2 cup soft butter or margarine  
 1/4 teaspoon garlic powder  
 3 slices enriched bread cut in small cubes  
 Melt butter or margarine in skillet. Add garlic powder. Add bread cubes and toast until lightly browned. Float on bouillon or onion soup.

**Home Freezing Keeps Flavor**  
 If you want to keep loaves of bread on hand for unexpected company, best to freeze it just unopened in the wrapper that it comes in. Waxed wrappers protect bread all the prote-

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**Water, Water Everywhere But Is It Safe To Drink?**  
 Lancaster, Pa.—"The truth is that a great number of the wells and springs tested are not fit to drink," says Cliff Lehman, Water Conditioning Consultant for Century Water Co., 15 West Chestnut St., Lancaster. Health officials are very concerned about the ever increasing contamination of private water supplies.  
 It is a constant surprise that people who would not think of using someone else's toothbrush, continue to use water that may not be safe.  
 There are lots of myths about the purity of well and spring water that tend to make most persons unaware of the health hazard that lurks in what often appears to be crystal clear water. And today what may be pure water, tomorrow may be contaminated!  
 The housing boom, coupled with the big increase in the number of factories, has made waste disposals and seepage of contamination a big problem. Streams and rivers help spread poisons that seep through sub-strata ground levels into drinking supplies and septic tanks are now making the situation even worse.  
 Rather than sickness from untreated water, Cliff Lehman advises, install inexpensive automatic chlorination, dechlorination units.  
 Chlorination kills water born bacteria that endanger health and a dechlorination device takes all taste, odor and color out of the water. The result is sparkling pure, safe water.  
 Most folks carry fire insurance and they don't expect a fire; this gives low cost protection against possible disaster.  
 Your water source presents a similar picture. Protecting it against contamination is a form of insurance—sound health insurance.  
 For the answer to any question you may have about water or water problems, please contact Cliff Lehman at Century Water Co., 15 West Chestnut St., Lancaster. There is no charge for this service. Adv.

Cliff Lehman

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