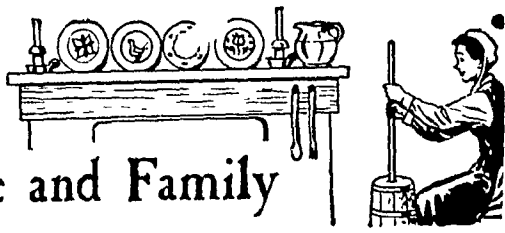


For the Farm Wife and Family



Swing Into Spring

By Mrs. Richard C. Spence

March into spring with a slim trim figure and lots of vim and vigor for all the work and fun activities of the season. Physical fitness is a must for energy plus — and how you look and feel depends on WHAT YOU EAT! So start today by checking your nutritional manners.

Physical fitness and good nutrition are classmates. When the body is properly supplied with wholesome food it has the material to build a strong healthy foundation. A smooth clear complexion, bright shining eyes and lustrous hair are a few of the extra dividends.

Experts have made it easy for us to choose the foods we need by dividing them into four groups. The first is whole grain or enriched cereals and bread second — leafy colored vegetables, potatoes and fruits including citrus fruits and tomatoes third — meats, fish, poultry, eggs and other protein foods fourth — milk, milk products and salad oils, butter and margarine.

These foods are essential

because they're brimming over with the tools of physical fitness. They provide protein building blocks that repair wear and tear of body tissues, carbohydrates for pushing a lawn mower or playing a fast game of tennis plus a multitude of other nutritional aids.

Many of these necessary nutrients are hidden ingredients in the recipes that follow. Without them kitchen cupboards would be bare. For example, corn meal contains carbohydrates — an important source of quick energy. When enriched it also boasts extra thiamine that helps prevent fatigue and keep steady nerves. Riboflavin — the vitamin for

young-looking skin and niacin which improves digestion. Here are some suggestions for getting corn meal into your menus.

GOLDEN NUGGET MUFFINS

1 cup enriched corn meal
1 cup sifted all-purpose flour
1/2 cup sugar
1/2 teaspoon salt
1 teaspoon baking powder
1 egg
1 cup milk
1/4 cup soft shortening
1 cup finely-chopped dried apricots

Heat oven to hot (425 degrees). Sift together dry ingredients into bowl. Add egg, milk, and shortening. Beat with rotary beater until smooth about 1 minute. Don't overbeat. Stir in apricots. Fill greased muffin cup 2/3 full. Bake in preheated oven (425 degrees) 15 to 20 minutes. If desired dip tops of hot muffins in melted butter and then in granulated sugar. Makes 12 large muffins.

SUNSHINE PUFF

2 cups milk
one 8-ounce package cream cheese
2 tablespoons butter or margarine
2-1/2 cups (about) coarsely

crumbled baked corn bread
3 egg yolks slightly beaten
1/2 teaspoon salt
3 egg whites, stiffly beaten
Heat oven to moderate (350 degrees). Combine milk, cream cheese and butter in medium-sized saucepan. Heat stirring constantly until cheese and butter melt. Remove from heat, cool slightly. Stir in corn bread. Add egg yolks and salt. Fold in egg whites. Pour into an ungreased 1-1/2 quart casserole. Bake in preheated oven (350 degrees) 50 to 60 minutes. Serve immediately. Makes 6 servings.

Rolls oats are a nutritious filler in any dish. Try these Coconut Drops for instance.

COCONUT DROPS

3 egg whites
1/2 teaspoon vinegar
1/2 teaspoon vanilla
1 cup sugar
1/2 cup flaked or shredded coconut
1/2 cup rolled oats, quick or old-fashioned, uncooked
Heat oven to slow (300 degrees). Beat egg whites until

frosty. Add vinegar and vanilla. Add sugar a tablespoon at a time, beating well after each addition. Beat until mixture is stiff and glossy. Gently fold in coconut and oats. Drop from a teaspoon onto greased cookie sheets. Bake in preheated oven (300 degrees) 20 to 25 minutes. Remove from cookie sheet, when cooled. Makes 3-1/2 dozen cookies.

HOBO FORTUNE COOKIES

1/2 cup shortening soft
1 cup sugar
1 egg
1/4 cup light molasses
1-1/2 cups sifted all-purpose flour

2 teaspoons soda
1/4 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon cloves
1/4 teaspoon ginger
1 cup rolled oats, quick or old-fashioned, uncooked

Heat oven to moderate (375 degrees). Place shortening, sugar, egg and molasses in mixing bowl, beat thoroughly. Sift together flour, soda, salt and spices. Add to shortening mixture, mix thoroughly. Stir

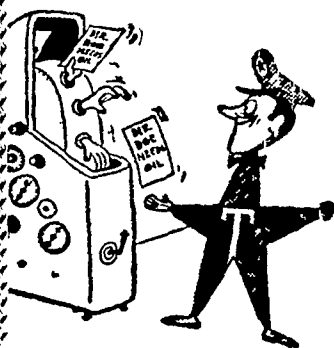
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