

● **Picnic**

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 Turn batter into 1 greased, wafed paper-lined 9-inch round layer cake pan. Bake in moderate oven (350 degrees) 35 to 40 minutes. Cool 10 minutes. Loosen edges and remove from pan. When cake is thoroughly cool, split layer and fill with chocolate cream filling. Combine raspberry jam and food coloring, if deeper red color is desired. Mix well. Spread on top of cake. Makes 1 9-inch round cake.

CHOCOLATE CREAM FILLING

- 1/2 cup sugar
- 3 tablespoons enriched flour
- 2 tablespoons cocoa
- 1/4 teaspoon salt
- 1 cup milk, scalded
- 1 egg, beaten
- 1 tablespoon butter or margarine
- 1/4 teaspoon vanilla

Blend together sugar, flour, cocoa and salt in saucepan. Add hot milk gradually, mixing well. Heat to boiling, stirring constantly. Reduce heat and cook until thickened, about 1 minute. Remove from heat. Stir half of hot mixture into beaten egg. Add egg mixture to remaining hot mixture in saucepan. Cook over low heat, stirring constantly, about 1 minute. Add butter or margarine and vanilla and stir to blend. Cool and spread between cake layers. Makes about 1 cup filling.

PEANUT BUTTER MARSHMALLOW BARS

- 1/2 cup peanut butter
 - 1/2 stick (1/4 cup) margarine
 - 1/2 pound marshmallows
 - 5 cups dry cereal (Cheerios, Kix, Sugar Jets, or Trix)
- Melt peanut butter, margarine, and marshmallows over

hot water. Place cereal in large bowl. Stir in peanut butter mixture. Blend well. Spoon into 9 x 9 x 1-3/4 inch pan rubbed with margarine. Cool in pan. Cut into bars.

● **Have You Heard?**

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 vitamin D, and thiamine and riboflavin, two of the B vitamins.

This An' That

Some of the food on your dinner table, such as coffee, comes from other lands, some of it comes from the sea, but American farmers supply 90 to 95 per cent of your food.

You can rely on milk as a basic food for either gaining or losing weight. On a weight reduction diet, milk contributes generous amounts of protein, calcium, and other needed nutrients. It also provides a moderate number of calories. A cup of skim milk or butter-milk has 90 calories and a

cup of whole milk has 165 calories.

Food has three big jobs . . . food provides materials for building and repairing body tissues . . . food provides regulators that help the body to use other materials and to run smoothly . . . and food supplies fuel for the body's energy and warmth. And there's some fuel in every food.

Don't judge fruits and vegetables by price alone . . . it seldom pays to buy produce just by the price. High prices don't always indicate desirable quality in fruits and vegetables and low prices are not always a sign of poor quality.

That 7/8 cup all-purpose flour can be used for one cup of cake flour in baking.

That gelatine does not contain the same kind of protein as meat. Although gelatine is a protein food, it is an "in-

complete" protein. A "complete" protein is one which, when taken as the only source of protein in the diet, supports life and normal growth. Meat, fish, poultry, eggs, milk, and cheese contain complete protein.

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