

(Continued From Page 8)
of moisture is taken up. Add shortening and egg and beat well. Sift together flour, baking powder, salt and sugar. Add to first mixture together with nutmeats, stirring only until combined. Spread in greased 5-1/2 cup ring mold. Bake in moderately hot oven (400 degrees) about 25 minutes. Remove from ring mold. Frost with thin confectioners' icing. Serve warm or cold. 8-10 servings.

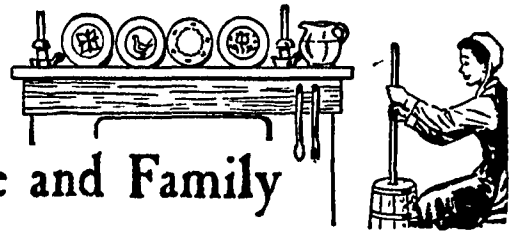
ORANGE CINNAMON MUFFINS
1 cup sifted all-purpose

flour
1/4 cup sugar
3 teaspoons baking powder
1/2 teaspoon salt
Grated rind of 1 orange
1 cup rolled oats (quick or old fashioned, uncooked)
1/2 cup chopped nutmeats
3 tablespoons liquid shortening
1 egg
1/2 cup orange juice
1/4 cup milk

Topping:
2 tablespoons sugar
2 teaspoons all-purpose flour
1/4 teaspoon cinnamon
1 teaspoon melted butter

Sift together flour, sugar, baking powder and salt. Stir in orange rind, oats and nutmeats. Add remaining ingredients. Stir only until dry ingredients are moistened. Fill greased muffin cups 3/4 full. Sprinkle with topping, made by combining all ingredients thoroughly. Bake in hot oven (425 degrees) about 15 minutes. Makes 12 medium-sized muffins.

For the Farm Wife and Family



Ladies, Have You Heard? . . .

By: Jane Thurston, Extension Home Economist

ABOUT SANDWICHES

Sandwiches are quick and easy to prepare—they can be the basis for many meals. Few foods are as easy to serve as sandwiches. You might think of the sandwich as a complete package—nourishing bread slices enclosing a tasty filling. Even child-sized fingers can handle a sandwich without the usual mealtime problem of sticky fingers.

Sandwiches are versatile—you can serve them for any meal of the day and for in-between meal snacks. Whether dainty, open-faced sandwiches for a tea or hearty, whole meal sandwiches for a teenage get-together, there's a sandwich suitable for every occasion.

Sandwiches are good nutritionally—they contain nutrients needed for good health and lasting pep and vitality.

Sandwiches are economical—a delicious sandwich meal doesn't need an elaborate list

of ingredients. Use different kinds of bread, then turn your imagination loose with the fillings.

Breads you can use as a change from enriched white or whole wheat include caraway rye, cheese, oatmeal, Italian, and pumpkinnickel. English muffins, hard rolls, and hot-dog buns make a delightful change for sandwiches.

Dr Benjamin Rush, of Philadelphia, established the Philadelphia Dispensary, the first of its kind in America.



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Busy WOMEN

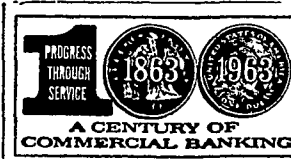
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