

Continued from Page 7)

side of each pancake with onion mixture and roll; place fried side down in shallow 9-inch baking dish. Bake 15 minutes in a 350 degree oven. Reheat the 1 1/2 cups reserved sauce; pour over crepes in baking dish. Serve immediately. 4 servings.

Yeast-Raised Sourdough Pancakes can be served with apple or fruit syrups, accompanied by crisp link sausages.

YEAST-RAISED SOURDOUGH PANCAKES

1 cup milk
2 tablespoons sugar
1/2 teaspoon salt
1/2 cup shortening
1 package dry granular yeast
OR 1 cake compressed yeast
1 cup warm (not hot) water
1 cup all-bran cereal
egg, beaten

3/4 cup sifted flour
Scald milk. Stir in sugar, salt and shortening; cool to lukewarm. Soften yeast in water. Stir in milk mixture. Add cereal, egg and flour and beat until smooth, about 1 minute. Cover and let rise in warm place until doubled in bulk, about 40 to 50 minutes. Stir down batter. Pour 1/2 cup batter for each pancake onto moderately hot, slightly greased griddle. Bake slowly until bubbles appear on surface and edges seem dry. Turn only once. Stack on warm plate. Stir down batter occasionally as it is used. Makes 20 3-inch pancakes.

For brunch or Sunday night supper try this unusual pancake recipe with the rich flavor of cheese crackers. It's a real treat when you serve this hot fruit sauce as accompaniment.

CHEESE PANCAKES WITH FRUIT SAUCE

1 cup milk, scalded
2 tablespoons butter

1 1/2 cups cheese cracker crumbs, finely rolled
3 eggs, beaten
1/2 cup flour
1 1/2 tablespoons baking powder
1/2 teaspoon salt
1/2 cup shredded Cheddar cheese

Scald milk; add butter. Stir until butter is melted. Add to cracker crumbs. Let stand until soft. Add eggs. Mix well. Sift flour, baking powder and salt together. Add liquid mixture and cheese, stirring until dry ingredients are moistened. Bake on a hot griddle using about one tablespoons of batter for each pancake. Makes about 20 small pancakes. Serve with Fruit Sauce.

FRUIT SAUCE Drain one 1-pound 1-ounce can fruits for salad, reserving syrup. Mix 1 tablespoon cornstarch with a small amount of syrup. Return to remaining syrup. Cook over medium low heat until clear, stirring occasionally. Add fruit. Heat and serve immediately over Cheese pancakes. Makes 2 cups.

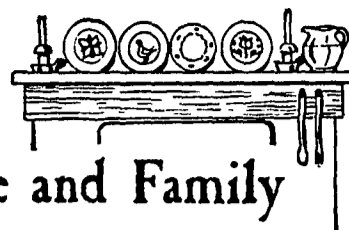
Tender, thin griddle cakes, sparkling with tiny cubes of cranberry sauce, are easy for young bakers to make. Helpful hint; grease griddle very lightly and bake over medium heat.

CRANBERRY GRIDDLECAKES

1 1/2 cups sifted enriched flour
2 tablespoons sugar
1 tablespoon baking powder
3/4 teaspoon salt
1 egg, beaten

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For the Farm Wife and Family



Ladies, Have You Heard? . . .

By: Jane Thurston, Extension Home Economist

Soup Adds Zest To Winter Meals

A hearty soup is an excellent and tasty dish on a cold day. In addition, it can provide nutrients from the four basic food groups — milk, meat, vegetables and fruits, and breads and cereals.

Cream soups or chowders combined with a crisp salad, bread, and a substantial dessert make an attractive, appetizing, and satisfying meal. There is no limit to the foods that can go into cream soups and chowders.

Hearty soup isn't limited to cream soups. Dry peas or dry beans can help stretch the protein in an old-fashioned vegetable soup. Grated cheese added just before serving provides extra protein, thickens the soup, and adds a new flavor. Chicken is an excellent

start for a nutritious hearty soup. Just add your favorite vegetables and seasonings and you'll have a hearty one-dish meal.

Combine Grooming With Household Jobs

Combining good grooming with homemaking jobs could be one of your best beauty aids. It's important for others to notice how well-groomed you are, but they don't need to know how you do it.

A relaxing soak in the bathtub can give you a refreshed feeling; the bathtub is also a good place to plan menus and time schedules. As you relax, you may dream up an unforgettable menu or develop family recreation schemes.

Next time you shampoo and set your hair, let it dry while you prepare a meal. Put cream on your face and hands and wear cotton gloves when you vacuum or dust. Check your posture as you bend to brush your teeth, make the beds, or clean the bathtub. Do stretching exercises as you reach up to place articles on top shelves of closets and cupboards.

Plan your household schedule around beauty rituals and see how rewarding it can be. Not only will you get housework done, but chances are you'll receive compliments from family and friends.

Ways To Prevent Home Accidents

In 1960, 27,500 persons were

fatally injured and more than 400,000 were injured in home accidents.

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