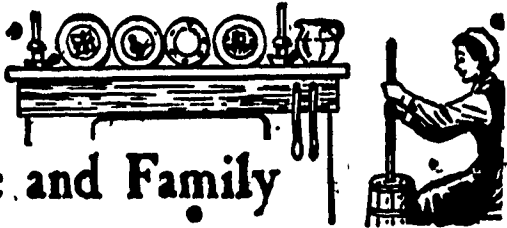


# For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

## The Versatile Banana . . .



SPENCE

Some facts you should know about the banana:

1. It can be eaten many different ways.
2. It combines readily with most other foods.
3. It lends itself to a wide range of recipes and diets.
4. It offers a choice of flavors (raw or cooked; sugared or salted or plain; in varying stages of ripeness.)
5. It can be enjoyed any place (at table, on a picnic, watching TV, in a car, in the office, in the backyard or on the playground.)
6. It can be enjoyed any time.
7. It is good for people of any age.
8. It is good in health, and also useful

in medically indicated diets.

9. It can be enjoyed by all economic groups.

10. It is available at every season in grocery and fruit stores in all parts of the country.

11. It is endowed by Nature with the qualities of a "convenience food."

- 1/2 teaspoon salt
- 3/4 cup (1 1/4 sticks) butter
- 1 1/2 cups sugar
- 2 eggs, well beaten
- 1/2 cup instant nonfat dry milk

- 1/2 cup water
- 3/8 cup mashed ripe bananas
- 1 cup chopped pecans

Sift together flour, baking powder, baking soda and salt. Cream butter; add sugar gradually, beating until light and fluffy. Beat in eggs. Beat nonfat dry milk, water and banana until well blended. Add alternately with dry ingredients to creamed mixture, starting and ending with dry ingredients. Blend well after each addition. Fold in nuts. Turn into 2 buttered loaf pans (8 1/2 x 4 1/2 x 3 inches) and bake 50 minutes in a 350 degree oven. Remove from pan and cool on wire rack.

NOTE: Reduce temperature to 325 degrees when using glass baking dishes.

### BANANA CAKE ROLL

- Cake:
- 1 cup sifted flour
  - 1 teaspoon double-acting baking powder
  - 1/4 teaspoon salt

### BANANA NUT BREAD

- 3 cups sifted flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda

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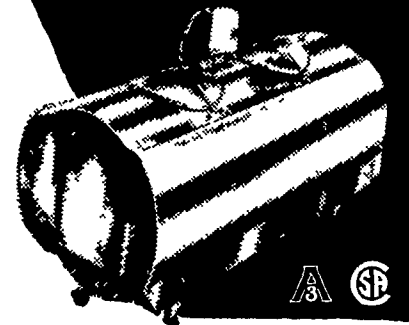
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- 3 eggs
- 1 cup sugar
- 5 tablespoons water
- 1 teaspoon lemon juice
- Confectioners sugar

### Filling:

- 2 cups sweetened whipped cream or 1 package pudding, cooked and cooled
- 3 ripe bananas

Preheat oven to 375 degrees. Sift together flour, baking powder and salt. Beat eggs until thickened, then gradually beat in sugar. Blend in water and lemon juice. Add dry ingredients and beat just until smooth. Pour into wax-paper-lined shallow pan (10x15 inches). Bake for 12 to 15 minutes or until light brown. Remove from pan onto sugared towel and roll immediately. Cool 10 to 15 minutes. Unroll cake and spread filling to within 1/2 inch of all edges. Place 1 1/2 to 2 whole bananas, tip to tip on edge of cake (depending on width) and roll one full turn. Slice remaining ba-

nana in half lengthwise and roll up in rest of cake. Wrap and refrigerate until serving time.

### BANANA

### FRENCH TOASTWICH

- 3 eggs
- 1 tablespoon sugar
- 1/2 cup milk
- 1/4 teaspoon nutmeg
- 6 bread slices
- 2 fully ripe bananas

Beat eggs slightly; add sugar, milk and nutmeg. Beat well. Dip slices of bread into mixture; brown the bread slowly on both sides in lightly greased frying pan or griddle. Peel and slice bananas over 3 of the French-toast slices. Top with remaining mixture; brown the bread slowly on both sides in light-colored oil. Makes 3 servings.

Serve Banana French Toast-wiches hot from the griddle and topped with maple syrup, confectioners sugar, honey, applesauce or sugar mixed with cinnamon.

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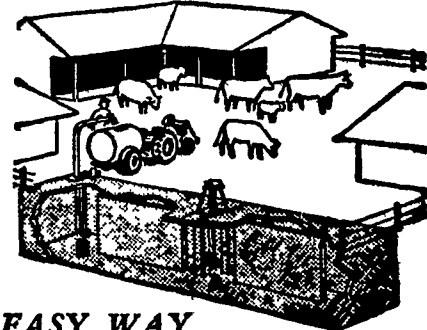
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