

Junior Cooking Edition

(Continued from Page 88)

Cover toasted, buttered English muffins with hot scrambled eggs and anchovies.

Cover toasted French bread with sardines, sliced tomatoes and sliced stuffed olives.

Cover toasted, buttered rye bread with smoked salmon and hot scrambled eggs.

Cover toasted, buttered English muffins with Roquefort cheese and sauteed chopped beef.

TASTY TID-BIT SPREAD

1 cup leftover meat or poultry
 1 hard boiled egg
 1/4 cup celery
 1 tablespoon mayonnaise
 salt and pepper to taste
 Finely chop or cube one cup leftover ham, beef, lamb, chicken or turkey. Chop egg and celery. Mix all ingredients together. Add more mayonnaise if desired.

Chill and serve as a sandwich spread.

SURPRISE SANDWICHES

3/4 pound cooked ham, cubed
 3/4 pound soft processed cheese
 1/2 cup olives
 3/4 cup chili sauce
 1/4 cup mayonnaise
 12 to 16 hamburger rolls
 Put the meat through the grinder. Chop olives finely. Add all ingredients to the meat. Spread butter on buns (generously). Wrap each sandwich in aluminum foil. Bake at 350° for 15 minutes. Serve in foil wrappings, while hot. May be made ahead and stored in refrigerator before baking.

BAR-B-QUE

2 pounds hamburger
 1 cup diced celery
 1 large onion
 1 bottle chili sauce
 1/2 bottle catsup
 3 tablespoons prepared mustard
 Brown hamburger, celery and chopped onions. Add catsup, and chili sauce. Simmer for 30 minutes. Add prepared mustard. Serve on warmed rolls.

Ladies Have You Heard?

By Doris Thomas

Lancaster Home Economist



HOW TO KEEP WARM
 If you have trouble keeping warm this Winter, maybe you need to evaluate your wardrobe. There are three characteristics of clothing - fabric absorbency, layering and clothing design - which have a greater impact on keeping one warm than many persons realize.

The natural fibers such as wool and cotton are far more absorbent than the man-made fibers, and therefore are warmer. Clothing made from absorbent fibers allows perspiration to evaporate from the skin instead of moistening the garment, thus destroying its insulating properties.

Another way to increase the warmth of the clothing you wear, is to increase the number of layers of clothing worn. You will find that several lightweight, loose layers will keep you warmer than one heavy layer, because air is trapped between each of the layers, insulating the body to a comfortable temperature. With tight clothing, there is less chance of trapped air, added to the problem of less circulation so the body cannot warm itself efficiently.

The design of a garment also affects insulation. Clothes that fit snugly at the ankles, wrists and neck are warmer than garments that fit loosely at these areas. Wearing a belt at the waist or tucking in a shirt also will help trap air inside and keep you warmer.

NOW IS THE TIME TO ENJOY GRAPEFRUIT
 Grapefruit offers year-round eating enjoyment. But since it is in plentiful supply, now is an excellent time to give your family a delicious and nutritious treat.

Whether you buy them by the bag, box or one at a time, you get lots of "low in calories" and "high in nutrition" value for your money. Grapefruit is an excellent source of Vitamin C. One half of a large grapefruit supplies 67 milligrams of Vitamin C, which is more than the recommended daily allowance for an average adult. And it contains only 68 calories. If you prefer the pink or red varieties, you get an added bonus of Vitamin A which is not present in the white varieties.

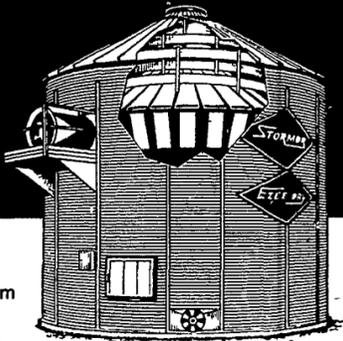
When buying grapefruit, look for firm and heavy ones. The heavier the fruit, the more juice is inside. Select thin-skinned fruit that is free of soft spots, the thin skin indicates a juicier fruit. Some varieties have russet patches which many people indicate the best flavor of all.

Avoid fruit that is soft or that has discolored areas on the peel at the stem end. Also avoid grapefruit with water soaked areas, loss of bright color and a soft peel that breaks easily with finger pressure. These are all symptoms of decay and will probably affect the flavor.

At the produce counter, you can be the best judge of overall freshness and quality. And remember, fresh fruit is perishable, so buy only as much as you can use irregardless of how inexpensive it is. Remember, if you have to throw it away, it isn't a bargain. Now that you know how to choose grapefruit, and that it is good for you, why not try it in both new and familiar ways?

Stormor's EZEE-DRY

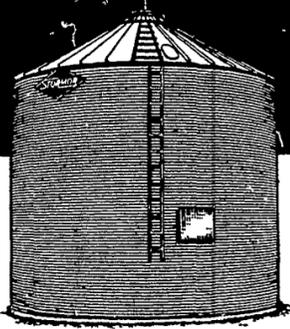
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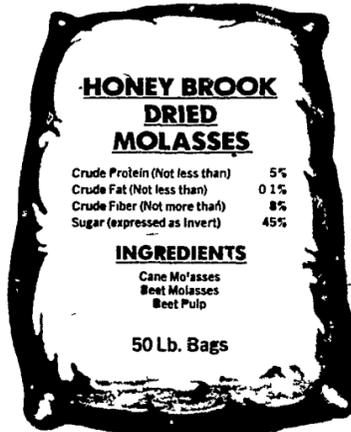
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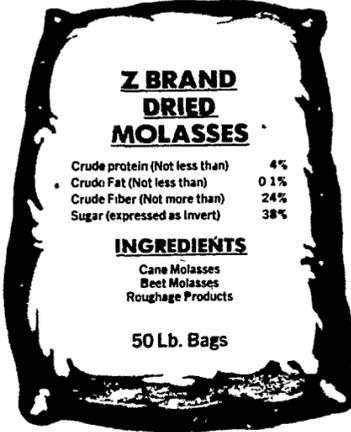
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Crude Protein (Not less than) 5%
 Crude Fat (Not less than) 0.1%
 Crude Fiber (Not more than) 8%
 Sugar (expressed as Invert) 45%

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 Beet Pulp

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Crude protein (Not less than) 4%
 Crude Fat (Not less than) 0.1%
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