

Americans love their strawberries

Strawberries are perhaps the best-loved fruit of both Americans and Europeans. The versatility makes strawberries a perennial favorite with cooks. Whether eaten alone, in a recipe or as jam or preserves, strawberries are colorful and flavorful additions to any meal.

"This attractive Strawberry Mold makes a delicious dessert for entertaining," says Homemakers School Home Economist, Diane Gryger. "Serve it as a buffet item for evening get-togethers or as the perfect treat for an afternoon tea or shower."

Gryger will conduct the on-stage demonstration for the Dallas Post Homemakers School to be held Sept. 8 at 7:30 in Merrick Hall, College Misericordia.

Molds can be tricky to use so to minimize sticking Gryger suggests spraying the mold with a vegetable cooking spray before filling it with the strawberry mixture. After taking the chilled mold out of the refrigerator, shake it till the gelatin comes away from the sides of the mold. To unmold place serving plate over the mold before turning it upside down.

When serving Strawberry Mold, after a meal or as party fare, take advantage of its colorful appearance. After unmolding, add fresh strawberries to accent its appeal.

STRAWBERRY MOLD

(Makes about 6-1/2 cups)
1 package (6 ounces) strawberry gelatin
1 1/2 cups boiling water
2 cups (about 3 cups whole) fresh



strawberry puree
1 cup sugar
1/2 cup dry CARNATION Nonfat Dry Milk
1/2 cup ice water
2 tablespoons lemon juice
Fresh strawberries

Dissolve gelatin in boiling water in large bowl. Stir in strawberry puree and sugar. Chill till mixture mounds from a spoon. Combine dry milk and ice water in small mixer

bowl. Beat at high speed till soft peaks form (3 to 4 minutes). Add lemon juice, continue beating till stiff peaks form (3 to 4 minutes longer). Fold whipped instant milk into strawberry mixture. Spoon into 6-cup mold. Chill 2 to 3 hours. Serve garnished with fresh strawberries.

One 16-ounce bag thawed frozen whole unsweetened strawberries may be used to make 2 cups puree if fresh berries are not available.

Pizza is a big hit with teens

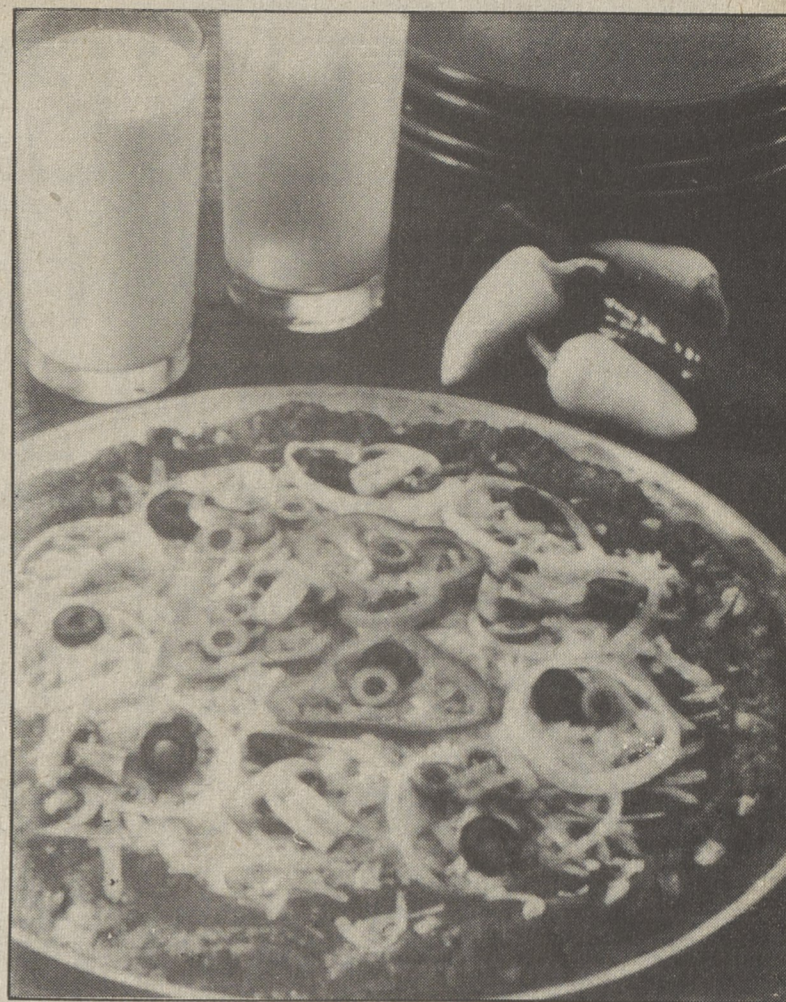
Pizza, which means "pie" in Italian, is a favorite food of teenagers as well as the rest of the family. Made with a meat crust instead of the traditional dough, Burger Pizza is a protein-rich version. Since protein is burned by the body at a slower rate than carbohydrates and sugars, the nutrition in Burger Pizza has staying power. It also supplies plenty of important vitamins and minerals such as niacin, vitamin A, vitamin B2, calcium, phosphorus and iron.

This Burger Pizza is made with CARNATION Nonfat Dry Milk. Homemakers School Home Economist Diane Gryger will be using CARNATION Nonfat Dry Milk in other recipes at the 1984 Homemakers School. The show starts at 7:30 on Sept. 8, in Merrick Hall, College Misericordia. Doors will open at 6:30.

Try this Burger Pizza: it offers fast and easy preparation - a real plus on weekday evenings when time and energy for cooking are in short supply. Serve it at a Friday night slumber party, for post-game gatherings or during long study sessions. Or serve this pizza with a salad and rolls to make a family dinner. Burger Pizza is a nutritious meal, filling enough to satisfy active appetites.

BURGER PIZZA

(Makes one 12-inch pizza)
1 1/2 pounds ground beef
1 cup seasoned bread crumbs
1/2 cup CARNATION Nonfat Dry Milk plus water to make 1 cup
1/2 cup chopped onion
1 egg, slightly beaten
1/2 teaspoon salt
1 cup (8-ounce can) pizza sauce
1/2 cup (2-ounces) shredded Cheddar cheese
1/2 cup (2-ounces) shredded mozza-



rella cheese
Pizza toppers: green peppers, mushrooms, olives, onions, chiles
Combine ground beef, bread crumbs, milk, onion, egg and salt. Mix lightly but thoroughly. Press meat mixture evenly over bottom of

12-inch pizza pan; form 1/2-inch rim around edge. Spread pizza sauce over meat mixture. Sprinkle cheeses and choice of pizza toppers over sauce. Bake at 350 degrees 25 to 30 minutes. Drain off excess fat. Cut into wedges to serve.

'Backpacker Bars' are great for people on the go all the time

Getting fresh air and exercise is good for both mental and physical health. A hike, run or bike ride helps relieve tensions.

Along with exercise, healthy adults need nutritious foods to provide for their dietary needs. According to Diane Gryger, Homemakers Schols Home Economist, three 8-ounce glasses of milk a day provide the recommended daily allowance for calcium. This 800 milligrams of calcium may be attained through glasses of milk or foods containing milk.

When on the go, Gryger, Home Economist, recommends taking along Apricot Spice Backpacker Bars. This nutritious snack contains CARNATION Nonfat Dry Milk which is high in calcium and other important nutrients. Apricots, wheat germ and nuts add even more nutritional benefits to this deliciously healthy treat. Tuck a few bars into a backpack, pocket or purse for a snack anytime.

APRICOT SPICE BACKPACKER BARS

1 cup firmly packed brown sugar
1-3 cup BLUE BONNET Margarine
1 egg
1 1/2 cups flour
1/2 cup dry CARNATION Nonfat Dry Milk
3/4 teaspoon baking powder
2 teaspoons cinnamon
1/2 teaspoon nutmeg
3/4 cup water



1/2 cup chopped dried apricots
1/2 cup chopped nuts
1/2 cup wheat germ
1 cup sifted powdered sugar
2 tablespoons lemon juice.

Cream sugar and margarine in large mixer bowl. Add egg. Beat till mixture is light. Combine flour, dry milk, baking powder, cinnamon and nutmeg. Add dry mixture to creamed mixture alternately with

water, beating till all ingredients are blended. Stir in apricots, nuts and wheat germ. Spread evenly in greased 15 1/2 x 10 1/2 x 1-inch jelly roll pan. Bake at 350 degrees for 20 to 25 minutes. While still hot, pierce top of bars with a fork at 1-inch intervals. Combine powdered sugar and lemon juice. Spread evenly over top. Cool. Cut into 3 x 2-inch bars.



This Onion Soup makes supper something special

Sunday night supper can be special with homemade Colonial Onion Soup. This gratifying soup is easy to prepare and economical to serve. Stick-to-the-ribs protein is provided by CARNATION Evaporated Milk and eggs. This soup has old-fashioned flavor but is so easy to make that it fits right into today's busy life styles. When served with all-American favorite hot dogs, this is a meal that will satisfy everybody.

Other recipes from The Carnation Company will be included in the free gift bag given everyone attending the Dallas Post 1984 Homemakers School. This on-stage demonstration is presented without charge.

COLONIAL ONION SOUP

(makes 5-1/2 cups)

2 cups finely chopped onion
1/2 cup BLUE BONNET Margarine
2 cups water
1 1/2 cups (10-3/4-ounce can) cream of chicken soup
2 eggs, slightly beaten
1 teaspoon salt
1/2 teaspoon nutmeg
1 2-3 cups undiluted CARNATION Evaporated Milk
Saute onion in margarine till tender. Add water. Bring to boil, reduce heat and boil gently 20 minutes, stirring occasionally. Combine soup, eggs, salt and nutmeg in small bowl. Add to onion mixture. Cook over medium heat stirring constantly, till mixture just comes to a boil and thickens. Stir in evaporated milk. Heat to serving temperature.

Try this meatless marvel

SPINACH RICOTTA BAKE

Crust:
1/2 cup BLUE BONNET Margarine, softened
2 Keep Fresh Reclosable Bags PREMIUM Saltine Crackers, finely crumbed (about 3 cups crumbs)
1 egg, slightly beaten
2 tablespoons cold water

Filling:
one third cup chopped onion
1/2 teaspoon basil leaves, crushed
2 tablespoons BLUE BONNET Margarine
1 (10-oz.) pkg. frozen chopped spinach, thawed and well drained
1 (15 oz.) container ricotta cheese
4 eggs slightly beaten
1/2 cup grated sharp Cheddar cheese
1/2 teaspoon salt
dash nutmeg
1 cup sour cream

Make Crust: Preheat oven to 375 degrees. In bowl, using pastry blender or 2 knives, cut BLUE BONNET Margarine into PREMIUM Saltine Cracker crumbs. Mix in egg and water. Press mixture on bottom and sides of 2 quart oblong baking dish (12x8x2-inches). Bake 10 minutes.

Make Filling: In skillet, over medium heat, saute onion and basil in BLUE BONNE Margarine till tender, about 5 minutes. Stir in spinach; remove from heat. In bowl, blend ricotta cheese, eggs, Cheddar cheese, salt, nutmeg and spinach mixture. Spread evenly in prepared crust.

Bake 30 minutes. Spread sour cream over surface of cheese mixture. Bake 10 minutes more, or till done. Let stand 10 minutes before serving. Makes 8 to 10 servings.

Homemakers School

September 18

7:30 p.m.

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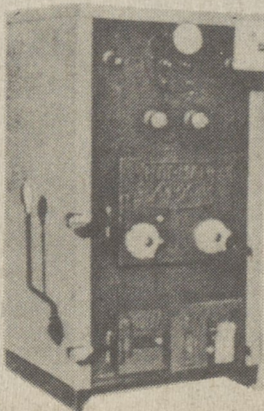
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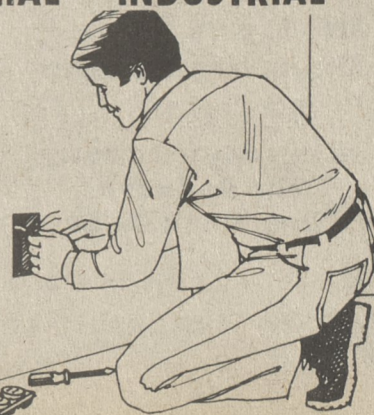
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