Plentiful Supply of Apples Solve Week's Dessert Problem

By VIRGINIA C. SHERBURNE

August is the harvest month. The store counters spill over with plentiful fresh fruits and vegetables from the local farms. Such is the case this week, especially in the fruit department. Melons, apples, peaches, as well as grapes and plums are in abundance and low in price, according to Virginia C. Sherburne, food economist.

Watermelons and cantaloupes are excellent "buys." Some watermelons are now arriving by boat from Eastern Shore, Maryland, and supplementary shipments are arriving from Virginia and the Carolinas. Locally grown cantaloupes are of good quality and low in cost. Honeydews are also available at higher figures.

Apples Plentiful

Apple pies and applesauce made from the plentiful green Summer Rambos are another top dessert choice. Maryland, Delaware and Pennsylvania orchards are supplying the local markets with large quantities of the fruit.

Peaches are on the "best buy" list for the first time this season. Hiley, Elberta and Jubilee are the three most plentiful varieties now. Homewives who want to can peaches should start preparations, since the peak of the season is expected to arrive during the next two weeks.

It is also time to can tomatoes, snap beans, lima beans, and sweet corn. These vegetables are still plentiful and low in cost. Remember to preserve a few jars of succotash, for good winter eating. Other vegetable economies include beets from Pennsylvania and Maryland, lettuce from New Jersey and New York, and cabbage from Maryland, Pennsylvania and New Jersey.

Ducks Reasonable

Bacon, sausage, frying chickens, ducks and chuck roasts are fairly reasonable in cost. Good grade beef prices hold steady. Lamb is more plentiful, but prices remain about the same. Pork prices are steady to slightly higher. The cheese market is firm. Grade A small eggs are as good a buy for value received as the Grade A large eggs now. All eggs are economically priced.

Some varieties of fish are low in price this week, and serve as a good substitute for higher cost meats.

Apple Sauce Flower Tarts

2 cups sifted enriched flour
3 teaspoons baking powder
1 teaspoon salt
⅓ cup shortening
⅔ to ¾ cup milk

Sift together flour, baking powder and salt. Cut or rub in shortening until mixture is crumbly. Add milk to make a soft dough. Turn out on lightly floured board or pastry cloth and knead gently 30 seconds. Roll out ¼ inch thick. With floured biscuit cutter or sharp knife cut 8 circles of dough 4 inches in diameter. Press each circle into 2¼-inch muffin cup lined with 2 tablespoons of Spicy Apple Filling. Bake in hot oven (425° F.) 25 minutes. Serve warm.

Spicy Apple Filling

1 cup applesauce
¼ teaspoon cinnamon
¼ teaspoon nutmeg
2 tablespoons brown sugar

Mix all ingredients until well blended. Makes 8 tarts.

Apple-Butterscotch Crisp

Temperature: 375° F.
Time: 30 minutes

½ cup brown sugar, sifted and packed (3 ounces)
½ cup sifted enriched flour
4 large peaches, pared and sliced
½ teaspoon cinnamon
½ teaspoon nutmeg
¼ cup butter

Combine dry ingredients and cut in butter until small crumbs are formed; sprinkle crumbs over and between in a greased, shallow baking pan. Bake, uncovered, in a preheated oven. Serve warm. Yield: 6 servings.

Special Treat: Homemade Bread

Though busy homemakers like to depend on the baker for their daily supply of enriched bread, there is nothing quite like the wonderful aroma of homemade bread baking in the kitchen and family enjoyment of this special treat.

Thick slices of fresh home baked bread may be cut for snacks, to be spread with butter or margarine and topped with a bit of brown sugar or jelly; thinner slices for sandwiches to go into the lunch box, others to be dipped in egg and-milk and fried a golden brown for breakfast French toast.

However you like it, enriched bread from home kitchen or bakery fits well into any normal diet and provides excellent nourishment. In the well-planned reducing diet, too, enriched bread is included at each meal for its food energy, proteins, and B-vitamins.

If you like a deep-browned loaf of bread, brush melted butter or margarine over the top of the loaf after it has been shaped and placed in bread pan to rise. Bake in moderately hot oven for lightness and even grain.

Enriched Bread

1 package yeast, compressed or dry
1 cup lukewarm water
2 cups milk
2 tablespoons sugar
2 teaspoons salt
1 tablespoon shortening
6 cups sifted enriched flour (about)

Soften yeast in lukewarm water. Scald milk. Add sugar, salt and shortening. Cool to lukewarm. (80 to 85° F.) When cooled, add 2 cups flour, stirring well. Add softened yeast. Add enough more flour to make a moderately stiff dough. Turn out on lightly floured board and knead until smooth and satiny (5 to 8 minutes). Shape into ball and place in lightly greased bowl. Grease surface of dough lightly. Cover and let rise in warm place (80 to 85° F.) until doubled (about 1½ hours). Punch down. Let rise again until doubled (about 45 minutes). If preferred, shape dough into loaves after first rising. Divide dough into 2 equal portions. Shape each portion into smooth ball. Let rest 10 minutes. Shape into loaves. Place in greased bread pans. Let rise until doubled (about 1 hour). Bake in moderately hot oven (400° F.) 50 minutes. Makes two 1-pound loaves.

Biscuit Dough for Apple Treat

If you are hungry for a good apple pudding, you'll like this easy combination of biscuit with apples and raisins, appropriately named biscuit apple cake.

Sift together 1 cup sifted enriched flour, ½ cup sugar, 1½ teaspoons baking powder and ½ cup shortening. Add 1 cup finely chopped raw apples, 1 tablespoon milk and 1 teaspoon grated lemon rind, mixing lightly. Add ½ cup currants or raisins. Pack in 8-inch or 9-inch pie pan.

Bake in moderate oven (350 degrees F.) about 45 minutes. Makes 6 servings. Serve biscuit apple cake warm with a pitcher of cream.

BALLARD — Malachi Ballard of 1065 Myrtle Avenue has returned from Flint, Mich., where he was called by the death of his brother, Daniel Ballard.

Adding New Twist to Potato Salad

Words are fascinating things. Did you know, for instance, that "delirium" comes from a Latin word that means "to go out of a furrow"? Or in plain American, to get out of that rut.

But cooking is fascinating, too. And deliriously good dishes often occur when you go out of your furrow and add a new twist to an old favorite.

Perhaps you've made potato salad the same way for years. Could be that something new should be added to ring in a change. Cottage cheese, for example.

Cottage Cheese Potato Salad
Serves 6 to 8

3 cups freshly cooked diced potatoes
½ cup minced celery
1 tbsp. chopped green pepper
1 tbsp. chopped red sweet pepper
2 tbsps. minced onion
2 tbsps. chopped pickle
1 tsp. salt
½ tsp. lemon juice
Dash pepper
1 cup mayonnaise
1 cup creamed cottage cheese

Combine vegetables and pickle. Add salt, pepper and lemon juice to mayonnaise and blend. Pour over vegetables. Add cottage cheese and toss. Chill until serving time.

Fill the milkman to leave a pint of sour cream, and make your dressing with it.

Sour Cream Potato Salad

Combine diced potatoes, celery, onions, etc., for potato salad. Toss with the following dressing and chill.

½ tsp. minced garlic
1 tsp. salt
1 tsp. sugar
4 hard cooked eggs
4 tbsps. vinegar
Dash black pepper
1 pint sour cream

Place garlic, salt and sugar in a bowl. Press with a spoon until the garlic is well crushed. Now chop the eggs and press through a sieve into the bowl. Add vinegar, pepper, mustard and sour cream. Blend thoroughly.

Did you ever marinate the vegetables for potato salad in garlic-flavored French dressing for several hours, then add the mayonnaise or salad dressing just before serving?

FULL SPREAD STOPS MERINGUE SHRINKAGE

Fluffy, golden-peaked meringues are the perfect toppings for rich butterscotch-filled pies, and banana cream and coconut pies. To avoid shrinkage of meringue, spread the meringue over the filling to make it touch the crust on all sides. Brown in a moderate (350 degrees F.) oven, for high temperatures may toughen or shrink meringue.

LADIES CHARITY — Mrs. Chaney McLaughlin of 1911 Lanvale St. was hostess to the club on Friday evening. Special guests were Mrs. Pearl Brown, daughter ruler of Great Southern Temple; Mrs. Ella Hudson, Mrs. Ruth Vance and Louis Cornish. The next meeting will be at 1301 Stricker St., with Mrs. Mildred Jones.

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It Sparkles Plenty

"Oh, look at the bubbles!" That will probably be your family's first reaction when they spy this novel and attractive fruit gelatin dessert. Using ginger ale as an ingredient, you can mold bubbles right into the gellatin, creating a special "sparkling" effect that the family will love.

"What a grand flavor!" That will be the next exclamation of pleasure, when your family tastes fresh pears, top of the season, molded in this wonderful taste combination of ginger ale and luscious raspberry-flavored gelatin.

"This is an idea for my recipe file!" And that's what you'll say to yourself when you see how easy it is to prepare a gaily original dessert that adds real freshness and charm to your late-summer menus.

Ginger Pear Mold

1 package raspberry-flavored gelatin
½ cup hot water
2½ tablespoons lemon juice
1½ cups ginger ale
3 cup diced fresh pears

Dissolve gelatin in hot water. Add lemon juice and ginger ale gradually. Chill until slightly thickened. Then fold in pears. Turn into 1-quart mold. Chill until firm. Unmold. Garnish with pear halves, green grapes and green leaves. Makes 6 servings.

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Rising times are important in making thousands of tiny gas cells which make the dough rise.

If the dough has risen enough the yeast has manufactured too much gas, the baked bread much gas which in turn overcome and coarse. This is because the dough is placed in a hot oven the yeast has not had time to man they expand further and break. ufacture enough leavening gas to and the bread falls.

July READER'S DIGEST* reports the same research which proves that brushing teeth right after eating with COLGATE DENTAL CREAM STOPS TOOTH DECAY BEST
Better Than Any Other Way Of Preventing Tooth Decay According To Published Reports!
READER'S DIGEST FOR JULY reports on one of the most extensive experiments in dentifrice history! And remember these additional facts: The toothpaste used exclusively in this research was Colgate Dental Cream. Two years' research showed brushing teeth right after eating with Colgate Dental Cream stopped tooth decay best! Better than any other home method of oral hygiene! The Colgate way stopped more decay for more people than ever reported in all dentifrice history!
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*YOU SHOULD KNOW! Colgate Dental Cream, while not mentioned by name, was used exclusively in the research reported in Reader's Digest.

Cooked in the Kitchen–Served in the Yard

Cooked in the kitchen but served in the yard, this supper menu is a hit on a warm summer evening.

For Year-Round

Slacks are always in style. They're good for the beach in summer and ideal for fall hikes too. Mrs. Edna Stanford of Baltimore looks good in them. She was photographed at a recent outing in Colton Point, Md.

Back Yard Supper Tops for Warm Summer Evening

"Cook it in the kitchen but eat it in the yard" is a good formula for summer meals. A picnic table or several card tables makes serving easy and gives the picnic spirit to the simplest supper. Use paper plates (the new plastic-coated ones come in a variety of attractive colors) and serve either buffet style or right on the plates. Here's a fine menu for a Backyard Supper:

Fried Chicken — Chicken Bread
Corn-on-the-Cob
Tossed Summer Salad
Fruit in Melon Cups
Hawaiian Coconut Cookies
Iced Tea — Milk

For the very best in home-fried chicken here are a few suggestions: Choose young chickens for frying and cut them into serving pieces for picnic-style eating. Roll pieces lightly in a mixture of flour or pancake ready-mix, salt and pepper. Heat fat in a heavy frying pan having the fat about ½-inch deep. Brown each piece carefully until golden brown, then reduce the heat, cover the frying pan and cook chicken slowly until tender. Uncover for the last five minutes to recrisp the skin.

Chicken Bread

Fried Chicken and Chicken Bread go together just like Apple Pie and Cheese. Chicken Bread is a corn meal biscuit dough which is rolled out into diamond-shaped pieces and fried to a golden brown in the chicken fryer as soon as the chicken is removed. The biscuits rise and bake in the fryer pan just as they do in the oven, and take up all the good chicken flavor of the fat in the frying pan.

A perfect accompaniment to an outdoor chicken feast is corn-on-the-cob. Serve it piping hot with plenty of butter. For a green salad use any combination of fresh garden greens tossed together with a light French dressing.

Melon Cups

Melon cups and cookies are a cooling and refreshing dessert that looks very glamorous. Pare the melon, cups cut cantaloupe or honeydew melons in half, remove the seeds and scoop out the melon balls with other fresh fruit or berries in season. Refill the melon shells and chill. Just before serving pour a bit of gingerale over the fruit and garnish with a sprig of fresh mint. You may want to top each serving with a spoonful of lime sherbet. This fruit combination is perfect with the delicate flavor of crisp Hawaiian Coconut Cookies.

Chicken Bread

1½ cups sifted enriched flour
½ cup enriched corn meal
3 teaspoons baking powder
1 teaspoon salt
⅓ cup shortening
¾ to ⅞ cup milk

Sift together dry ingredients. Cut in shortening until mixture resembles coarse crumbs. Add milk, mixing lightly only until mixture is dampened. Turn out on lightly floured board and knead gently a few seconds. Roll out to ⅜-inch thickness; cut into diamond shapes, rounds or squares. Place in the frying pan in which the chicken has been fried (leave only a small amount of fat in the frying pan). Cook over medium heat until delicately browned on under side. Turn and cook on other side. Cooking time about 8 minutes.

Serve immediately with fried chicken. Makes 12 to 18 pieces.

Hawaiian Coconut Cookies

2 cups sifted enriched flour
1 teaspoon baking powder
½ teaspoon salt
½ teaspoon soda
½ cup shortening soft
½ cup granulated sugar
½ cup brown sugar
2 eggs
1 tablespoon water
1 teaspoon vanilla
1½ cups oats (quick or old fashioned, uncooked)
½ cup coconut

Sift together flour, baking powder, soda and salt into bowl. Add shortening, sugars, egg, water and vanilla. Fold in rolled oats and coconut. Shape dough into small balls and place on greased baking sheet. Bake in a moderate oven (350°F.)-12 to 15 minutes.

QUICKLEY—Mrs. Robert Quickley of 1524 Druid Hill Avenue is vacationing in Richmond, Va.

The Best Way to Wash Dishes by Hand or by Machine

Women spend up to two hours every day on "the meanest job of all"—washing dishes.

In 30 years of married life the dishes stack up a pile twice as high as the Empire State building, an estimated 340 tons of plates, cups, glasses, preparation dishes, pots and pans, not counting silverware. With a job of that size, efficiency saves a housewife countless steps and time.

There are almost as many ways of washing dishes as there are housewives — from splashing the dishes with hot water at one extreme to placing them in an automatic electric dishwasher at the other.

For the majority of women who wash them in a fish pan of hot water, home economists make these recommendations for greatest ease and speed.

Segregate Items

First, segregate glasses, cups and saucers, and silverware. Place the garbage pail on a stool and use a rubber scraper to remove food from plates. Rinse sticky dishes and cups under the faucet.

In the dish pan use a sudsy cleanser in power or liquid form. These new products drain the water off without leaving the dishes spotted. Do not use too much soap or suds; since longer rinsing will be required.

The order you wash the dishes in is not too important but most women start with the glassware and silverware and wind up with the cooking utensils. This cuts down the number of water changes necessary.

Gloves Help

Rubber gloves are a big help not only in saving your hands, but also in permitting you to use hotter water than your bare hands could stand. Not only should dishes look clean when you are through, but also they should be exposed to sufficient suds to be actually clean. The dish cloth is usually more effective than a dish mop for washing. A brush can be helpful not only on pots and pans, but also in removing adamant food matter from the dishes. When the dishes have been placed in the rinsing rack, hot water can be sprayed over them with a faucet hose attachment or poured over them with a teakettle.

If you are doing a very small number of dishes, it is handier to hold them directly under the hot water faucet. Dishes should be left in the rack long enough to drain well for best results.

Don't Soak Silver

Silverware should not be left too long in the pan of heated water. A few pieces at a time should be given short soaking and then wined off with a dish-cloth.

While many detergent users let the dishes dry in the racks, glasses and silverware should be dried with a towel. A good supply of towels should be on hand for these items and, for times when you want to dry all the dishes by hand to get them out of the way.

Pots and Pans

Experience shows that cleaning pots and pans encrusted with grease or food matter is the biggest time killer a woman faces. This is a tough problem to solve but best tips are to have a good scrapper on hand, wash these utensils as soon after use as possible or, if you must leave them till later, put hot water in them to soak. Also watch that food does not boil over on them while cooking.

The above suggestions represent a brief consensus on how to cut down the time involved in dishwashing by hand but to top up to an hour and a half from the job, many women have been considering the purchase of an automatic dishwasher.

There are several types of automatic dishwashers, but the best known and the most automatic have a rack that slides out when the front is opened leaving the top of the appliance as free working surface for stacking dishes. The racks hold 60 dishes, cups, saucers, pots, pans and glasses plus silverware. These are washed, rinsed and electrically dried at the turn of a dial.

Reverse Routine

Women who use dishwashers reverse the ordinary hand routine and place the pots and pans in the dishwasher immediately after use to let the machine wash them while the family is eating. The racks are loaded with the dinnerware five to ten minutes after dessert dishes have been cleared.

The appliance takes over when the dial is set and 30 minutes later the dishes are dry and can be put away. Some women leave the dishes stored overnight in the machine until ready to use them again next morning. With a large group, the appetizer and dinner dishes can be put in the machine to wash while dessert is served. This leaves only the final course dishes and coffee cups and saucers to be put in the racks before the housewife can rejoin her guests.

Hot Water Needed

The preparation of pots, pans and dishware for a dishwasher is similar to preparation for hand washing which means brushing off all loose foreign matter and for greasy ones, running them under hot water.

For fine china and stemware, a good dishwasher is neither kinder nor harder than hand washing. Where the machine has heated forced air for drying, a point to watch when shopping for a dishwasher, glasses and silverware will dry spotless and sparkling.

Because good dishwashers use water at 150 degrees, which is hotter than the hands can stand, they do a more thorough washing job than can be done by hand.

Before you purchase any dishwasher, you should discuss installation with your dealer or contractor. The best models all require plumbing but with the increased popularity of this modern workaving appliance plumbers are experienced in installation.

Easy Does It

By HELEN HALE

If the rims of silk or rayon shades are soiled, scrub with a soft brush and mild soapsuds before washing the shade. Wash and dry quickly to prevent the wire frame from rusting.

Dip rayon and silk shades up and down in lukewarm soapsuds until clean. Rinse in clear water in same fashion, until water remains clear. Drying with an electric fan is a good way to speed drying. Avoid direct sunlight or artificial heat.

Genuine parchment, as well as metallic shades, may be cleaned with a mixture of one part turpentine and 10 parts mineral oil. Apply with a soft cloth, then wipe off thoroughly.

To Get Grease Off Rugs

To remove grease stains from rugs, apply Fuller's earth over the spot let stand until grease is absorbed, then remove with whisk broom.

RECIPE OF THE WEEK
Coconut Puffs
Serves 8

16 marshmallows, quartered
½ cup drained, diced pineapple
½ cup heavy cream, whipped
½ cup chopped nuts
Coconut, toasted

Combine marshmallows and pineapple. Chill for 30 minutes. Fold in whipped cream and chopped nuts. Chill for 2 hours. Drop mixture by spoonfuls into a bowl of coconut, turning gently until each piece is covered and forms a ball. Chill. Top with pecan or cherry before serving.

Chocolate stains on rugs, if fresh, can be removed by sprinkling with powdered borax, then moistening with cold water. Remove with cloth and cold water. Brush off borax when dry.

Treating Wallpaper

Fresh grease spots on wallpaper can sometimes be removed if a blotter is held to the stain and a warm iron applied to it. Move the blotter as grease is absorbed.

Crayon marks on wallpapers can be removed by rubbing lightly with a soft cloth dipped in carbon tetrachloride. All traces are difficult to remove, but repeated treatment lightens them so they are almost invisible.

Paint stains should be removed while fresh with a paint solvent such as turpentine.

CARRINGTON — Among those attending the Shriners Convention in Boston were Mrs. Genevieve Carrington and Miss Edna J. Howard. They were house guests of Mrs. Harvey Maxwell in Roxbury.

HAPPY FAMILY... For mother, dad, and babies, Pet Milk is first choice
The Pet Milk Photographer Visits THE ARMOND ROBINSON FAMILY of Cleveland, Ohio
"Say When!" Armond Stanford lends a willing hand in the kitchen, especially when mother's making one of his favorite whipped Pet Milk desserts. Margery uses Pet Milk in place of cream for coffee and cereal, too—saves money, because Pet Milk costs less than half as much as cream.
"So Right!" Keeping up with big brother isn't hard for Marita Elaine—she loves it, so does her! Both sturdy, healthy youngsters have thrived on Pet Milk since birth. Doctor recommended Pet Milk for them because of its uniform richness, easy digestibility, safety—both children still drink only Pet Milk.
Some day—not too far away—Armond Robinson hopes to be a lawyer, goes to night classes at Cleveland Marshall Law School. Meanwhile, he's production manager of the Atlanta Life Insurance Company, where he's worked for 12 years. Margery Robinson, once a social worker, gave that up for two more important jobs—Armond Stanford, 3, and Marita Elaine, 1½. Family hobbies include reading, sports, and just "having fun with the youngsters"—and there's never a dull moment in the Robinson house with this lively pair!
Like thousands of other families, the Robinsons enjoy better food at lower cost with Pet Evaporated Milk. Margery says that Pet Milk's richness makes everyday dishes more delicious—and extra good for her growing family. Yet Pet Milk costs less generally than any other form of milk.
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ORANGE-PEKOE TEA ¼ lb pkg 27c
PEANUT BUTTER Ideal Creamy 12-oz jar 33c
MAYONNAISE Fresh Hom-de-Lite 8-oz jar 23c
PRUNE JUICE Ideal Calif. qt bot 27c
FANCY TOMATOES Asco Hand Packed 2 No 2 cans 35c
FARMDALE PEAS Extra Standard 2 17-oz cans 29c
SLICED PINEAPPLE Del Monte 20-oz can 29c
APPLE SAUCE Ideal Fancy 2 20-oz cans 33c
Farmdale Whole Kernel Golden Bantam CORN 2 No 2 cans 25c
Louella Homogenized 1% Fortified Enriched MILK 4 tall cans 45c
Fresh Virginia Lee Bakery Treats
The Cake Everybody Likes ... LOUISIANA CRUNCH RING Made with fresh oranges and a crunchy top. Perfect with iced beverages, fruit desserts, etc. ea 39c
CHOCOLATE ALMOND Crunch Layer Cakes ea 59c
Golden Macaroon Crunch Bar Cakes ea 35c
Best Bread Value in Town ... SUPREME ENRICHED BREAD large loaf 14c
Thin Sliced Square Sandwich Loaf 15c
Fresh Virginia Lee De'Nuts plain: doz 19c sugared: doz 20c
Louella America's Prize Winning SWEET CREAM BUTTER lb ¼# 71c
RICH, CREAMY CHEESE lb 45c
GLENDALE CLUB CHEESE ½-lb pkg 23c
ARMOUR'S TREET Handy Meat 12-oz can 49c
ASCO COFFEE "Heat-Rite" Roasted lb 76c
APPLE JUICE Ideal Pure 46-oz can 29c
CORN FLAKES Gold Seal 13-oz pkg 17c
SPEED-UP BLEACH qt bot 11c
Household Institute Waterless TOP-STOVE COOKWARE Save 40% on our Card Plan
August Family Circle copy 5c
Speed-Up Liquid Starch qt 15c
Speed-Up Bluing pt bot 10c
Prices Effective August 24-25-26, 1950. Quantity Rights Reserved.
YOUR DOLLAR BUYS MORE AT THE ACME

Thirst, Too, Seeks Quality
5¢ Coca-Cola "Coke"
Ask for it either way ... both trade-marks mean the same thing.
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Waffle of the Week
Waffle of the week is a creation called waffled corn or corn waffles, whichever you like. It's an additional way to enjoy corn flavor in quickbreads. Into waffle batter made with 1 cup sifted enriched flour, fold in 2¼ cups whole kernel corn (1 No. 2 can) at the last, just before baking. Bake on a hot waffle iron. Serve with butter or margarine and hot syrup.
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