Mustard cooky

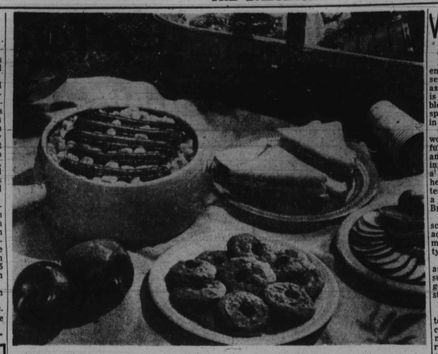
A dash of mustard puts "news" in these old-fashioned molasses cookies.

For these cookies you will need one cup shortening, three-fourths teaspoon salt, three teaspoons soda, two teaspoons ground ginger, two teaspoons ground cinnamon, one teaspoon ground cloves, one teaspoon dry mustard, one teaspoon instant coffee, one cup sugar, one cup mild light molasses, one egg, four and three-fourths cups sifted all-purpose flour, three - fourths cup water, five dozen seeded raisins.

Mix first 8 ingredients together, until fluffy. Gradually mix in sugar and molasses. Beat in egg. Add flour alternately with water. Mixx well. Drop from teaspoon onto lightly greased cookie sheets, 2 inches apart. Top each with a big raisin. Bake 12 to 15 minutes in a moderate oven (375 degrees F.).

This recipe makes five dozen cookies.

If desired, replace instant coffee and water with ¾ cup double strength coffee.



DELICIOUS MOLASSES COOKIES have an individual twang when mustard is added. Recipe for old-time mustard molasses cookies is found on this page.

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Vegetable plate

Good food is vital.

But often good food isn't eaten because of the way it is served. Food should look good, as well as taste good. Once food is cooked and ready for the table, the homemaker has the responsibility of serving that food in an attractive manner.

Golden Vegetable Platter would do any cook proud. Colorful and appetizing in appearance, it makes the most of its ingredients. Chewy macaroni in a rich, creamy cheese sauce is heaped in the center of the platter. Then it is surrounded with a bright wreath of carrots and Brtussels sprouts.

Complete the colorful meal scheme with a crispy tossed salad, enriched hard rolls, and milk. Ideal dessert is Apple Betty.

Quick-cooking macaroni foods are valuable helpers. Keep a supply of them on hand for emergency main dishes, and budget-stretching meals.

* * *

FOR GOLDEN Vegetable platter use four ounces elbow macaroni, one-quarter cup butter or margarine, one-quarter cup enriched flour, one-half teaspoon salt, one-eighth teaspoon pepper, one and one-half cups milk, one cup cubed American cheese, cooked buttered Brtussels srpouts, and cooked buttered whole carrots.

Cook macaroni in boiling salted water until tender (about 8 minutes). Drain and rinse. While macaroni is cooking, melt butter or margarine in saucepan. Stir in flour, salt and pepper. Add milk and cook until thickened, stirring constantly. Add cheese and stir until melted. Fold in macaroni.

Arrangé on hot platter with Brussels sprouts and carrots around macaroni.

Makes 4 servings.

Chewey coconut fruit balls

Use dried fruits to make a quick dessert or candy balls. Roll each ball in shreds of snow white coconut. Before you know it, you'll have an ample supply of a confection ready to serve as a dessert or candy. Nutrition-conscious mothers will want to serve their children plenty of these fruit balls because they contain valuable food nutrients.

Ingredients include one cup uncooked white rice, one teaspoon salt, two cups water, one-half cup dried apricots, one-half cup pitted ried prunes, one-half cup raisins, one cup pitted dates (a 6¼ oz. pkg.), two tablespoons beet or cane sugar and one cup shredded coconut.

Put the rice, salt and water in a 2-quart saucepan and bring to a vigorous boil. Turn the heat as low as possible. Cover and leave over this low heat 14 minutes. Remove the saucepan from the heat but leave the lid on for 10 minutes. While the rice is cooking, grind the apricots, prunes, raisins and dates, using a coarse blade. Add the ground fruit and the sugar to the hot cooked rice. Mix well.

As soon as the rice and fruit mixture is cool enough to handle, form into round balls about 2 inches in diameter. If the fruit balls are to be used for a candy, form into smaller balls if desired. It helps to keep the hands wet while rolling the mixture to make the balls.

Roll each ball in the shredded coconut. Cover and store in the refrigerator. Serve as a dessert perhaps topped with whipped cream, or as a candy. This recipe makes 15 balls, 2 inches in diameter.

Danish blue cheese pie

Hostess and guests will delight in this smooth, creamy unsweetened custard cheese pie. The secret? Just the zesty, tangy flavor of the blue cheese imported from Europe's own dairyland, Denmark itself.

To make Danish blue cheese pie you will need one-half cup Danish Blue Cheese, one pt. light cream, three well beaten eggs, and a pinch of basil or tarragon or savory.

Line a 9-inch pie pan with pastry. Combine eggs, liquid, herb, and crumbled Danish Blue Cheese.

Pour mixture into the pastry-lined pie shell. Bake in hot oven (425 degrees) 25-30 minutes or until silver knife inserted in center comes out clean.

Colorwise and tastewise golden canned cling peach halves are the perfect garnish for turkey.

Some of the more popular ways of serving them are spiced with whole cinnamon and clove, gaily decorated with a turkey cut from canned cranberry jelly, filled with frosted grapes, filled with chutney or filled with cranberry raisin relish.

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COOKING FUN

It's picnic time again. Time to bring hampers down off the high shelves where they have been stored all winter. Time to scald and air thermos bottles and lay in a supply of paper cups and plates.

There is no time of year when families have more fun together. Eating out-of-doors adds an edge to appetites and warmth to family relationships. Working together, the group is drawn close by wholesome activity and a common interest in the delectable food about to be spread before them.

A whole tradition of delicious foods has grown around the picnic. Hot dogs, potato salad, cole slaw, baked beans, cold macaroni, cold cuts, are all mighty tempting. But, it never hurts for Mom to slip in a new "treat" or two each season.

A dash of spice or a pinch of herbs can put "news" in this season's picnic food, the same as they do in meals served at home. Mustard, for instance, the "old reliable" of the picnic basket is more than friend of hot dogs and ham.

In its various forms (prepared, powdered dry and seed) mustard fits into almost any course of a picnic meal, even dessert! New England cooks found out long ago that a molasses cookie, one of the most delightful and flavorful of all members of the cookie jar, took on added goodness when a teaspoon of dry mustard was added to the other spices.

The mustard flavor itself is lost in such a recipe but the tangy goodness remains. The same cooks used mustard in gingerbread and baked beans and various other dishes using molasses. The zip of the mustard is a great addition to these old-time recipes.

Here are some suggestions for this year's picnic season:

Mustard Deviled Eggs
6 hard-cooked eggs
¼ cup mayonnaise
1 tablespoon minced celery
1 tablespoon minced green pepper
1 tablespoon minced dill pickle
¼ teaspoon garlic salt
¼ teaspoon onion powder
¼ teaspoon dry mustard
¼ teaspoon salt or salt to taste
1/16 teaspoon ground black pepper
Paprika for garnish

Peel shells from eggs, cut in half lengthwise. Remove egg yolks and mash. Add all remaining ingredients, except paprika. Mix well. Pile into egg white halves. Garnish with paprika.
YIELD: 12 halves.

* * *

Mustard Bologna Spread
½ pound bologna, chopped
One 3" dill pickle, chopped
¾ to 1 teaspoon dry mustard
¼ cup boiled salad dressing

Put bologna and pickle through a food chopper, using the medium blade. Add remaining ingredients. Mix well. Spread between two slices of bread for sandwiches or spread on rounds or rectangles of bread for open-faced cocktail or party sandwiches.
YIELD: 1-1/3 cups.

* * *

Mustard Baked Lima Beans
2 cups dried lima beans
5 cups cold water
4 teaspoons salt
3 tablespoons brown sugar
¼ cup chopped onion
1 ½ teaspoons dry mustard
¼ teaspoon ground black pepper
1 cup canned tomatoes
4 strips bacon

Wash beans. Add cold water. Soak overnight or 12 hours. Add salt. Cover. Cook slowly, (in same water in which beans were soaked) until tender, about 1 hour. Drain. Save 2 cups bean liquid (if necessary, add additional water to make 2 cups) and mix with brown sugar, onion, mustard, black pepper, and tomatoes.

Pour beans into a 2-quart bean pot. Add liquid mixture. Cover. Bake 2 hours in a slow oven (325 degrees F.). Remove cover. Place bacon strips over the top. Bake, uncovered, 30 minutes or until bacon is crisp and brown.
YIELD: 8 to 10 servings.

* * *

Stuffed celery is always good on the hors d'oeuvre tray, but it's even better than usual when dry mustard is blended into the cream cheese mixture. Use lots of it. The "bite" is delicious and flavorful.

A lunchtime favorite is a toasted cheese sandwich topped with a slice of tomato and a curl of crisp bacon. Next time you're whipping this up, sprinkle the bread lavishly with dry mustard before you add the filling. It's oh, so tangy and oh so good!

Chopped tomatoes and green peppers, mixed, are a delightful salad or relish. Blend them with a French dressing to which you have added a generous amount of dry mustard. Marinate for a while in the refrigerator and serve icy cold.

WHEN WE'RE the cook, maid and hostess at a party we limit the hors d'oeuvres to 2 or 3 kinds but make sure they're very, very tasty. A great favorite is pinwheel sandwiches made from brown bread, spread with parsley butter. Put a row of pitted ripe olives stuffed with nippy cheese along one side, and roll bread over olives. Wrap in waxed paper, chill and slice thinly.

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. . . in this easy contest! Sixty-four $235.00 Evinrude "Fleetwins" to be given to winners — sixteen each week in four weekly contests!

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a quiet, powerful Evinrude to take you places!
ice-cold Coke to refresh you along the way!

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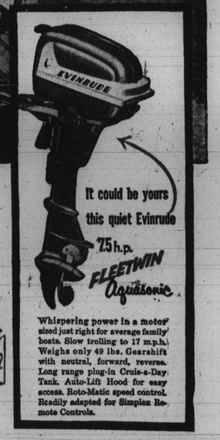
How to enter: Look for your dealer's contest display of Coca-Cola in cartons and get an official entry blank giving all rules. Write your statement and mail it—it's that easy! Entries in this week's contest must be postmarked before midnight, Sunday, May 8. Enter this week's contest and the three to follow.



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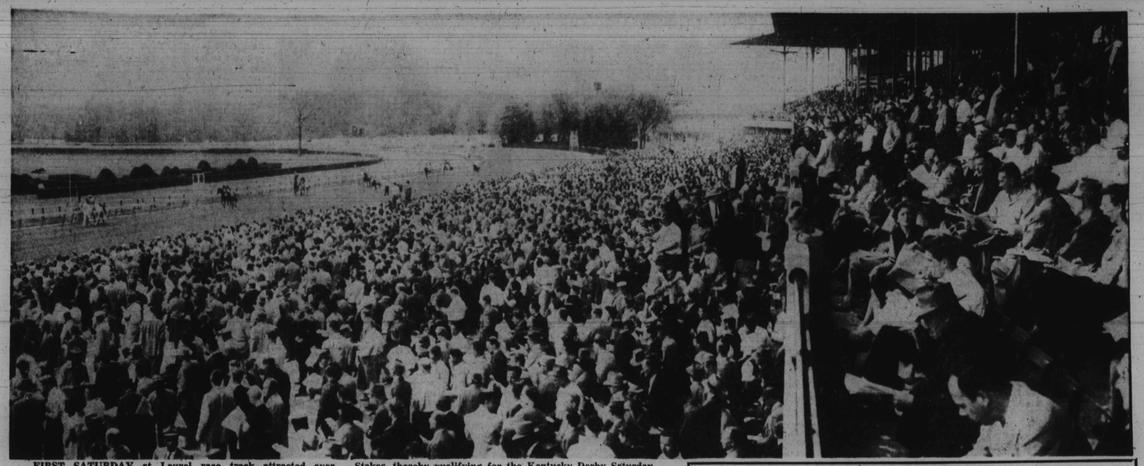
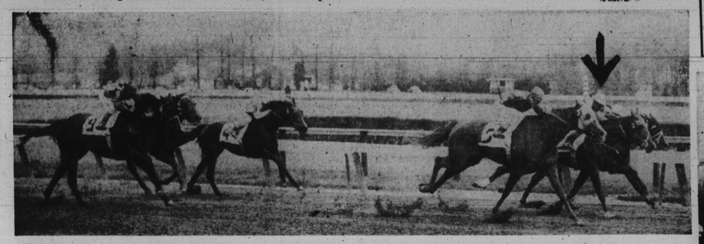


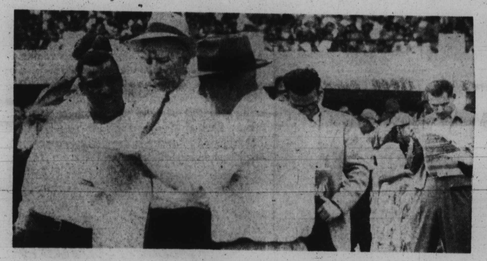
FIRST SATURDAY at Laurel race track attracted over 22,000 to see the seventh race favorite Montpelier Stable's Saratoga set a record in the $20,000 Chesapeake Stakes, thereby qualifying for the Kentucky Derby Saturday. Laurel closes May 14.

— LAUREL RACES —

AFRO-AMERICAN, May 7, 1955



SIXTH RACE saw Jockey Alfred Brown (see arrow) ride his chestnut filley, Icebreaker, owned by Mrs. Milton Erlanger, into second place, winning $700. Two dollar bets brought $18.80 to place; $8.60 to show.



A WINNER MAYBE?—Otis Johnson, general contractor, 2955 Brighton St., checks race sheet with some companions before the next run. Although avid racing fans study the horses long before racing time, they always find themselves making that last minute choice.

GOOD DAY for visiting, the Rev. H. Matthews, pastor, Mt. Hebron Baptist Church, visits members of congregation.

THEY'RE OFF—Racing fans flock to the gates as horses leave post. Many fans are as skeptical about results as young man shown above. He's probably wondering whether his bet was so wise after all. However, every fan agrees that win or lose, racing is still fun just to watch.

STROLLING — Housework completed, Mrs. Wilma Kelly, 3002 Elgin, takes two-month-old daughter Cecilia out for airing.

SECOND TIME at the tracks, John Wilson, 2106 Pressman St., gives wife Sadie some tips on choosing a winner.

CHANCE is chief feature in sport of racing which Mrs. Esther Johnson, 2102 Pressman St., housewife and mother of two, so well knows.

AT MORGAN—Dr. J. Ernest Wilkins Jr., left, noted mathematician of White Plains, N.Y., poses with his family following opening services of the recent Calloway Hall dedication at Morgan College. Dr. Wilkins was guest speaker. With him are his wife, Mrs. J. Ernest Wilkins Jr., and two children, Sharon and J. Ernest Wilkins III.

GOING SHOPPING—Mrs. Eunice Rogers, 13-year employee at Social Security, uses day off for downtown shopping tour.