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2/3 cup instant rice

1/2 cup flaked coconut 1 tbsp. butter or margarine

1/4 tsp. salt 1 2/3 cups milk

1/4 tsp. vanilla

Ann Wilburn's

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RADIO

Grape jelly

Thursday, December 31, 1964

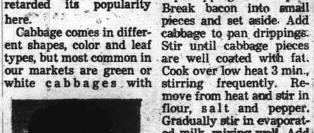


**Cabbage Improves Its Culinary Image** There is nothing lowly

**Hints for Homemakers** 

about cabbage. This highcaliber vegetable figures importantly in many cuisines around the world, milk yet improper cooking and unimaginative use have retarded its popularity here.

white cabbages with



1/4 cup flour

1/8 tsp. pepper

1 tall can evaporated

Cook bacon until crisp in

a large skillet, saving 1/4 cup drippings in the pan.

1 tsp. salt

flour, salt and pepper. flour, sait and pepper. Gradually stir in evaporat-ed milk, mixing well, Add bacon pieces. Cook over low heat about 8 min., stir-ring occasionally until thickened. Makes 4 to 6 servings.

## STEAMED CABBAGE

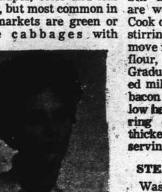
Wash and cut medium head cabbage into quarters. Remove most of the core but leave enough to hold the leaves intact. Add 1-in. water or stock to smooth leaves and a saucepan. Bring to boiling round, compact head. point, add cabbage wedges Fewer of the other varie- and cover pan. Cook rapidties, such as Savoy, the ly until cabbage is just ten-curly-leaved type, or red der, about 10 min. Drain, cabbage come to California dot with butter and season with salt and pepper. Grat-Choose unbruised, solid, ed cheese may be used, if firm and fairly heavy cab- wished. Serve piping hot.

## FRIED CABBAGE

3 tbsp. butter or marga-

6 cups shredded cab-

Salt, pepper Melt the butter in a hea-vy skillet and add cabas in vitamin and mineral bage. Cover tightly and retention. For best results, cook 5 min. Uncover and continue to cook until cabin a small amount of water bage is browned. Season to taste with salt and pepper. Make 6 servings.



Sondra Reid

smooth leaves and a markets.

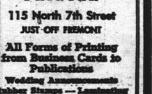
bages. Avoid yellowing Makes 6 servings. leaves, burst or soft heads. Store in the refrigerator wrapped in a plastic bag or covered contriner to rine preserve moisture.

Over-cooking and impro-bage Salt, per cutting can spell disaster for cabbage in taste and texture appeal as well cabbage should be cooked for a short period. Use of a sharp knife when cutting or shredding cabbage will prevent loss of vitamin C due to bruised tissues.

Popular as a cole slaw, cabbage shines as a creamed vegetable dish with a zesty bacon sauce, or as a simple steamed or fried vegetable accompaniment to a main dish.

CABBAGE WITH BACON SAUCE 1/2 lb bacon 1/4 cup bacon drippings

4 cups coarsely chopped cabbage



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