Page 4

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

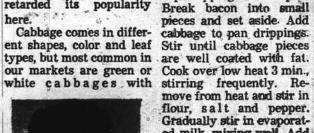


Cabbage Improves Its Culinary Image There is nothing lowly

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

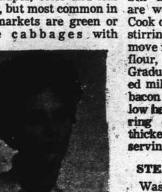
Wash and cut medium head cabbage into quarters. Remove most of the core but leave enough to hold the leaves intact. Add 1-in. water or stock to smooth leaves and a saucepan. Bring to boiling round, compact head. point, add cabbage wedges Fewer of the other varie- and cover pan. Cook rapidties, such as 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.

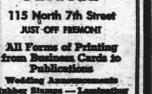
bages. Avoid yellowing Makes 6 servings. leaves, burst or soft heads. Store in the refrigerator wrapped in a plastic bag or covered contriner to rine preserve moisture.

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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