

# FOOD FORUM

Dorothy Johnson

## QUICK BREADS

Young housewives are really going back to the days of making bread from scratch. The more popular quick breads, are those laden with fruit, or flavored with fruit peel or juice. With school soon being closed for the summer these breads are a boon for the children, as well as, nutritious snacks.

### APPLE BREAD

- 4 cups flour
- 2 tbsp. baking powder
- 2 tsp. salt
- 1 cup molasses
- 2 eggs
- 1/4 cup butter or margarine, melted
- 2 cups apple pie filling
- 1/2 cup brown sugar, packed
- 4 tsp. cinnamon
- 1 cup chopped nuts

Combine flour, baking powder and salt. Combine molasses, eggs and melted butter in a large bowl and beat well. Gradually blend in dry ingredients. Mix together pie filling, sugar and cinnamon and stir into flour mixture. Mix in nuts. Turn batter into 2 greased and floured loaf pans and bake at 350(degrees) 1 hour. Cool then remove from pans. Makes two loaves.

### APRICOT NUT BREAD

- 1-1/2 cups sifted flour
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1/4 tsp. soda
- 1/2 cup sugar
- 1/2 cup chopped dried apricots
- 1/2 cup chopped walnuts
- 1 tsp. grated orange peel
- 1 egg
- 3/4 cup milk
- 1/4 cup oil

Sift together flour, baking powder, salt and soda into a bowl. Mix in sugar, apricots and nuts. Add orange peel, egg, milk, oil and stir until blended. Pour batter into greased loaf pan. Bake at 350 (degrees) 45 minutes or until bread tests done. Cool 10 minutes. Remove from pany. Makes 1 loaf.

### RAISIN OATMEAL BREAD

- 1-1/2 cups sifted flour
- 2 tsp. baking powder
- 1/2 tsp. soda
- 1/2 cup sugar
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1 cup oatmeal
- 1 egg beaten
- 2 tbsp. melted shortening
- 2 tbsp. water
- juice of 1 orange
- 1 cup raisins

Sift together flour, baking powder, soda, sugar salt and cinnamon. Stir in oatmeal, egg and shortening. Add enough water to orange juice to make 1 cup and add to the first mixture blending well. Turn half the batter into a greased 8 X 4 in. loaf pan. Sprinkle raisins over batter then cover with remaining batter. Bake at 350 (degrees) 1 hour. Cool, makes 1 loaf.



**THIRD CHAMPIONSHIP**—Girls from Rancho made it a clean sweep this year by winning the zone championship in softball. Previously Rancho girls' teams won zone championships in basketball and volleyball to make Rancho a clean-sweep school in all major sports. Posing here is the softball team, which went 14-1 for the season and averaged 20 runs per game while holding their opponents to an average of five. Front row, from left, Madonna Franklin, Lori Hamilton, Linda Tollefson, Jackie Stevenson, Lynne Johnson, Pat Hamilton, Gail Gemmer and Gail Hunkins. Back row, from left, Joanne Bright, Lorraine Palmer, Jill Adamson, Mary Dawn Lindsay, Sheila Powell, Larna Ney, Karen Enerson, Debbie Waldrip, and coach Bonnie Flaagan.

Happiness, good luck.  
good health —  
for one and all!

**Breakfast Anytime**

**2 Eggs (any style)**

Choice Of  
**Ham**  
**Bacon**  
**Sausage**  
and **Toast**

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**how to operate home air conditioners most efficiently**


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**1**  **KEEP FILTERS CLEAN ON YOUR COOL MACHINE**  
Dirty filters can cost you money for air conditioning you don't get. Also, a dirty filter causes unit strain and is a major cause of equipment breakdown.  
Be sure you always have clean, fresh filters. Check them periodically, they are inexpensive to buy and easy to install.

**2**  **THERMOSTAT**  
What you set is what you get. The ideal home temperature is 78°F., according to air conditioning engineers. And, it's true, that it will cost you more for each degree that you cool below 78°F. A thermostat set at 72°F. would cost you considerably more for cooling than one set at 78°F.

**3**  **SOMETIMES A CHECKUP IS IN ORDER**  
If you suspect that your air conditioning unit is not operating efficiently it will pay you to give a serviceman a call. Cooling coils and fans must be clean. Sometimes a thorough cleaning is all that is needed to restore top-notch operation.

**4**  **INSULATION AND WEATHER-STRIPPING TO STOP AIR LEAKS**  
(Saves on winter heating bills, too.)  
If your home isn't properly weather-stripped and insulated it will let hot air in, cool air out, and waste dollars. Insulation and weatherstripping will also give bonus features of:  
1. A quieter home.  
2. A cleaner home.  
3. More uniform temperature throughout your home — both summer and winter.

**5**  **REMEMBER TOO . . .**  
Blinds, shades or draperies block direct sunlight and reduce the amount of heat entering your home. Air conditioner compressors located outdoors and window units should be shaded from direct sunlight for best efficiency.