

# the THINKING WOMAN

## Dorothy Johnson's Food Forum

### APPLE SAUCE COFFEE CAKE

If you've priced coffee cakes at a supermarket recently you already know that it will pay you to bake at home. A recent perusal of the frozen variety averaged 23 cents per serving and you can make a lot of coffee cake at home for the price of six servings.

This recipe for Apple Sauce Coffee Cake makes a versatile one that may be served as dessert or for tea as well as breakfast or brunch. It is made like a jelly roll with a cinnamon-apple sauce filling. Before baking the roll is slashed lengthwise down the center which achieves an unusual butterfly effect.

This is the season for fresh, flavorful applesauce. The next time you cook applesauce, set aside a cup and a half for the coffee cake. Best apples to use are the tart ones like Cortland, York, Imperial, Gravenstine, or Winesap. For more concentrated apple flavor use cider or apple juice instead of water for making the sauce.

Sweet breads like this are best served warm from the oven. New England and Southern hostesses often serve them with hot or iced tea mid-afternoon. In apple country this time of year, you'll get coffee cake and fresh apple cider.



2 to 2-1/2 cups unsifted flour  
1/4 cup sugar  
1/2 teaspoon salt  
1 package Fleischmann's Active Dry Yeast  
1/4 cup milk  
1/4 cup of water  
3 tablespoons Fleischmann's Margarine  
1 egg (at room temperature)  
1-1/2 cups of applesauce  
1/4 teaspoon ground cinnamon  
Melted Fleischmann's Margarine  
Confectioner's sugar frosting

In a bowl thoroughly mix 1/2 cup flour, sugar, salt and undissolved Fleischmann's Active Dry Yeast.

Combine milk, water and Fleischmann's Margarine in a saucepan. Heat over low heat until liquids are warm. (Margarine does not need to melt.) Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add egg and 1/2 cup flour, or enough flour to make a thick batter. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes.

Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Meanwhile, combine applesauce and cinnamon in a saucepan. Bring mixture to a boil, stirring occasionally. Continue to cook over medium heat until mixture is fairly thick, about 15-20 minutes. Stir often. Cool to lukewarm.

Punch dough down. On a lightly floured board roll dough to a 14 x 10-inch oblong. Spread cooled applesauce mixture over dough to within 1/2 inch of each edge. Carefully roll up from long side as for jelly roll. Roll as tightly as possible. Pinch seam and ends to seal. Carefully place on greased baking sheet seam side down. Slash roll lengthwise in center to within 1/2 inch of bottom and about 1 inch of bottom and about 1 inch of each end. Do not spread dough apart. Let rise, uncovered, in warm place, free from draft, until doubled in bulk, about 1 hour.

Bake in a moderate oven (350 degrees) for 20 to 25 minutes, or until done. Remove from baking sheet and cool on wire rack. When cool, frost generously with confectioners' sugar frosting. Makes 1 large coffee cake.

### "TAKE TWO - BUTTER WHILE HOT."

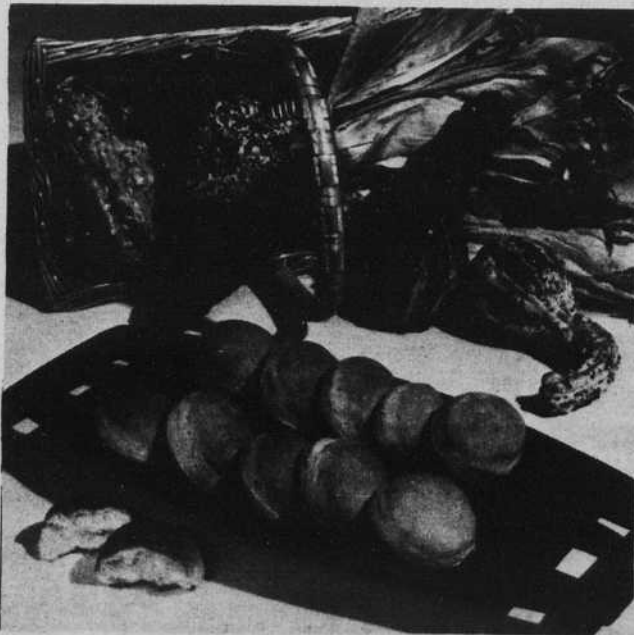
Down south in biscuitland, light breads are served piping hot and no one ever mentions calories. "Take two and butter while hot," the hostess will say and it takes a mighty will to stop with two.

Yeast-raised biscuits have always been favorites in the Southern states. The earliest biscuits were leavened with yeast until baking powder became generally available. Today the old fashioned yeast-raised Angel Biscuits are as easy to make as any of the traditional quick breads.

### ANGEL BISCUITS

5 cups unsifted flour (about)  
1/4 cup sugar  
1 teaspoon salt  
3 teaspoons baking powder  
1 package Fleischmann's Active Dry Yeast  
2 cups buttermilk  
1/4 cup water  
1/4 cup shortening

In a large bowl thoroughly mix 1-1/2 cups flour, sugar, salt, baking powder, baking soda and undissolved Fleischmann's Active Dry Yeast.



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WEEKLY and MONTHLY DRAWINGS

Combine buttermilk, water and shortening in a saucepan. Heat over low heat until liquids are very warm (120 degrees - 130 degrees). Shortening does not need to melt. Gradually add to dry ingredients and beat for 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1/4 cup flour, or enough flour to make a thick batter. Beat at high speed for 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board; knead about 20 to 25 times to form a round ball.

On a well floured board, roll dough out to 1/2-inch thickness. Using a 2-inch biscuit cutter, cut dough into circles and place on ungreased baking sheets. Cover; let rise in warm place, free from draft, about 1 hour.

Bake in hot oven (400 degrees) about 20 minutes, or until done. Remove from baking sheets and cool on wire racks. Best when served warm. Makes about 2-1/2 dozen.

## JSU Librarian Only Women, Only Black With Unique Degree

JACKSON STATE--Just ask Lelia Gaston Rhodes how she made it where she is today and immediate reply is, "up through the ranks, dear." It's a somewhat subtle description of her long but fruitful climb to the unique position in higher education she now enjoys.

And unique it is, for Lelia G. Rhodes recently became the only woman and the only Black in the State of Mississippi to hold the Ph.D degree in library science.

Dr. Rhodes earned her degree at Florida State University where she set still another precedent--she became the first Black to earn the terminal degree in library science at that institution.

A native of Jackson, Dr. Rhodes attended Jim Hill Elementary School and Lanier High School. She received her B.S. degree from Jackson State University and the M.S. in library science from Atlanta University.

Dr. Rhodes holds membership in numerous professional, civic and social organizations including: American Library Association, American Association of University Women, American Association of University Professors, Mississippi Historical Society, Beta Phi Mu, Alpha Kappa Alpha Sorority, Inc., Southeastern Library Association and the Mississippi Library Association where she was the second Black to serve on the executive board and the first Black to serve as secretary for the organization.

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