Using the spice turmoric in the bread above causes its golden color. For lively flavor, caraway seed and instant minced onlon are added.

Look before opening

No package can be considered tamper-proof.

David Woodruff of RJR Archer, a

David Woodruit of IJR Archer, a packaging producer, says that protective wrappings, seals or liners made of plastic or foil only serve as evidence that a container hasn't been opened.

Before using a product, consumers should examine packages carefully, asking themselves the following questions:

Is the package crushed, ripped or damaged in any way?

Have wrappings or protective bands been torn or removed?

If in doubt, return the product unused, Woodruff advises.

Mild turmeric makes fine eating

If the black-and-white photo of this delicious bread were in color you'd be able to see what a beautiful golden hue

It has.

How does it get that way, you aak?
Saffron? If it were saffron it would have an unusual flavor and the bread would seem worth its weight in gold.

would seem worth its weight in gold.

No, the spice in this recipe is turmeric. This is the root which gives curry powder and the yellower not dog mustards their color. Turmeric adds some flavor as well, but it isn't distinctive. The crange-colored turmeric root is a member of the ginger family and is used in the preparation of vegetable pickles, corn relish and baked goods. Which brings us back to the bread. Golden Turmeric Bread makes fine cating spread with lots of softened butter or margarine, and its onlon and carrawy flavors make it a natural for sandwiches — from vegetable-cream choese to turkey-tomato.

Our second recipe, Chicken with Golden Rice, is a grand Spanish-tasting

dish. It looks like Arroz Con Pollo, it tastes like Arroz Con Pollo (sans saf-fron). Fine enough for company, this skillet-casserole contains chicken parts, ham cubes, sweet red pepper strips and turneric rice seasoned with instant minoced onlon and garile and oregano. Sprinke with toasted alivered almonds just before serving.

GOLDEN TURMERIC BREAD GOLDEN TURMERICI
3 tisp. Instant minced onion
Warm water (105-115 F)
2 pkgs. active dry yeast
1 cop milk
1 tisp. sugar
1 tisp. salt 4 top. ciraway seed, divided 44 tsp. ciraway seed, divided 44 tsp. ground white pepper 2 tsp. vegetable oil About 546 cups all-purpose flour (un-

In a small bowl combine minced onlon and 3 tablespoons water; set

1 cgg white, beaten

aside for 10 minutes to soften. In the bowl of an electric mixer place 1 cup warm water and yeart; stir until dissolved. Stir in milk, ugar, sait, 3 tea-spoors of the caraway seed, turneric, while pepper and oil. Gradually beat in while pepper and oil. Gradually beat in 184 cups flour. Resed until mnooth and elastic, about 10 minutes, stirring in additional flour, if necessary. Place dough in a lightly greased bowl. Turn dough so greased surface is on top. Cover lightly and lef rise in a warm place until doubled in bulk, about 25 minutes. Preheat oven to 350 degrees. Brush tops of bread with egg white, sprinkle with remaining 1 teaspoon caraway seed. Bake until herad soundshollow when tapped lightly about 25 minutes. Oco 10 wire racks. Vield: two 8-inch rounds.

CHICKEN WITH GOLDEN RICE 2 thsp. vegetable oil 3 lbs. chicken parts

1 cup ham cubes
2 thep, lastant minced onlon
1 tep, lastant minced guile
1 tep, sait
4 tep, firmeric
4 tep, oregano leaves, crushed
4 tep, ground black pepper
2 to cup water
2 to cup awaret cancoked)
2 cups awaret red pepper status
2 thep, all vered almonds, tonsted*

In a large skillet heat oil until bot. Add chicken. Saute until browned on ail aides. Add ham, nolon, garlic, salt, immerle, oregano, black pepper and water. Bring to a boil. Reduce heat and simmer covered for 20 minutes. Add ref. es. Simmer covered for 10 minutes. Add ref pepper. Simmer covered until belief. Bring to a minute of the covered on the rice. Simmer covered for 15 minutes.
Add red pepper. Simmer covered until
chicken, rice and pepper are tender,
about 5 minutes. Sprinkle with almods. YEELD 4 portions.
"To toust almonds place on a baking
pan in a preheated 350 degree oven until golden, 3 to 5 minutes, stirring occasionally.

This year's morel crop one of best

A combination of warm temperatures and sufficient rainfail could propel this apring's crop of Michigan merci mushrooms into goe of the most plentiful in recent years, reports the Automobile Club of Michigan.

A survey of areas around the state which traditionally produce the largest crop of morels — considered by many to be the most delectable of mushrooms — shows confidence that this will be rated a bumper year.

"Best 'guestimates' are that at least a half-million people bead into Michigan woods and fields, mostly in May, to gather morels," said James Drury, Auto Club Travel Operations manager. "People come from miles around to enjoy the various mushroom festivals and to look for prize morels themselves.

selves.
"THE NORTHERN Lower Peninsula and the Upper Peninsula are favorite hunting spots for morels," Drukry said. "But just as many morels can be found in southern Michigan if conditions are

right, including soil, temperature and moisture."
Veteran mushroom hunters say the best places to search jaculed genily rolling land covered by hardwood trees, including dead elm, with a lake or river nearby. The south slopes of hills, down in valleys and around old elm stumps also are good spots.
In general, morels appear from late April to mid-June, spreading northward across the state. Black

morels usually appear first and are followed by white. For safest picking, first-timers should go hutting with an experienced hunter.

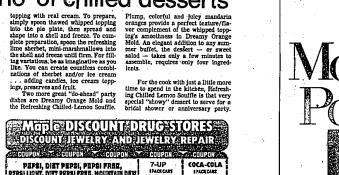
When searching for morels, hunters should wear sturdy, comfortable hiking shoes and carry a hasket or paper bag to hold the morels. Scissors or a sharp knife can be used to cut the morels just above the ground.

Here's a trio of chilled desserts

Our trio of smooth, chilled (and fro-zen) citrus desserts are just right for warm-weather entertaining. But they're so easy to prepare — with fro-zen whipped topping — there's no need to wait for a special occasion to add

to wait for a special occasion to add one to the menu.

Actually "easier-than-pie" in Snowy Limo Pie, a darrling desert that introduces for the first time an almost foolproof frozen pie shell. All you need to create this excitingly different, exceptionally easy "crush" is a pie plate and spoon, some freezer space and one container of frozen whipped

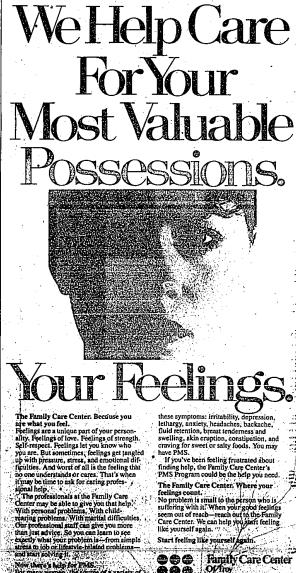






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