Don't let kitchen traffic jams spoil your day

A school day signals the start of morning rush bour in many households. The kitchen is often the scene of family traffic Jams as household members prepare on-the-run breakfasts and chastily pack bag lunches. To put an end to some of the morning confusion and to help provide more creative, nutritious take-along lunches, here are some suggestions:

• Create a bag lunch menu that allows you to shop and plan abead for applies.

• Keep utensils, countertops and clutting boards clean.

• Spread bread silices of hamburger buns out and, using an ice cream scoop, illis and wiches for youngsters in small, fun shapes — hamburger buns out all at once.

• Cut sandwiches for youngsters in small, fun shapes — hamburger buns out all at once.

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• Cut sandwiches for youngsters in small, fun shapes — hamburger buns can be pleaded and gearlers or bread luted into ple-wedge quarters or bread luted into ple-wedge quarters or bread luted into ple-wedge quarters or bread to the provide strain on the pleaded point once.

• For detern, put sandwich fulling into a scooped-out tomato or roll up into ple-wedge quarters or bread into ple-wedge on the ple-wedge of the pl

with it.

Pure olive oil has no cholesterol. But
unlike other vegetable oils, olive oil
does more than just add liquid to a
salad dressing. It adds taste.

SPINACH MUSHROOM SALAD 8 cups (about 1 lb.) spinach, torn into bite-sized pieces 8 oz. fresh mushrooms, silced 2 small tomatoes, diced

Tuesday & Wednesday

Shepherd Pies

Olive oil dressing is

fine on spinach salad

If spinach salad has been an allAmerican favorite, how come people
are now afraid to eat if Fear of cholesteroll Not in the salad, but in the
bacon fat dressing usually associated
with it.

The control of the salad of the

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Ackroyd's

QUICK TOMATO DRESSING
1/4 cup tomato sauce
2 thsp. lemon juice
4 anchory fillets, finely chopped
2 scallions, silced
1 tsp. basil

Combine all dressing ingredients in a bowl and mix or whisk well to blend. Drizzle over salad ingredients and toss. Serves 6,

Salt and pepper to taste 15 cup olive oil

cookies. Frozen items will thaw in time for lunch.

Pack fragile litems such as potato chips, pretzeis or cookies with a cushion or air before sealing bag.

Pack separate bag of sandwich garnishes such as lettuce, tomato and green pepper silices, and celery sticks. Saiad greens stay especially crisp if first wrapped in a damp paper towel.

Pack a sandwich bag with crisp raw vegetables and another with a delicious dip as an aftermoon anack.

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Pack a creative mixture of cheese in one bag and a variety of crackers and breads in another.

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Save money by purchasing large containers of chips, cookies and other snack litems. Portion-pack them in sandwich bags and seal tightly to preserve freshness.

Filling: 1 loaf Banana Quick Bread (recipe be-

1 thsp. peanut butter per sandwich 1 slice crumbled bacon per sandwich

Mix 1 silce crumbled bacon with 1 tablespoon peanut butter for each sandwich. Silce bread into N-inch silces and spread with filling. Assemble (inished sandwich and store in individual sandwich bags.

BANANA QUICK BREAD

Pre-heat oven to 350 degrees. Mix to-gether the flour, baking powder, soda and sait. Set saide.

Using an electric mixer, cream, sug-era and shortening until light, scraping sides of bowl often. Add eggs, one at a time, and the milk, beating until smooth after each addition. Fold in nuts, Pour batter into a lightly greased 8x4x2-inch loaf pan. Bake for 60-65 minutes. Cool in pan 10 minutes. Re-move from pan; cool.

CHICKEN SALAD SANDWICH IN HARD ROLL

% cup sour cream % cup mayonnaise

Filling:
3 cups cubed cooked chicken
1/2 cup chopped celery
1/2 cup silced green onlone
2 thep, chopped gherking
6 hard rolls

Combine ingredients for dreasing.
Add chicken, celery, onloss and picties.
Silice top off hard roll, bollow out and
fill with chicken salad mixture. Replace top. Store and the distributionally in sandwith bags. Makes 6 sandwiches, write
To more lunch-togo ideas, write
"Sandwiches." Dow Consumer Products, P.O. Box 68511, Indianapolis, Ind.
46268.

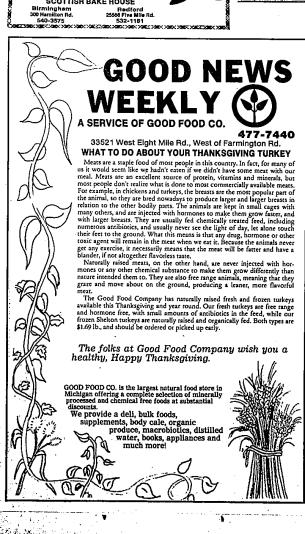
Following are some ideas for cre-ative take-along lunches. Pepperioge Farm 1950 Southfield BIRMINGHAM (14 Mile Rd. & Southfield) 642-4242 And so do our Rolls, Crackers, Frozen Foods & Gourmet Helpers! VALUABLE COUPON

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