refrievators but can be used for table top dipilay. Filter replac-ment is made by removing the used filter and inserting a new one. Each filter has a life of up to 25 galions (average family usage requires monthly replacement). The new product, available at all K Mart stores, retails for \$24.95, and addi-tional filter cartridges are \$5.95 each.

Haagen-Dazs has developed three flavors of ice cream for chocolate lovers. These include Deep Choco-

Comfortable eating

She said she likes to entertain at

She said she likes to entertain at theme parties and small dimer parties. Pitrals has tolen a lot of cocking classes, at Kitchen Glamor, and at the Farmington Community Center where she studied Chinese cooking and ethnic cooking. "I had a paella night with sangria," she said.

Bliznik got the rice pudding recipe from her mother "who got it on one of her travels. Bliznik pased the recipe on, and everyone that I've given the recipe to really likes it."

CHEF LARRY Janes, who made the recipe to really likes it."

CHEF LARRY Janes, who made the recipe to really likes it. "CHEF LARRY Janes, who made the recipe to really likes it."

Kitather Pokorny wrote of her winning recipe for Scalloped Potations, "Talk about yummy — this one, in particular, will make even the gloomiest of days glisten. As you will note, I (and suggestions from a friend who spends equal time in the kitchen) took the basic scalloped potation ingredients, then added some of my favorite ones.

"I am certain your readers will get enjoyment from just a glance at the mouth-watering ingredients.

get enjoyment from just a glance at the mouth-watering ingredients. Guaranteed to warm the soul."

She generously declared, "However, If my recipe isn't selected to be published in Taste, feel free to save for your own friends and family (tell them it's your own concoction)."

Already,

'It is a good hearty soup. People usually like soup when it's cold (outside)."

- Rae Bruder

Pokorny, who is divorced, has a daughter Vanessa, 5, in kindergarten at Roosevelt Elementary School in Redford. She works full time as a secretary at Casco Products Corp., a sales office in Southfield.

"To me cooking is like therapy," she said on the phone. "It's real soothing and it's quiet. I'm real erative. I usually pull a recipe out and convert to something gourmet. I usually do desserts. Chocolate are my favorites. I also do cheesecakes and tortes.

"FOR MY BROTHER'S wedding in June, I did a dessert table. I took two days off work and just went to town in my kitchen. . . . My dream is someday to open a bakery and make chocolate desserts."

Rae Bruder, who is a homemaker. Hate Bruser, who is a non-mater, let her recipe for Italian Sausage Soup speak for itself. Her husband, Albert, is retired from Fruehauf in downtown Detrolt.

"My husband lost 63 pounds last spring," Bruder said. She explained he blamed his overweight on her.

"He sald. 'If you weren't such a good cook. . . "
The couple enjoys camping trips, where they exchange recipes with factors. "Power such and the such as the said. "I have a sweet took! The said. "I have a sweet took! Bruder said the sausage soup recipe was brought back by her mother, when she visited her sister in California. "Once I made It, that old recipe sure has traveled. I give my sister full credit. It is a good hearty soup. People usually like soup when it's cold (outside)."

Bruder and her husband belong to the Family Motor Coach Association, a motor bome group that is international (the United States and Canada). The Michigan chapter put out a cookbook of quickle recipes for cooking on the road.

"I do things ahead of time that are simple." Bruder said. Recently, she baked ahead crescent rolls. She also mixed ahead, for cocktail time, a spread combining a cheese mixture and chopped raw vegetables. "It's called Veggle Wedgles. That was a success," she said.

he dotes on oats

Continued from Page 1

thamin and Vitamin E. And

if that wasn't enough, the back of the
old round box (that still mokes a
great rolling ratile and drum for intile kids) says that there are no additives, also it's high in fiber, low in
sodium, has no cholesterol, is offer
percent natural with no sugar added
and, last but not least, is considered
a wholegrain.

Of course, all these benefits are
questloned when you make a batch
of Momma's homemade oatmeal
cookles that contain sugar, eggs, sait

cookles that contain sugar, eggs, salt

cookles that contain sugar, eggs, salt and butter.

In all honesty, I love 'em. Sure, they're great as an occasional sweet treat when made into cookles, but when they're sneaked into meatical, most of you would never know difference. These incredible Midwestern mornings and wind chilly difference and wind chilling and nutritious as good old-fashioned outment. Bon Appetit!

MOMMA'S OATMEAL COOKIES l cup brown sugar ¼ cup sugar

1 egg 1 tenspoon vanilla 1¹4 cups flour 1 tenspoon baking soda

dash sait

1 teaspoon clunamon

'a teaspoon fresh grated nutmeg

!a teaspoon cardamom

3 cups oatmeal (regular or quick)

Beat butter with both sugars until Beat butter with both sugars until light and fluffy. Beat in egg and vanilla. Set aside. Sift together all the dry ingredients except the oats. Add to margarine mixture and mix well. Sift in oats. Drop by rounded table-spoonfuls on an ungreased cookie sheet and bake at 350 degrees for about 10 minutes. Store in a tightly covered container for a chewy cookle.

CORNY BANANA OAT MUFFINS 4 medium ripe bananas, mashed is cup vegetable oil is cup honey

2 eggs 1 cup natmeal 1 cup whole wheat floor wheat germ

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FROG

LEGS

Combine all ingredients and mix well. Pour into muffin cups and bake at 350 degrees for 30-35 minutes.

YOU'D NEVER GUESS
YOU WERE EATING TURKEY
MEATLOAF
2 pounds ground turkey
1 cup tomato juice
1 cup oatmeal
2 eggs, beaten
5 cup finely chopped onion
salt and pepper to taste

Combine all ingredients and mix well. Press into a loaf pan and bake at 350 degrees for 1 hour. Allow to stand for 10 minutes or so before slicing.

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CHILDREN'S MEAL

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1 teaspoon baking powder 1 teaspoon baking soda 1½ teaspoon clanamon ½ teaspoon fresh greed nutmeg

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Brolled White Fish Chicken Kebab

Here's a recipe from an article, The Weekend House Party Survival wide," in the February issue of Bon

new products

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POWER PEAR-OAL INCLEASE
Breakfast for the '80s: satisfying
muffins packed with whole grains,
fruits and high-fiber yams. The mufins freeze beautifully. Serve with
scrambled eggs. Have whole grain
cereals, assorted fruit julee and
teach fruit aband too. fresh fruit on hand, too. Makes 12.

% cup whole wheat flour
% cup plus 2 tablespoons firmly
packed dark brown sugar
% cup finely chopped pitted dates
% cup raislas

• 3 FLAVORS

44 cup rolled oats
44 cup sunflower seeds (unsaited),
toasted
3 tablespoons oat bran (available at
natural foods stores, Rolled oats can

be substituted.)

be substituted.)
3 tablespoons toasted wheat germ
1 teaspoon baking soda
1 teaspoon pawing all spice
5 teaspoon baking powder
5 teaspoon salt
5 teaspoon salt
5 teaspoon salt
6 teaspoon salt
6 teaspoon salt
6 teaspoon salt
7 teaspoon salt
8 teaspoon salt

2 eggs
2 tenspoons vanilia extract
1 large pear, peeled, cored and fineiv chopped

Hearty muffins healthful

polato (about 4 ounces)
Preheat overn to 375 degrees.
Grease 12 %-oup muffin cups. Mix
first 13 logredients in medium bowl.
Combine oil, bran, ecreal, eggs and
vanilla in large bowl. Let stand until
bran absorbs liquid, about 3 minutes.
Using electric mixer, beat bran ecrea
al mixture until thick. Beat in pear
and yam. Fold in dry logredients; do
not overmix floatter will be thick and
lumpy).
Divide batter among prepared
muffin cups. Bake until tesier insert
de in centers comes out clean, about
25 initutes. Serve warm. (Can be
prepared ahead. Cool completely on
rack. Wrap tightly and relrigerate 3
days, or freecup to 1 month.

late, made with real Callebrai Bel-

gian chocolate, the same chocolate used in the Hangen-Dars lee cream bar, Deep Chocolate Pedge and Deep Chocolate Pennut Butter. They are available in pints at supermarkets and convenience stores and also at

and convenience stores and also at participating Haagen-Dazs Ice Gream Shoppes. In addition, an exclusive shop flavor is Belgian Chocolate Chocolate, a blend of Deep Chocolate with soft Belgian chocolate chips. Participating shops also will have Deep Chocolate "Cakes for Two"—a cake for sharing, especially on Valentine's Day.

ly chopped days, or freezeup to 1 1 cup grated peeled yam or sweet Rewarm in 350 degree oven.)

Got a recipe for cookbook?

Readers' recipes will be featured in a cookbook to be published by the Observer & Eccentric. If you've got a recipe to contribute, send it to: Taste Cookbook, the Observer & Ec-

Try these cinnamon-orange cups

AP — Prepare the spicy fruit mis-ture and orange shells in advance and chill util serving time. CINNAMON-ORANGE CUPS inclum oranges tablespoons miniature semisweet chocolate pieces i tablespoons creme de cacao t-raspoon screme de cacao

teaspoon ground cinnamo

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Includes Soup or Salad, Potato or
Rice or Spaghettl and Vegotable

4 cup chopped pecans, toasted

Rinse oranges pat dry with paper towels. Silce 2 oranges in half. With grapefruit spon scoop out orange sections into a colander, reserving juice. Remove and discard seeds and membrane from shells. Cover orange shells with plastic wrap and place in refrigerator. Peel and see-

tion remaining oranges. Remove and diseard seeds. In a bowl combine orange sections and juice, chocolate pieces, creme de cacao and cinnamon. Cover; chill thoroughly. Before serving, stir in nuts and occount. Spoon into orange **-lls. Makes 4 servings.



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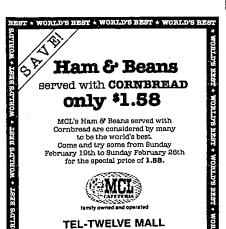
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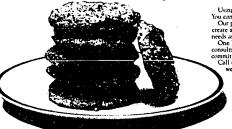
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