Recipes for relaxing relationship

Recently, I received the following letter in the mall. Pear Gundella. You keep giving out recipes to scauce then, and put them into a romantic or sexy mood. I don't have any trouble getting all the loweraking I want. What I need is something to make him spend time with me doing other things, like just watching TV together, or playing Scrabble, or working a jigsaw purife.

puzzle.

I want a little friendship, and a relaxed relationship when we aren't making love.

How about some recipes to make him comfortable, and content just to hang around when there's nothing exciting going on?

Do you have any of these?

Well, dear reader, it just so hap-ens that I do.

Don't ask me why, but desserts nade with breakfast cereals will do

the trick.

Here are several recipes for cookies, cakes and pies using both hot and cold cereals.

The Cream of Wheat cake, the oat-

The Cream of wheat cake, the oat-meal cake and the apple crisp ple are my favorites. They really work. Caution to mothers: These are great to feed your children and teen-agers, and to keep them happy at home. But don't serve them any after they are 18 years of age, or they will never leave and get out on their

OATMEAL CAKE

OATMEAL CAKE

1% cup bolling water
1 cup brown sugar
2 cup shortening (i use butter-flavored Crisco)
3; teaspoon cinnamon
5; teaspoon allapice
45; teaspoon baking soda
1 teaspoon baking soda

2 teaspoons vanilla

I cup quick Quaker oats I cup white sugar 2 eggs 1½ cup flour ½ teaspoon salt ¾ cup raisins

Pour boiling water over the oat-meal, and let it stand one-ball bour. Add brown sugar, white sugar, short-ening, eggs, spices and vanilla. Cream together well. Do this by hand. Do not use an electric beater. Add soda, salt, flour and ralsins, and mix together well. Do not use beater.

beater.
Pour into a 9-by-13-inch pan that has been greased and dusted with flour. Bake at 350 degrees for 30-40 minutes, or until done.

Frosting
(I think this cake is great without frosting, but if you want to frost it, use this recipe.) 1 cup brown sugar

1 teaspoon vanilla 1½ to 2 cups powdered sugar

Keep batter and topping in the fridge

AP — Keep the batter and streusel topping in the refrigerator for up to seven days for freshly baked muffins any day of the week.

COFFEE-CARE MUFFINS 114 caps all-purpose flour outs
24 caps all-purpose flour
25 cap quick-cooking rolled outs
26 cap packed brown sugar
25 teaspoon baking powder
25 teaspoon pumpkin ple spice
25 teaspoon salt
26 lightly beaten egg
25 caps

1 stigntly beater egg
% cup milk
% cup cooking oil
% cup chopped wainuts
Streusel Topping (recipe follows)
non-stick spray coating

In a medium mixing bowl stir together flour, rolled oats, brown sugar, baking powder, pie spice and sait,
Make a well in the center. Combine
egg, milk and oil. Add all at once to
four mixture. Stir just until moistened (batter should be lumpy). Fold
in '5 cup chopped walnuts, Transfer
to an airtight container. Cover and
store in refrigerator for up to seven
days.

Sircussel Topping: Mix 2 tablespoons flour and 1 tablespoon brown
sugar. Cut ir. 1 tablespoon margarine. Place in airtight container and
store in refrigerator.

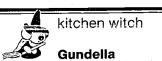
To bake Spray muffin cups with
non-stick coating. Wilhout stirring
batter, fill miffin cups '40til. Sprinkle 1 teaspoon nut mixture over each
muffin. Bake in a 400-degree oven 20
to 25 minutes or until brown. ReMaked 12.

Nutrition information per muffin.

Makes 12.

Nutrition information per muffin: 182 cal., 4 g pro., 21 g carb., 10 g fat, 26 mg chol., 113 mg sodium.

Leave a clean trail.



1/2 cup milk 2 tablespoons solld shortening

Boil milk and brown sugar together until syrupy. Cool thoroughly, and add vanilla and shortening. Stir in powdered sugar until spreading consistency. Spread on cake after it has cooled.

FLAKE-NUT COOKIES cup shortening

Mix ingredients together in order, and drop by spoonfuls on a lightly greased cookie sheet. Bake at 350 degrees for approximately 10 min-utes.

BREAKFAST COOKIES
(This recipe makes approximately 100 cockies)

1 cup sugar 1 cup solid shortening 1 cgg 1 teaspoon vanilla

other crisp cereal
1 cup chopped dates or raisins (optional)
1 cup brown sugar
1 cup vegetable oil
1 teaspoon baking soda
1 teaspoon cream of tartar
335 cup flour

1 teaspoon cream of tartar 3½ cup flour 1 cup coconut (flaked or sbredded) 1 cup quick oatmeal (uncooked)

Blend sugar, shortening, oll and egg. Beat well. Add remaining ingredients. Drop by teaspoorfuls onto lightly greased cookle sheet. Bake at 350 degrees for 10-15 min-

CREAM OF WHEAT CAKE
(This cake contains no shortening
and no flour)
1 cup Cream of Wheat

2 teaspoon vanilla 4 cups milk 4 eggs bread crumbs

Cook Cream of Wheat and milk to-gether until well thickened (approxi-mately 20 minutes). Add sugar. Beat eggs, and add them to the Cream of Wheat mixture, blending well. Add vanilla.

vanita.

Grease a cake pan (9-by-13), and line it with fresh, soft bread crumbs. I use about two slices of white bread, and crumb them in the blender.

Bake at 350 degrees until a knife inserted in the center comes out clean. Cool and cut into squares. This cake may be enten as is, or served with a hot or cold applecauce or lamon tonains. on topping.

APPLE CRISP PIE
1 unbaked bottom pie crust
2 tablespoons lemon juice
1 teaspoon clanamon
1/4 teaspoon ground cardoman (opsliced apples (enough to fill the ple

shell)
% cup white sugar
% tenspoon nutmeg
2 tablespoon flour

Toss apples with lemon juice, sug-ar, flour and spices until all silces are lightly coated. Place in unbaked pic shell, and cover with topping

TOPPING
FOR APPLE PIE CRISP
4 cup quick oats
5 cup flour
1 teaspoon vanilla
4 cup brown sugar
1 teaspoon clanamon
5 cup hitter, morgaring or bi

cup butter, margarine or butter-avored shortcoing

Combine dry ingredients, cut in butter, margarine or shortening, and add vanilla. Sprinkle this mixture over the apples, and bake the pie in a 350-degree oven 45 minutes, or until done. Serve hot or cold, with ice cream or milk.

If you have any questions about these, or any other recipes, call Gundella direct at 427-1072 or write her at Box 434, Garden City 48135.

shopping skills

Quiz checks out

AP -- Test your greeery shopping savity. Sharpen your shopping shills and nake the most of your time and money when you shop for greeerles. This short quiz will show how your shopping habits measure up.

1. Do you plan menus for several days or a week ahead?
Give yourself two points if you take time to plan menus before your take time to plan menus before you take time to plan menus b

Ing extra trips to the store.

2. Do you shop with a list?
Score a point if you always prepare and follow a shopping list. Compile your week's menus first, then a list based on the menu plan. This helps avoid impulse buying and ensures that you have everything you need when you begin to prepare a meal.

3. Do you adjust menus and your

3. Do you adjust menus and your list as you shop?
It's worth a point — and cash savings — If you're flexible enough to adjust your menus to accommodate good buys you may discover. For instance, when the price is right, buy boneless pork instead of beef for a stir-fry. Choose fruits and vegetables from those that are in season; they're cheaper and have peak flavor and nutritional value. Substitute frezen or canned vegetables when fresh are out of season.

4. Bo you organize your list acc

4. Do you organize your list ac-cording to your supermarket? Give yourself an extra point if you list similar grocery items, such as produce, together and group foods according to their locations in your supermarket. This saves backtrack-

produce

Sno-White

Cauliflower

.99

Do you check newspaper and agazine ads for specials and

5. Do you check newspaper and magazine ands for specials and coupons?
Score a point and save money if you regularly note and take advantage of items on special. Sort coupons and group them according to the order of your list.

6. Do you know when your supermarket stocks shelves and counters?
For best selection, find out when your supermarket restocks the groccry shelves and meat and produce counters. Often that's early in the day. But many supermarkets now acter to evening shoppers and put out fresh produce and meats in the evening. evening.

7. What's your top shopping seed?

7. Mans > your speed?
Shop quickly. The longer you're in the store, the greater the chance for impulse purchases. To save time and money, avoid sections that offer items you don't need.
8. Do you shop before or after a meal?

8. Do you shop before or after a meal?

Subtract a point if you shop when you're hungy? That's when anything to eat looks most templing and it's hardest to resist extras. Avoid shopping with a hungry child; a snack first will make a youngster a better shopper, too.

9. Do you check the ends of the alistes for special promotions?

Keen your eyes open and score a

usites for special promotions?

Keep your eyes open and score a point. Watch aiste-end displays for new products, unadvertised specials, and good buys on seasonal items such as canned cherries in February or barbecue sauce in July.

(IGR.) BONUS COUPON ...

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Tuna

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pon expires Sun , Feb 26, 1989

IGR.) BONUS COUPON

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Fried Chicken

Limit 1 +10 Piece / 28 cs

Limit one coupon per family Coupon and \$13.00 purchase required ea-cluding tobacco, alcoholic beverages

(IGR.) BONUS COUPON

Orange Juice

Limit 1 • 64 oz.

99

ng tobacco alcanglic beverages save coupon Hemi. 1.19 E

on perfamily Coupen renale required ex-to, alcoholic beverages

.46



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Save . 40 lb.

Deli Fresh Lean Sliced Bacon

.49 full lb. Save .50 lb.

Thornapple Flat Cut Corned Beef Briskets

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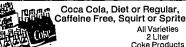
Save .60 lb. IGA Tablerite Fresh Whole

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4 to 1.69 lb. Save .30 lb.

> or Franks .89 Save .30 lb.

Grillmaster Chicken Bologna



Coca Cola, Diet or Regular,

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Master Blend Coffee MASTER BLEND

Jif Peanut Butter

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Mrs. Paul's 199 Premium **2**39





Kraft Shredded Cheese 199



IGA) COUPON Pamper's Diapers 999

(GR.) COUPON County Line Cheese Linkl one coupon per family. Coupon expires: Sun., Feb. 26, 1989. Lamit one coupon per femily. Coupon expiree. Sur., Feb. 26, 1989.