Try sizzling cheese ring

AP — You will wow spring dinner guests with this spectacular saind. Despite its impressive look and state, it is not hard to make because you can divide the preparation into several simple steps. Hours ahead of time, prepare the pitter of greens, "chake together the dressing and sainge the cheese patties. Cover and chill them all. Fry the cheese patties "just before serving."

SIZZLING CIPIESE SALAD

4 caps for mixed greens

3c cup plited ripe olives

5 tomato wedger

2 tearpoons sliced green onlon

3c cup sland onlon

3c cup sland on vinegar

2 tablespoons water

2 teaspoons Dijon-style mustard

14 egg

ા l egg ા 1 tablespoon water

.. 5 tablespoon water
2 tablespoon sermmeal
2 tablespoon fine dry bread crumbs
1 tablespoon seatume seed, toasted
2 tenspoons grated Parmiesan cheese
4 ounces Neufchatel cheese, cut up
21 cup shredded gjetost cheese (4
aunces)
2 tablespoons margarine or butter

2 tablespoons margarine or butter

On a platter arrange greens, elives and tomatoes, sprinkle with green onion. Cover, chill. For dressing, in a screw-top jar combine oil, winegar, 2 tablespoons water and mustard. Cover and shake. Chill.

In a small bowl combine egg and 1 sablespoon water. In shallow bowl 1 combine cornmeal, bread crumbs, seame seed and Parmesan cheese.

In a small bowl combine egg and 1 keufchaled and gletost cheeses with an electric mixer until combined. Shape mixture into 12 equal balls, glatten to form 2-loch pattles. Dippach into egg mixture, coat with commend mixture. Cover and chill, which is a considered to the control of the control of the country of the child margarine. Add pattles, country of the child margarine. Add pattles of the country of the child margarine. Add pattles of the child margarine is a minute. The country of the child margarine is a minute. The country of the child margarine is a minute of the child margarine in the saled. Serves 6.

Nutrition information per serving:

Shake dressing and serve with sauar. Serves 6. Nutrition information per serving: 330 cal., 7 g pro., 15 g carb., 27 g fat, 76 mg chol., 169 mg sodium. U.S. RIDA: 27 percent vit. A, 13 percent vit. C, 11 percent thiamine, 21 per-cent riboflavin, 14 percent calcium.

Cheesecake

fit for king

AP — This cheesecake is rich and creamy, yet light and fluify. Top it with strawberries or use your favorite fruit or sauce. To test the cheesecake for doneness, gently bhake the side of the pan. The center should appear nearly set. It will set as the cheesecake cools. Loosen the name of the pan the center of the pan the center of the pan the content of the pan the center of the pan the cheesceake cools. Loosen the pan sides after baking to keep the cheesceake edges from cracking. Sometimes the top will crack; that's

REGAL CHEESECAKE one 6-ounce package zwieback 4 tablespoons margarine or butter, melted

2 tablespoons sugar two 8-ounce packages cream cheese i cup sugar

2 eggs
3 egg yolks
1wo 8-ounce cartons dairy sour
cream
1 teaspoon lemon juice
1 teaspoon vanilla
3 egg whites
6 to 8 whole strawberries, hulled and

halved 1¼ cup currant jelly

Finely crush zwieback; stir in margarine and 2 tablespoons sugar. Press onto bottom and 1½ inches up sides of a greased 9-inch springform up. Set aside.

Peres outs bottom and the land the peres of the bottom and the land the lan

Ahh, spring

Strawberry, rhubarb pickin' time almost here

(AP) — I have a dozen good rea-sons for calling spring my favorite season, and strawberries and rhu-barb are at the top of the list. Here are some tips on handling these spring fruits and some easy ways to enjoy their wonderful flavor.

STRAWBERRIES

STRAWBERRIES

Buy dully ripened, bright red
berries, strawberries do not ripen after being picked. Avoid those with
white on shoulders.

Size does not indicate quality.
The largest strawberries are not
necessarily the most flavorful.

If you harvest berries at a pickyour-own patch, pick berries stem,
cap and all. Pick into shallow contailors so berries on the bottom
aren't mashed by the weight of those
above.

aren't masned by the weight of those above.

To keep strawberrica fresh and tright for several days, remove them from containines and arrange in the several days, remove them from containines and arrange in the several days, remove the several days, remove the several days and the several days are the several days and the several days are several days. The several days are several days are several days and the several days are several days. The several days are several days are several days are several days. The several days are several days are several days. The several days are several days are several days. The several days are several days are several days. The several days are several days are several days. The several days are several days are several days. The several days are several days are several days are several days. The several days are several days are several days are several days. The several days are several days are several days are several days. The several days are several days are several days are several days. The several days are several days are several days are several days. The several days are several days

Melt the grease

Let's say you have mountains of dishes to wash and the sink is taking forever to drain, a problem often caused by grease in the trap. If you have an infrared lamp, direct it toward the trap under the sink to melt the grease. Then flush the sink with hot water.

contains 60 calories and 150 percent of the U.S. RDA of vitamin C.

of the U.S. HDA of vitamin C.

Strawberties Brulee: In a small
mixer bowl, beat two 3-ounce packages softened cream cheese with
cleetric mixer until fully, add one
8-ounce carton dairy sour cream and
2 tablespoons brown sugar. Beat until amooth.

Hall mooth.
Halve 4 cups fresh strawberries and arrange evenly in a shallow 8-inch round broller-proof dish. Spoon cream cheese mixture over berries. Sleve 1% cup brown sugar evenly over cream cheese mixture. Broil 4-5 inches from heat for 1-2 minutes or until sugar turns golden brown. Serve immediately. Makes 8 servings.

RHUBARB

Lock for cherry red or pink stalks that are firm, crisp and ten-der.

• Avoid stalks that are wilted and flabby or extremely thick. Very thick stalks are likely to be tough and fibrous.
• Rhubarb wilts rapidly at room temperature. Store stalks in a plas-tic bag in the orisper section of your refrigerator and use within a few days.

days.

To use, cut off and discard the inedible leaves. Wash the stalks.

Rehbart-Strawberry Jam: In a large saucepan, sitr logether 3 cups diced rhubarts, 3 cups sugar and one 6-ounce package strawberry-flawored gelain. Let stand 30 ninutes. Bring to boiling boil 3 minutes or until rhubard is tender, stirring occasionally. Ladle into clean 144-pint jars, leaving 44-inch headpace. Wipe rims; adjust lids. Cool; store in refrigerator or freezer. Makes approximately 4 half-pints.

Men, if you're about to turn 18, it's time to register with Selective Service at any U.S. Post Office.



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raisins — also make it taste great.

HONEY-APPLESAUCE CAKE

24 cups whole-wheat flour

4 cups and at dry milk powder

13 teaspoons baking good

4 teaspoon sali

4 teaspoon ground clanamon

4 teaspoon ground cloves

1 cup honey

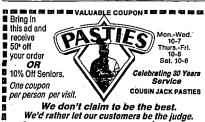
5 cup shortening

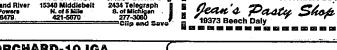
AP — Maybe there's no such thing as a healthful cake, but this one comes close. Even better, the lingredients that make it is good for you on the control of the control of

537-5581

I cup aoney
is cup shortening
2 eggs
1 cup appletance
1 cup appletance
1 cup raisins
1 cup appletance
1 cup raisins
1 cup company
1 cup cup appletance
1 cup chopped walants
glate
walants (optionat)
Grease and flour a 10-inch fluted 296 cal., 6 g pro., 46 g carb., 12 g fast,
1 tube pan. Set aside. Sitr together 35 mg cbol., 197 mg sodium. U.S.
flour, milk powder, soda, baking RDA: 10 percent thiamine, 12 perpowder, salt, cinnamon and cloves: cent phosphorus.

Honey of a cake







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