

# Coffee Cake Is Healthful

By JOYCE TOTTON

Although the science of nutrition is complicated, you do not need to make a deep study to know what foods to eat. Nutrition researchers have translated their findings and knowledge into simple guides for food selection.

The guide most commonly accepted today is called the Daily Food Guide, or "Basic Four." During World War II a nutrition guide called the Basic Seven was developed.

Later the seven food groups were rearranged into the simpler pattern we follow. Build meals around these four important food groups, dairy foods, meat, vegetables and fruits and breads and cereals.

SINCE COFFEECAKES belong in the Bread and Cereal group, let's find out how many servings we need from this group daily.

Four or more servings are recommended daily. A serving is one slice of bread or half or three-quarters of a cup of cereal. Use enriched or whole grain products.

Choose from breads, cooked and ready-to-eat cereals, cornmeal, crackers, grits, spaghetti and macaroni, noodles, rice, quick breads, and other baked goods if made with whole-grain or enriched flour.

Foods in this group supply valuable amounts of protein, iron, several B vitamins, and food energy.

Cereals cooked and served with milk, and breads made with milk, are improved in quality of protein as well as in quantity of protein, minerals, and vitamins.

KOPFEE KLATCH KUCHEN  
2 T. butter  
1 pkg. refrigerated biscuits  
1/4 c. orange marmalade  
1/2 c. pecan bits  
1 egg  
1/2 c. sour cream  
1 T. sugar  
1/2 t. vanilla

Melt butter in 8-inch pan. Separate biscuits and coat each with butter in pan. Arrange in single layer in same pan. Spoon marmalade in center of each biscuit. Sprinkle with pecan bits. Bake at 350 degrees for 10 min. Beat egg; add sour cream, sugar and vanilla. Beat until smooth. Reduce oven temperature to 350 degrees. Remove biscuits from oven. Spoon sour cream mixture over the top. Return to oven for 20 minutes. Cut into squares and serve warm. Yield: 8 servings.

CREAMY APPLE TOPPED CAKE

Sift together:  
1 1/2 c. flour  
1/2 c. sugar  
3/4 t. cardamom  
1/2 t. soda  
1/2 t. salt  
Add 1/2 c. brown sugar  
Cut in 1/3 c. shortening until its very fine  
Blend 2/3 c. buttermilk with 1 unbeaten egg. Add to flour mixture. Beat well. Stir in 1/2 c. nuts, chopped.  
Place in 8 x 8 x 2 inch pan that has been well greased and slightly floured.  
Bake at 350 degrees for 40 to 45 minutes.

APPLE SOUR CREAM TOPPING

Combine--  
1 c. applesauce (sweetened)  
1 T. brown sugar  
1/4 t. cinnamon. Spread over top of partially baked cake.

Blend--

1/2 c. sour cream  
2 T. brown sugar  
1/2 t. vanilla  
Spoon over applesauce mixture. Bake 15 minutes longer. Place under broiler to brown. Serve warm.

QUICK COFFEE CAKE WITH SOUR CREAM

3 c. flour  
1 1/2 t. baking powder  
3/4 t. salt  
3/4 c. butter  
1 1/2 c. sugar  
1 1/2 t. vanilla  
3 eggs  
1 1/2 c. sour cream  
1 can apple pie filling  
Sift flour, soda, baking powder and salt together and set aside. Combine butter, sugar and vanilla; beat until creamy. Beat in eggs, one at a time. Add flour mixture alternately with sour cream and mix well. Spread half the batter in a greased 13 x 9 x 2 inch pan; add half of apple pie filling. Repeat with batter and filling.

TOPPING  
2/3 c. brown sugar  
1/2 c. white sugar  
1 1/2 t. cinnamon  
1 1/2 c. chopped walnuts  
Combine ingredients and spread over filling. Bake at 350 degrees for 1 hour.



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WHOLE OR HALF  
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Sliced Bacon.....1-LB PKG 59<sup>¢</sup>  
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Pork Butts.....LB 59<sup>¢</sup>  
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Pork Sausage...2 LB ROLL 77<sup>¢</sup>  
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Spare Ribs.....LB 59<sup>¢</sup>

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3-VARIETIES KROGER  
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1-LB CAKE  
**39**

MEL-O-SOFT  
**WHITE BREAD**  
1 1/2-LB LOAVES  
**5**

KRAFT SALAD DRESSING  
**MIRACLE WHIP**  
QT JAR  
**44**

PENNSYLVANIA DUTCHMAN STEMS & PIECES  
**MUSHROOMS**.....4-OZ WT CAN 19<sup>¢</sup>  
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**DEL MONTE CATSUP**.....14-OZ WT BTL 17<sup>¢</sup>  
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FOR COOKING-JEWEL  
**SHORTENING**.....3 LB CAN 44<sup>¢</sup>

ORCHARD PRIDE BRAND  
**APPLESAUCE**.....15-OZ WT CAN 12<sup>¢</sup>  
TASTE BRAND  
**MARGARINE** IN QUARTERS.....1-LB CTN 15<sup>¢</sup>  
ALL PURPOSE  
**KROGER FLOUR**.....5 BAG 39<sup>¢</sup>  
ASSORTED COLORS  
**CHARMIN TISSUE**.....4 ROLL 29<sup>¢</sup>

ASSORTED COLORS  
**PUFFS TISSUE**.....280-CT 29<sup>¢</sup>  
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NORTHERN WAXTEX  
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**KING SIZE TIDE**.....5-LB 4-OZ PKG 99<sup>¢</sup>

MORTON FROZEN  
**MACARONI AND CHEESE**  
1 1/2-LB PKGS  
**3**

KROGER ALL WHITE  
**GRADE 'A' LARGE EGGS**  
DOZEN  
**39** 43<sup>¢</sup>

COUNTRY CLUB SALTED  
**ROLL BUTTER**  
1-LB ROLL  
**69**

KROGER BEEF, CHICKEN OR TURKEY  
**FROZEN POT PIES**  
8-OZ WT PKG  
**14**

ASSORTED FLAVORS  
**JELL-O**.....3-OZ WT PKG 9<sup>¢</sup> 6-OZ WT PKG 15<sup>¢</sup>  
SWEET GREEN  
**DEL MONTE PEAS**.....1-LB CAN 18<sup>¢</sup>  
EVEREADY BRAND  
**APRICOT NECTAR**.....14-OZ CAN 29<sup>¢</sup>  
ALL GRINDS COFFEE  
**MAXWELL HOUSE**.....2 LB CAN 1<sup>1</sup>

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**ICE CREAM**.....1/2-GAL CTN 59<sup>¢</sup>  
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FROZEN PEAS, CARROTS OR MIXED VEGS. IN BUTTER SAUCE  
**GREEN GIANT**.....10-OZ WT PKG 29<sup>¢</sup>  
KROGER FROZEN TATER TOTS OR  
**FRENCH FRIES**.....5 1-LB PKGS 1<sup>1</sup>

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