

JUNE 30, 1960

THE TORRANCE HERALD



AFTER-SCHOOL SNACK-Of cheese-date-bran bread sandwiches and milk is a delight to the teen-ager. It also helps meet daily food needs of the active youngster.

Teen-agers Enjoy Healthful Snack

Surprise your teen-agers with an after-school snack of freshly baked cheese-date-bran bread sandwiches and milk.

and milk. This wholesome snack helps to meet the daily food needs of ac-tive teen-agers, by making a posi-tive mutritional contribution in-stead of providing empty calories — so typical of many snacks. This snack combines foods from three of the four food groups (cereals, milk, and fruit) recommended in the U.S. Department of Agriculture pamphlet "Essentials of an Ade-quate Diet."

pamphlet "Essentials of an Adequate Diet." During April the Cereal Institute slightly cooled fat. Add to dry in-and the American Dairy Associa-tion join in the Seventh Annual Spring Cereal and Milk Festival of cereal and milk. The cereal and milk serving, or the ingredient such as the such as the

Cheese-Date-Bran Bread 21/2 cups flour 1/2 cup sugar ½ cup sugar 3½ teaspoons baking powder

3½ tenspoons baking powder 1 tenspoon salt
1 cup shredded American process cheese
1½ cup chopped dates
1¼ cups milk
1 egg, beaten
1¼ cup melted fat
1 cup whole bran cereal
2 fit flam course baking nearder

Sift flour, sugar, baking powder, and salt into bowl. Add cheese and

Brownie Gems Suit Outdoor Informality

Brownie Gems, cupcakes which suit outdoor informality, also may be prepared conveniently ahead of

time. Made with semi-sweet chocolate morsels, they have a rich chocolate flavor and agreeably chewy con-sistency favored by everyone. Recipe is planned for three dozen gems so you'd better borrow small muffin pans or plan on several batches. 1 6-ounce package (1 cup) semi-sweet chocolate morsels ½ cup buttter

Stuff Celery For Real Treat

Many a good dinner starts with is a relish dish. Celery of finds celery in a relish dish. Celery gets stuffed with lovely rich well-seasoned mix-tures. It goes into salads and meat and poultry stuffings. It gets car-ried to school and to work. It gets cooled cooked.

ried to school and to work. It gets cooked. No wonder 'American: crunch away almost 1½ billion pounds of this zesty vegetable in the course of a year. And where does most environs. One of our area's popular ways with celery stuffing is ', combing 2 sounce packages cream cheese and 2 tablespoons dairy sour cream. Blend in 3 tablespoons fine jy chopped chives, ½ teaspoon sait and 1/16 teaspoon garlie powder. Fill crisp celery stalks neatly with a knife or press cheese mixture through a cake decorators' tube. Serve chilled as an appedizer or salad accompaniment. Will fil about 18 celery stalks which you'l want to cui tint 3 or 4 inch length. Treat the family to stuffed celery more often. Fine nutrition.

 ½ cup sugar

 2 eggs

 1 teaspoon vanilla

 ½ cup sifted all-purpose flour

 ½ teaspoon baking powder

 ½ teaspoon salt

 ½ cup finely chopped nuts

 Put semi-sweet chocolate morsels

 and butter in top of double boiler.

 Heat until melled and mix until

 smooth. Remove from heat. Add

 sugar, mix thoroughly. Add eggs, one at a time, beating well after

 cach addition. Stir in vanilla. Sift

 together flour, baking powder and

 mix until blended. Stir in nuts.

 Turm into small muffin pans.

 Barces, i an moderate oven, 375 de

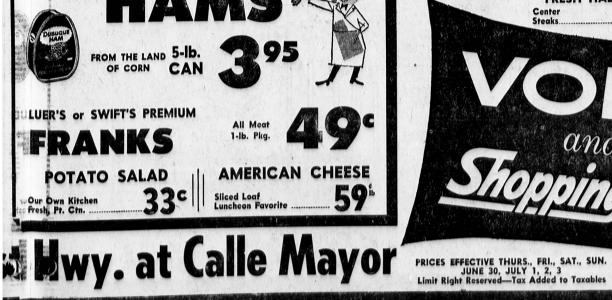
 qrees, i an moderate cool five min

 utes; remove from pans. Frost, if

 desired, with chocolate or vanilla

 confectioners' sugar frosting.

Spring Party Luncheon





49th Cooked Peeled

end shopping if you're a pickup buyer. Incidentally, families who have mik delivered at the door drink and use far more milk than those who pick it up at the store; ratio of 10 to 6. This seems to prove that families use more milk when it is easily available.

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