



FOR BREAKFAST or brunch, fragrant fresh-from-the-oven Bear Claws are always good with the morning coffee. These tempting sweet rolls are made from a frozen, ready-to-bake bread dough.

Frozen Dough Yields Flaky Danish Pastry

Crispy bear claws, delectable Danish yeast rolls with a creamy almond filling, normally are considered a task to make. But you can cut time and trouble in half if you start with a frozen, Bridgford ready-to-bake bread dough.

Use your blender to whip up the crunchy almond filling. Roll and fold in butter into the soft yeast dough (the directions look complicated but actually are easy). Bake and top with glaze, if you wish.

You'll be making these tempting Bear Claws often.

BEAR CLAWS

- 1 loaf (1 lb.) Bridgford frozen ready to bake bread
- 1 cup finely ground blanched almonds
- 1/2 cup sifted powdered sugar
- 1 egg, slightly beaten
- 1 1/2 teaspoons lemon juice
- 1/2 teaspoon almond extract
- 1/4 cup flour
- 1/2 teaspoon ground cardamom
- 1/2 cup butter
- 2 tablespoons slivered almonds

Remove frozen loaf from the package. Let thaw at room temperature until soft and pliable (1 to 2 hours).

For filling, whirl almonds in an electric blender or grind in a food grinder. Mix thoroughly with sugar and one half of the beaten egg. Blend in lemon juice and almond extract.

Mix flour with cardamom. Cut butter into flour-cardamom mixture. Chill.

Roll softened bread out on well-floured surface to a 12-inch square. Place chilled butter-flour mixture

between 2 sheets of waxed paper and roll to rectangle 4 by 10 inches.

Remove top sheet of waxed paper; invert butter mixture onto half of dough. Remove other sheet of waxed paper. Fold uncovered half of dough over mixture and roll out to a 12-inch square. Repeat rolling and folding 3 times.

Roll dough into a 12-inch by 16-inch rectangle using more flour if necessary. Cut in half lengthwise, making two 6 x 16-inch rectangles. Spread almond filling down center of each strip. Fold edges of dough over filling; pat to flatten.

Cut each long roll into 5 rolls. Cut 4 gashes in each roll about two-thirds width of roll. Spread sections apart to form claws. Place on a well-greased sheet.

Brush tops with remaining half beaten egg which has been mixed with 1 1/2 teaspoons water. Sprinkle with slivered almonds.

Let rise in a warm place until doubled in size. Bake at 375 degrees about 15 to 20 minutes or until golden brown.

Glaze while hot with a mixture of one cup sifted powdered sugar and 4 teaspoons milk, if desired. Yield: 10 Bear Claws.



Meal-in-One Uses Prepared Foods

There's hearty eating in this good casserole, quickly made with packaged foods and then baked while the rest of dinner is prepared.

POTATO-BEAN CASSEROLE

- 1 can (1-lb.) cut Blue Lake green beans
- 1 pkg. instant mashed potatoes
- 1 lbs. instant minced onion or 1/2 cup chopped onion
- 1 cup large curd cottage cheese
- 6 oz. Muenster cheese, sliced

Drain beans. Prepare potatoes as package directs, but add onion to water and omit milk. Stir in cottage cheese. Turn into greased one and one-half quart casserole.

Cover with half of Muenster cheese. Add beans; top with remaining cheese. Bake at 350 degrees for 20 minutes or until heated through.

Broil briefly if you wish to brown top. This recipe serves six.

Oriental Sauce Use Is Ancient

The Chinese diet includes foods which lend subtle flavors to the finished product. Seasonings and garnishes such as soy sauce, sesame oil, wine, garlic, scallions and ginger are important elements in cooking.

SUKIYAKI

- 2 pieces beef suet, 2 inches long
- 1 onion sliced
- 1 bunch chopped celery
- 2 cans (6-oz.) button mushrooms, drained
- 1 lb. half-cooked spinach
- 1/2 cup broth made with beef bouillon cube
- 1 pound round steak sliced thin (or use quick-frozen chip steaks)
- 1/2 cup Sona soy sauce

Rub heated frying pan with suet and leave suet in pan. Add sliced onion. Allow them to soften and begin to take on a pale golden color.

Add other vegetables and cook only until vegetables are thoroughly heated. Add warm broth.

Push vegetables to one side of pan and cook the beef. Do not put beef into pan all at once, but add a little at a time.

When beef has lost its red color (which should take only a few minutes) season with soy sauce and pepper. Cook two or three minutes longer.

Chicken Cues

To add zing to chicken salad, combine the mayonnaise with curry, ginger, and finely cut chutney to taste. Combine with the diced cooked chicken, garnish with almonds.

In making sauteed or broiled chicken, keep in mind that the bird combines especially well with these herbs and spices: tarragon, rosemary, parsley, basil, thyme, poultry seasoning, paprika or curry.

Homemade bread crumbs make a great crisp coating for fried or oven-fried chicken. Use bread at least a day old, grate, and spread in a shallow pan overnight to dry before using.

If you are frying chicken with a flour coating, try dipping the pieces in undiluted orange-juice and dredging them in seasoned flour, for a fresh new flavor. Fry as usual.

Two simmered chickens (3 pounds each) provide about 5 cups diced cooked chicken. Cool chicken, remove from bones and wrap in aluminum foil to keep handy in the freezer for unexpected guests. Use the meat for chicken a la king, salads, or casseroles.

Cold chicken salad or hot creamed chicken taste especially delicious in flaky puff-paste shells. Puff paste is difficult to make, but most bakeries carry the shells or you may buy them frozen in many supermarkets.

HERE'S NEWS FOR WEIGHT WATCHER

Watching your weight?

The government has published a booklet, "Food and Your Weight," which lists comprehensively the calorie values in our common food and provides also a table of desirable weights for men and women.

There are also suggestions for those who wish to lose (as well as to add) a few pounds, plus helpful

hints for planning a day's menu.

For your copy of "Food and Your Weight," send 15 cents for each copy (NO STAMPS); use check or money orders to U.S. Government Printing Office, Division of Public Documents, Washington, D.C. 20402. When ordering you must ask for the booklet by this number: A 1.7774/2.



'No-Stick' Waffles Here

If you have almost given up on the serving of waffles because they stick to the waffle iron, you can "cure" your iron with the use of Vegeline, reports the Tryson Company, makers of this all-vegetable food product.

Vegeline, a blend of vegetable oils and lecithin, "seals" itself into the tiny pores and irregularities common to waffle irons and makes the surface of the iron smooth and slippery.

BUTTERSCOTCH BARS

- 1 1/4 cups sifted flour
- 1/2 tsp. salt
- 1 tsp. baking powder
- 1/2 cup butter
- 1 cup brown sugar
- 1 whole egg, plus 1 egg yolk
- 1/2 tsp. vanilla
- 1 cup chopped nuts
- 1 egg white
- 1 cup brown sugar
- 1/2 tsp. vanilla

Sift together flour, salt and baking powder. Cream butter and sugar. Add slightly beaten eggs and vanilla. Add dry ingredients. Stir in nuts and spread in 13x9-inch baking pan.

Beat egg white until stiff but not dry. Add sugar and vanilla to egg white and mix thoroughly. Spread thinly over cookie dough.

Bake at 350 degrees for 30 minutes or until done. Cut. Yield: about 30 bars.

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Helps Build Strong Bodies 12 Ways!

Honey Ham Glaze

Fix elegant baked ham with a zesty honey-raisin glaze. Select a thick slice of ham and bake about 20 minutes. Pour hot water over 1/2 cup raisins and let stand about 10 minutes until extra plump. Drain and chop with sharp knife.

Combine with 1/2 cup honey, 1/4 cup prepared mustard and 1/4 teaspoon ground cloves. Spread over ham and bake about 30 minutes longer or until tender.

Cut into diagonal slices to serve. This is delicious with baked sweet potatoes and green beans.

Did you know that adding sugar to whipping cream before it is whipped decreases volume and increases whipping time?

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