

EXCITING BREAD RECIPES FROM SUSAN LOWE

RAISIN CARAWAY CASSEROLE BREAD

$\frac{2}{3}$ cup hot water
 $\frac{1}{2}$ cup sugar
 $1\frac{1}{2}$ teaspoons salt
 $\frac{1}{4}$ cup shortening
 $\frac{1}{2}$ cup warm, not hot, water (lukewarm for compressed yeast)
 2 packages or cakes yeast, active dry or compressed
 1 egg, beaten
 $3\frac{1}{4}$ cups sifted flour
 1 cup seedless raisins
 1 teaspoon caraway seeds (optional)

Mix together hot water, sugar, salt and shortening. Cool to lukewarm. Measure $\frac{1}{2}$ cup water into mixing bowl (warm, not hot, water for active dry yeast; lukewarm water for compressed yeast). Sprinkle or crumble in yeast. Stir until dissolved. Stir in lukewarm water mixture. Add egg, flour, raisins and caraway seeds. Stir until well blended, about 2 minutes. Let rise in warm place, free from draft, about 50 minutes or until more than doubled in bulk. Stir down. Beat vigorously about $\frac{1}{2}$ minute. Turn into greased $1\frac{1}{2}$ quart casserole. Bake uncovered in hot oven at 400°F . about 45 minutes.

BANANA NUT QUICK BREAD

$1\frac{3}{4}$ cups sifted all-purpose flour
 $2\frac{3}{4}$ teaspoons double-action baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup chopped nuts
 $\frac{1}{3}$ cup shortening
 $\frac{2}{3}$ cup sugar
 2 slightly beaten eggs
 1 cup mashed ripe bananas* (3 to 4)

*Use fully ripe bananas...yellow peel flecked with brown

Sift together flour, baking powder, salt. Add nuts; blend.

Place shortening in mixing bowl and beat until creamy and glossy, 300 strokes by hand or 2 minutes at medium speed on electric mixer. Gradually add sugar to shortening, beating until light and fluffy after each addition. Add eggs and beat until thick and pale lemon in color.

Add flour mixture and bananas alternately, blending thoroughly after each addition.

Grease bottom only (not sides) of a loaf pan

(approximately $4\frac{1}{2}'' \times 8\frac{1}{2}'' \times 3''$). Turn batter into pan. Bake in a moderate oven (350°F .) 60 to 70 minutes or until bread is done.

Let bread partially cool in pan (20-30 minutes) before turning out onto rack. Cool thoroughly before wrapping for storage. Makes 1 loaf.

BRAN PINEAPPLE BISCUITS

$\frac{1}{2}$ cup ready-to-eat bran
 $\frac{2}{3}$ cup milk
 $1\frac{1}{2}$ cups sifted flour
 3 teaspoons baking powder
 1 teaspoon salt
 $\frac{1}{4}$ cup shortening
 $\frac{1}{2}$ cup crushed pineapple, well drained
 $\frac{1}{4}$ cup sugar
 1 teaspoon cinnamon

Soak bran in milk. Sift flour, baking powder, and salt together. Cut in shortening until mixture is like coarse cornmeal. Add soaked bran, stir until dough follows fork around bowl. Turn out on floured board and knead lightly a few seconds; roll into a rectangle 8×11 inches and $\frac{1}{4}$ inch thick. Brush lightly with melted butter and sprinkle with mixture of sugar, cinnamon and pineapple. Roll up like jelly roll and cut in slices. Place cut side down in greased muffin pans and bake in preheated hot oven (450°F .) for about 18 minutes. Yield: 12 biscuits.

CHEESE NUT MUFFINS

2 cups sifted flour
 3 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 3 tbsp. sugar
 $\frac{1}{4}$ cup chopped nuts
 1 cup grated sharp cheese
 1 egg
 1 cup milk
 3 tbsp. melted shortening or salad oil

Sift dry ingredients together. Mix in nuts and grated cheese. Combine liquid ingredients; add to dry ingredients, mixing only until all flour is moistened. Fill greased muffin cups $\frac{3}{4}$ full. Bake in hot oven (450°) 18-20 minutes. Serve warm. Yield: 12 muffins.

FRENCH BREAD

$1\frac{1}{4}$ cups warm, not hot, water (lukewarm for compressed yeast)
 1 package or cake yeast, active dry or compressed
 $1\frac{1}{2}$ teaspoons salt
 1 tablespoon soft shortening
 1 tablespoon sugar
 $3\frac{1}{2}$ cups sifted flour

Measure water into a large mixing bowl (warm, not hot, water for active dry yeast; lukewarm water for compressed yeast). Sprinkle or crumble in yeast. Stir until dissolved. Add salt, shortening and sugar. Add and stir in flour. Turn dough out on lightly floured board. Knead 8 to 10 minutes or until dough is springy and elastic and does not stick to the board. Place in greased bowl and brush top lightly with melted shortening. Cover with a cloth. Let rise in a warm place, free from draft, until doubled in bulk, about 40 minutes. Punch dough down. Let rise again until almost doubled in bulk, about 30 minutes. Punch down, turn out on floured board and cut dough into two equal portions. Roll each half into an oblong about 8×10 inches. Beginning with the wide side, roll up tightly. Seal edges by pinching together. With hands on each end of roll, roll gently back and forth to lengthen loaf and taper ends. Place loaves on a greased baking sheet sprinkled lightly with yellow corn meal. Brush loaves with cornstarch glaze. Let rise, uncovered about $1\frac{1}{2}$ hours. Brush again with cornstarch glaze. With a sharp knife, make $\frac{1}{4}$ inch slashes in dough at 2-inch intervals. Bake at 400°F . (hot oven) 10 minutes. Remove from oven, brush again with cornstarch glaze. Return and bake about 30 minutes or until golden brown.

Cornstarch Glaze

Mix 1 teaspoon cornstarch with 1 teaspoon cold water. Combine with $\frac{1}{2}$ cup boiling water. Cook until smooth. Let cool slightly.

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