

**EASY BAKING . . .** Modern built-in griddles have built-in heat indicators for easy baking. Hot buttermilk pancakes are twice as good if syrup, too, is warmed. Set the syrup container in a pan of hot water and keep hot over simmer flame while pancakes are baking.

### Buttermilk Pancakes Easy to Make

(Use week-old milk and let it stand out of refrigerator night before making cakes).  
 1 cup sifted flour  
 1/2 teaspoonful soda  
 1/2 teaspoonful baking powder  
 1/2 teaspoonful salt

**LEADING CONSUMER**  
 Yearly per capita use of paper and paper products in the United States is approximately 350 pounds. In Northern Europe it is about 116 pounds, Asia 24 pounds.

- 1 teaspoonful sugar
  - 1 egg
  - 1 cup buttermilk
  - 2 tablespoonsful melted shortening
- Method:**
1. Sift together the flour, soda, baking powder, salt and sugar.
  2. Beat the egg, till light and add buttermilk. Blend.
  3. Mix together until smooth the dry and liquid ingredients.
  4. Stir in melted shortening. (If desired, thin by adding a little more buttermilk.)
  5. Preheat built-in griddle to cake baking temperature. Bake on one side until bubbly—turn and bake to gold on brown on second side. Serve piping hot with hot syrup and melted butter.

### Meals From Your Oven Are Easy

Temperature: 400 degrees Fahrenheit. Time: 30 minutes.  
**Stuffed Green Peppers; Baked Whole Carrots; Dutch Apple Cake**

**STUFFED GREEN PEPPERS**  
 2 green peppers  
 1 (1-lb.) can of corned beef hash  
 3 tablespoonsful bread crumbs  
 1 teaspoonful horseradish  
 2 (6-oz.) cans tomato sauce.  
 Cut peppers in half, lengthwise; remove seeds, and parboil in salted water 5 minutes. Combine hash, bread crumbs and horseradish. Fill pepper shells. Pour tomato sauce into oiled shallow baking dish. Place peppers in dish. Bake in modern automatic gas range oven at 400 degrees Fahrenheit for 30 minutes, or until browned. Five minutes before removing from oven, baste peppers with sauce.

**BAKED WHOLE CARROTS**  
 Wash carrots. Cook in a half inch of water with salt and pepper to taste, in a tightly covered casserole, at 400 degrees Fahrenheit, for 30 minutes.

**DUTCH APPLE CAKE**  
 1 pkg. plain muffin mix  
 4 cups sliced apples  
 3 tablespoonsful butter  
 1/2 cup sugar  
 1 teaspoonful cinnamon  
 1 1/2 teaspoonful lemon juice  
 Prepare the muffin mix and spread in oiled pan, 12x7 1/2x2 inches. Lay apple slices in rows on top and spread with sugar mixture. Bake at 400 degrees Fahrenheit for 30 minutes in modern automatic gas range oven. Serve with whipped cream.

### Cooking School To Feature Tasty Recipes

**PORK CHOPS WITH BROWNED RICE**  
 (Pressure Saucepan Method)  
 4 pork chops  
 2 tablespoonsful shortening  
 2 teaspoonful salt  
 1 cup uncooked rice  
 2 cups canned tomatoes  
 1/2 cup water  
 1/2 teaspoonful pepper  
 1/2 green pepper, chopped  
 1 medium onion, chopped  
 Carefully follow the manufacturer's instructions for operating the pressure saucepan. Brown the pork chops in shortening. Remove from pan. Season with 1 teaspoonful salt. Wash rice. Brown in shortening, stirring constantly. Add tomatoes, water, pepper, green pepper, onion and the remaining salt. Lay chops on top of this mixture. Cover. Bring pressure to 15 pounds over full flame. Reduce flame to simmer and cook for 8 minutes. Turn off flame and allow pressure to drop normally.

**BARBECUED MEAT LOAF**  
 (Serves 6)  
 1 1/2 lbs. ground meat  
 1/2 cup fine dry bread crumbs  
 2/3 cup milk  
 3 tablespoonsful chili sauce  
 1 1/2 teaspoonful salt  
 1 teaspoonful onion powder or 1/2 finely chopped onion  
 1/2 teaspoonful pepper  
 3 large boiled potatoes, sliced in inch thick  
 6 fresh tomatoes  
 2 small can whole-kernel corn  
 1/2 green pepper  
 1 package frozen peas  
 Mix first seven ingredients together. Pack into oiled 8 1/2-inch ring mold with 4-inch center opening. Unmold on cold broiler pan. Add potatoes, brush with melted butter, and sprinkle generously with salt and pepper. Place in broiler compartment so that meat is 6 inches from tip of flame. Broil with medium flame for 12 minutes. Spread with barbecue sauce. Add halved-out tomatoes filled with seasoned whole-kernel corn and chopped green pepper. Continue broiling another 8 minutes. Aluminum foil may be cut the exact size of the ring mold and placed under meat loaf before broiling for ease in removing from broiler pan. Serve green peas in center of meat ring.



**BIG TOP PIE . . .** Big Top apple pie with cream cheese crust is a favorite of Helen Bickford, Cookery Carnival home economist. This delicious dessert is to be baked on the second day of the Herald-sponsored cooking school, Sept. 25.

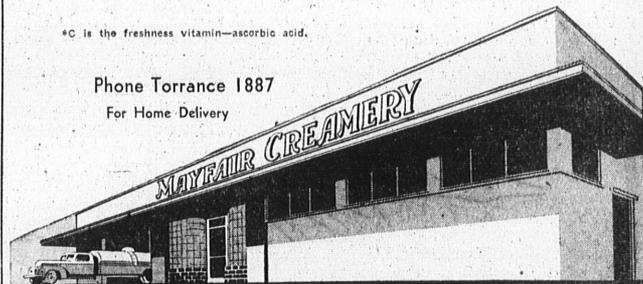
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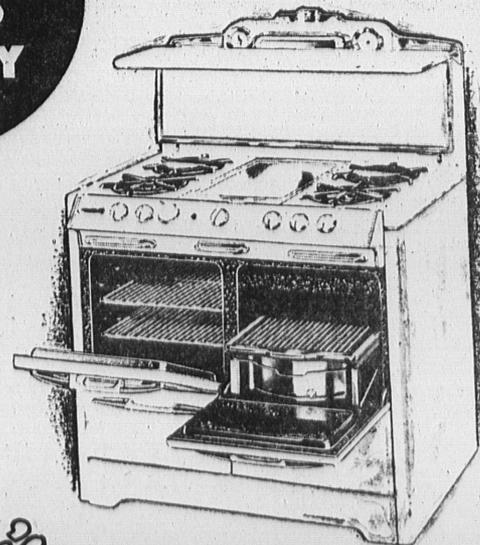
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