FOOD

Mother

ONE SWEET NAME

BY MARY ANN MENENDEZ STAFF WRITER

Mothers they have always been with us and the circle of life will see to it they always exist. Her presence in our lives is the nurturing force that feeds us, cares for us, protects us, but most of all loves us ... above else and not matter what the situation is.

Moms, mothers, mommies and mamas are the names given to them by their children who instinctively know that SHE is the all-knowing and all-fixing fixture in their

Mother's Day will be celebrated on Sunday, May 10. Children and their children will heap attention, gifts and love on mothers, grandmothers and, if they are so blessed, great-grandmothers



and beyond.

For children whose moth-

'quick" bread recipes to teach right from wrong, pro- ourselves is this: Where honor that one altruistic trait vide a shoulder or ear when would we be today if it were possessed by every Mother. necessary, quick to run to not for that delicate and kind They are at the ready to the rescue, fuss over a sick soul in our lives?

ers no longer walk this bake brownies, be chauf- child, dry tears, gives end-Earth, kindly remember her feur, help with homework, less hugs and kisses, but Sunday with sweet memo- cook countless meals and most of all, to love uncondisnacks, kiss boo-boos, give tionally. The recipes today are all advice, make appointments,

What we all need to ask

"A man's work is from sun to sun, but a mother's work is never done."

~Author Unknown

1 aple

- 2 1/2 cups all-purpose flour
- 3/4 cup sugar
- 1 cup Half and Half
- 1 teaspoon maple extract 3 tablespoons vegetable
- 3 1/2 teaspoons baking
- powder
- 1/2 teaspoon salt 1 egg
- 1/2 cup chopped pecans,
- if desired Maple glaze -- recipe
- below

2 tablespoons chopped pecans, if desired

Heat oven to 350 degrees. Grease bottom only of loaf pan. Mix all ingredients except pecans and glaze in large bowl with spoon; beat 30 seconds. Stir in 1/2 cup pecans. Pour into pan. Bake 55 to 65 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf of pan; remove from pan to wire rack. Cool completey, about 2 hours. Drizzle with Maple Glaze. Sprinkle with 2 tablespoons pecans. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

Maple Glaze

1/2 cup powdered sugar 2 teaspoons Half and

1 teaspoon maple extract Mix glaze ingredients until smooth and thin enough to

range

- 2 tablespoons butter
- 1 cup honey 1 egg, well beaten
- 1 1/2 tablespoons grated
- orange peel 2 1/2 cups sifted all-pur-
- pose flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt 3/4 cup orange juice 3/4 cup chopped pecans

or walnuts Cream butter and honey together until smooth and creamy. Add beaten egg and grated orange peel. Sift flour with baking powder, soda and salt. Add flour mixture to creamed mixture alternately with orange juice. Add the chopped nuts. Bake in a greased and floured loaf pan at 325 degrees for 60 to 70 minutes, or until a wooden pick center comes out clean. 2 hours. Cool 10 minutes. Loosen completely, about 2 hours.

ropical Π azelnut

- 3 cups all-purpose flour, sifted
- 1 cup sugar
- 1 tablespoon baking powder
- 1 1/2 teaspoons salt
- 1 cup flaked coconut,
- toasted'
- 1 1/2 cups milk 1 egg, beaten
- 1 teaspoon vanilla
- 8 ounces chopped dates
- 1 cup finely chopped apples

Mix and sift flour, sugar, baking powder and salt. Stir in the toasted coconut. Whisk together the milk, egg and vanilla; add to dry ingredients. Stir well. Fold chopped dates and apples into mixture. Spread into greased and floured loaf pan. Bake at 350 degrees for about 1 hour and 15 minutes. Cool 10 minutes. Loosen sides of loaf of pan; remove from pan to wire or cake tester inserted in rack. Cool completely, about

> To toast coconut, spread about 15 minutes, stirring frequently, until lightly

3 cups all-purpose flour,

- sifted 1 cup sugar
- 1 tablespoon baking powder
- 1 1/2 teaspoons salt 1 cup flaked coconut,
- toasted*
- 1 and 1/2 cups milk
- 1 egg, beaten
- 1 teaspoon vanilla 8 ounces chopped dates
- 1 cup finely chopped apples

Mix and sift flour, sugar, baking powder and salt. Stir in the toasted coconut. Whisk together the milk, egg and vanilla; add to dry ingredients. Stir well. Fold chopped dates and apples into mixture. Spread into greased and floured loaf pan. Bake at 350 degrees for about 1 hour and 15 minutes. Cool 10 minutes. Loosen sides of loaf of pan; remove from pan to wire rack. Cool completely, about 2 hours.

To toast coconut, spread sides of loaf of pan; remove coconut in shallow pan. coconut in shallow pan. from pan to wire rack. Cool Bake at 350 degrees for Bake at 350 degrees for about 15 minutes, stirring frequently, until

(Banana)

- 1 (8-oz.) pkg. cream cheese, softened
- 1 cup granulated sugar
- 1/4 cup butter 1 cup mashed bananas
- 1 1/2 teaspoon vanilla extract
- 2 eggs
- 2 1/4 cups flour
- 1/2 teaspoons baking powder 1/2 teaspoon baking
- soda 1 cup chopped walnuts

Preheat oven to 350 degrees. Grease and flour a loaf pan. Cream softened cream cheese, sugar and butter, blending well. Blend in bananas, vanilla extract and eggs. Combine dry ingredients and add to banana mixture, mixing just until moistened. Fold in nuts. Pour into prepared pan. Bake for 1 hour and 10 minutes. Cool 10 minutes before removing from pan.

Cool on rack.

1 cup brown sugar, packed

- 1/2 cup white sugar
- 2/3 cup oil
- 1 egg 1 cup buttermilk
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon vanilla 2 1/2 cups flour
- 1 1/2 cups diced rhubarb 1/2 chopped almonds

1/2 cup brown sugar mixed with 1 tablespoon margarine

Grease and flour 2 9 x 5inch loaf pans. Mix together in this order: sugars, oil, egg, buttermilk, salt, soda, cinnamon, vanilla, flour, rhubarb and almonds. Pour into prepared pans. Sprinkle brown sugar/margarine mixture over top. Bake at 375 degrees for one hour. Cool 10 minutes. Loosen sides of loaf of pan; remove from pan to wire rack. Cool com-



Happy Mother's Day!

Spring cleaning made easier

MOMENT WITH MARY ANN

what I do - let the husband ing.

Spring is here and it's time cobwebs and dead bugs.

- job easier, or you can do before it can be wiped off, hence the streak-
- Vacuum the window outside of double-hung windows. Simply frames before washing the raise and lower both sashes so you can clean windows. Use the attached each outside surface while standing inside.
- brush to remove dust, soot,

 Most professional window washers use
- cool, clear water. For exceptionally dirty wash windows frequently. Remember to to clean the windows. Here Only wash windows on a cloudy day. windows, add two to three tablespoons of turn the worn rubber blade over and use the are some tips to make the Direct sunlight will dry the cleaning solution ammonia or vinegar to each gallon of water. opposite edge. Use vinegar OR ammonia, not both.
 - Do not sit on the window sill to clean the windows because the sudsy variety will solution. cause streaks.
 - remove dirt from windows.
 - Consider purchasing a squeegee if you gle-edge razor blade in a holder.
- To clean the corners of small window Remember to only use clear ammonia on frames, use a cotton swab dipped in cleaning
 - To remove paint splatters from the win-■ In a pinch? Use pure rubbing alcohol to dow, soften the paint with soapy water and scrape the paint off gently with a sharp sin-

Fareway Fare

years in the business

BY MARY ANN MENENDEZ

STAFF WRITER Fareway Grocery store. ing. Now, 71 years later, there Beckwith and Fred Vitt.

Webster City in 1939.

second store was located Vista Sugar Wafers (11 shopped on South First Street and ounces); VO5 Shampoo Almquist added.

Central Ave. for 15 years." ounces); Pepsodent (6 In 1938, two men had an This week, all Fareway ounce tube); and Hormel

extraordinary idea in the Stores are celebrating the Kids Microwave Cups (7.5 city of Boone, Ia. They 71st anniversary of that ounces). opened up the first first Fareway Store's open-

Customers will be cele- Skinless Chicken Breast, are 96 Fareway stores brating as well as they find \$1.71 a pound; 10 pound located in four states, many items carry a "71 tube of 80 percent ground thanks to the idea of Paul cent" price tag this week. beef, \$1.71 with coupon; Items include: Fastco chairman's reserve whole Mark Almquist, store Potato Chips, 8 ounces in boneless pork loin, \$1.71 manager at the Estherville all varieties; Swanson per pound with coupon (8-Fareway, said the second Classic Frozen Dinners (7 10 pound size); and 2 liter store opened in Ames in to 11 ounces); Butterfield bottles of RC, 7UP and Diet 1938. This was followed Chunk White Chicken (5 Rite for \$1.71 with coupon. by store No. 3 opening in ounce can); Fastco White Coupons can be clipped out Bread (16 "In 1940, the fourth store Washington Red and Spirit" Shopper. opened up right here in Golden Delicious Apples Estherville and was located (per pound); Dole Celery cated generations of cus-

we have been here at 1108 and Conditioner (15

Other 71st anniversary specials include: Boneless, ounce); of today's edition of "The

"Thank you to the dediclose to downtown. The (large stalk); all varieties of tomers who have faithfully Fareway,"

Student pie bakers put to the test at ELC

BY MARY ANN MENENDEZ STAFF WRITER

Forty-four pies were created in the foods teacher direction. lab at Estherville Lincoln Central High School last week by 44 pairs of hands that revelations in class. "A few were surprised at measured, rolled out and baked pie dough how much "muscle" power it took to roll out enveloping sweet tasting fruit.

Under the direction of Cailin Wycoff, high quantity of sugar used." school family consumer science instructor, students selected a recipe of their own. Pies are: included Spiced Apple and Pear Pie, Blackberry Peach Pie, Apple Crumble Pie, Very Berry Triple Fruit Pie, Peach Washington State Apple Pie. Blueberry Pie, and a whole assortment of

strawberry, raspberry and cherry varieties. "Each student must select a double crust fruit pie. The criteria used by the judges were the characteristics associated with quality pastry products: flaky, tender and golden brown pastry, and a fruit filling with an appealing taste and correct consistency," Wycoff explained.

Students also had to cut the pie into equal slices which were then put on serving plates and covered.

Volunteer judges were members of the staff at the school, who oohed and aahed over the delectable selection of pie slices.

Asked to judge at least four different kinds, each judge rated the individual slices per

Wycoff said some of the students had a few the pastry ... they are always shocked at the

The winning pies and their student bakers

- Period 2: Becca Heckard Peach Pie.
- Period 3: Bryant Vermeys
- Period 6: (Tie) Bob Weideman -Blackberry Peach Pie. Marissa Gifford - Peach-Blueberry Pie.

■ Period 8: Evetta Hughes - Strawberry

With this being the last year of her teaching career, Wycoff said, "I enjoyed the enthusiasm of the students in selecting and preparing their recipes. Many of the students put forth total effort to turn out the best product possible. The students take on ownership of their project and therefore I believe more learning takes place. We were making memories. I hear from students of the past that they still remember making the pies!"