

# TOPICS

Dear Friends,

When you did all that holiday baking — Froze all of those cookies and such You probably thought, "I'm in for a rest. We surely won't eat all that much."

Alas, that supply of baked goodies Proved far too delicious to save Your "stock" has gone down ever lower And it's back to ye olde baking days.

There's one consolation, however, In these months when the wind blows so cold — A kitchen that's warmed by an oven Is a whole lot more cozy than gold!

So much for our feeble attempt at verse. The point is, it's really not too much of a chore in this weather to get back into the swing the swing of baking, that is. For instance, what's more satisfying than the old-fashioned aroma of freshly baked bread, especially when it permeates your own kitchen? If you've never tried a kneaded bread (or a beaten one for that matter), try one made with that dependable Red Star Yeast. You'll have success every time, however amateur your efforts.

Incidentally, have you sent for the Red Star Back Fence Recipe Book? You may remember the contest which Red Star sponsored some time back. This book is a collection of the prize winners, from appetizers to desserts. To obtain one, just send \$5.00 plus 3 empty Red Star Yeast packets (or Compressed Yeast wrappers) with your name and address to: Red Star, Box 710, Minneapolis, Minn. 55440.

And now for some bread recipes which are variations of old favorites.

**POP® Whole Wheat Bread**  
(2 large loaves)

2 cups whole wheat flour  
4 cups sifted all purpose flour  
4 tsp. salt  
2 1/2 cups warm water (110-115°F)  
2 pkgs. Red Star Special Active Dry Yeast  
1/2 cup (1 half stick) Land O'Lakes Butter, softened  
4 tbl. honey or brown sugar

Measure and blend the flours and salt. Pour the warm water into a mixing bowl and add the yeast. Let stand a few minutes. Stir to dissolve. Add about one half the dry ingredients which have been mixed together, the softened butter and honey. Start mixer on medium speed or beat by hand until smooth. (Beating in this recipe takes the place of kneading.) Stop the mixer, add remaining dry ingredients. Blend in with spoon until batter is smooth again — 1 to 1 1/4 minutes. Scrape down batter from sides of bowl. Cover. Let rise in warm place until doubled — about 30 minutes. Meanwhile, grease two 8x4x3 bread loaf pans. Stir down batter by beating 20 or 25 strokes — this will be a thick somewhat sticky batter. Put into pans. Let rise in warm place until edges of batter reach tops of pans — about 40 minutes. Bake loaves 40 to 50 minutes, or until well browned on sides and tops, in a preheated 375 F oven. Remove from pans and cool on racks.

**POP® Rye Bread**  
(two loaves)

1 pkg. Red Star Dry Yeast  
1 1/2 cups lukewarm water  
1 1/2 tsp. salt  
1 cup all purpose flour  
4 cups rye and wheat flour  
1 tbl. melted Land O'Lakes Butter (or cooking oil)  
1/4 pkg. caraway seeds (about 2 tbl.)

In large mixing bowl, dissolve yeast in water. Let stand a few minutes. Combine and sift the rye and wheat flour with the white flour and the salt. Add the liquid ingredients mixing well, using hands. Sprinkle a little flour on top of dough and around sides of bowl so that dough may be easily lifted to floured surface. Knead dough until smooth and elastic, about 5 to 10 minutes. (The longer you knead, the better the texture.) Place dough in a large bowl, cover and let stand in a warm place for about one and a half hours. When doubled in bulk, punch down, by placing a well floured fist in center of dough and punching all around top of dough. Flour hands and lift dough onto a well floured surface. Knead again, about 5 minutes and divide into two pieces for two loaves of bread. Shape and place into greased loaf pans. Cover with clean cloth and let rise for about one-half hour. Preheat oven to 450 degrees and bake for 10 minutes, then reduce heat to 400 degrees and bake 40 minutes more, or until loaves are nicely browned. When baked remove from pans immediately, brush lightly with cold water. This will produce an appetizing, eye-appeal sheen. Cool completely before slicing. Serve with Land O'Lakes Butter.

**POP® Cheddar Bread (Batter Way)**  
(1 lg. loaf or 2 sm. loaves)

1 cup milk  
3 tbl. sugar  
1 tbl. melted Land O'Lakes Butter  
1 tbl. salt  
2 pkg. Red Star Active Dry Yeast  
1 cup warm water  
1 cup shredded sharp cheddar cheese  
4 1/2 cups sifted flour  
1/2 tsp. ground sage

Scald milk, stir in sugar, melted butter and salt. Let stand until lukewarm. Dissolve yeast in warm water. Add cooled milk, cheese, flour and sage. Mix well, cover with towel and set in warm place 1 hour or until double in bulk. Stir down and beat about 30 strokes, pour into 2 small well oiled loaf pans, or one large loaf pan or 2 quart casserole. Bake in moderate oven 375 degrees for 50 minutes to 1 hour or until a hollow sound is produced upon tapping!

IS YOUR GROUP ENJOYING POP PROFITS, IF NOT, GET ON THE POP BANDWAGON. FOR INFORMATION ABOUT JOINING PHONE OR WRITE Mrs. Ennis, Courier-Journal, 35 Scho St., Rochester, N.Y. 14604. Telephone: 454-7050. IF MORE CONVENIENT, JUST FILL OUT THE COUPON AND MAIL TO Mrs. Ennis.

Name of Organization .....

Name of President .....

Address of President .....

Your Name & Title .....

Your Address .....

**POP SHOPPING LIST**

| Product                    | Save  |
|----------------------------|---|
| Columbia Banking           | POP Receipt for opening a new savings account of \$50 or more or adding to an existing account. |
| Hunt's Tomato Paste        | Numbered Lid Top  |
| Krey Canned Meats          | Label   |
| Land O' Lakes Butter       | Guarantee Seal  |
| LoBlaw Century             | Cash Register Tape  |
| Pepsi Cola Diet or Regular | Bottle Cap  |
| Prince Macaroni Products   | Box Front or Label from Any Product   |
| Red Star Yeast             | Envelopes   |

Labels from All the Products listed above will be accepted for the entire Fifth Game — that is, from October 1, 1968 thru March 31, 1969. WATCH THE COURIER FOR FUTURE ADDITIONS TO THIS LIST.

# The Romantic Story of a Sauce

New York — An especially delightful section of Louisiana — that known as Cajun country, near New Iberia, where descendants of settlers from the Evangeline country of Nova Scotia have carried on their language and cooking traditions. These people of French background were originally called Acadians, but time and the Southern dialect have softened it to "Cajun."

Deep in this storied land is Avery Island, home of Tabasco pepper sauce. Here among jungle gardens, bird sanctuaries, a salt mine dating from far before Civil War days, and productive oil fields in the surrounding marshlands, lives the McIlhenny family which manufactures this unique pepper seasoning.

The word Tabasco has been the exclusive trademark for the sauce made and bottled by the McIlhenny Company since 1868, and was the second trademark registered in the U.S. Patent Office. The name is an Indian word meaning "land where the soil is humid." The peppers have flourished on the family-owned island since before the Civil War, and it has been a century now since the sauce was first commercially sold.

In 1848, after the Mexican War, an American soldier of fortune known only as Gleason, remained in Mexico. After five years he sailed back to New Orleans, where he met Edmund McIlhenny, a former New Orleans banker. Giving him some seeds he had brought from southern Mexico, he said they would produce a pepper of especially fine flavor and color. McIlhenny, a lover of well-seasoned food, planted the seeds in the garden of his father-in-law's plantation at Avery Island.

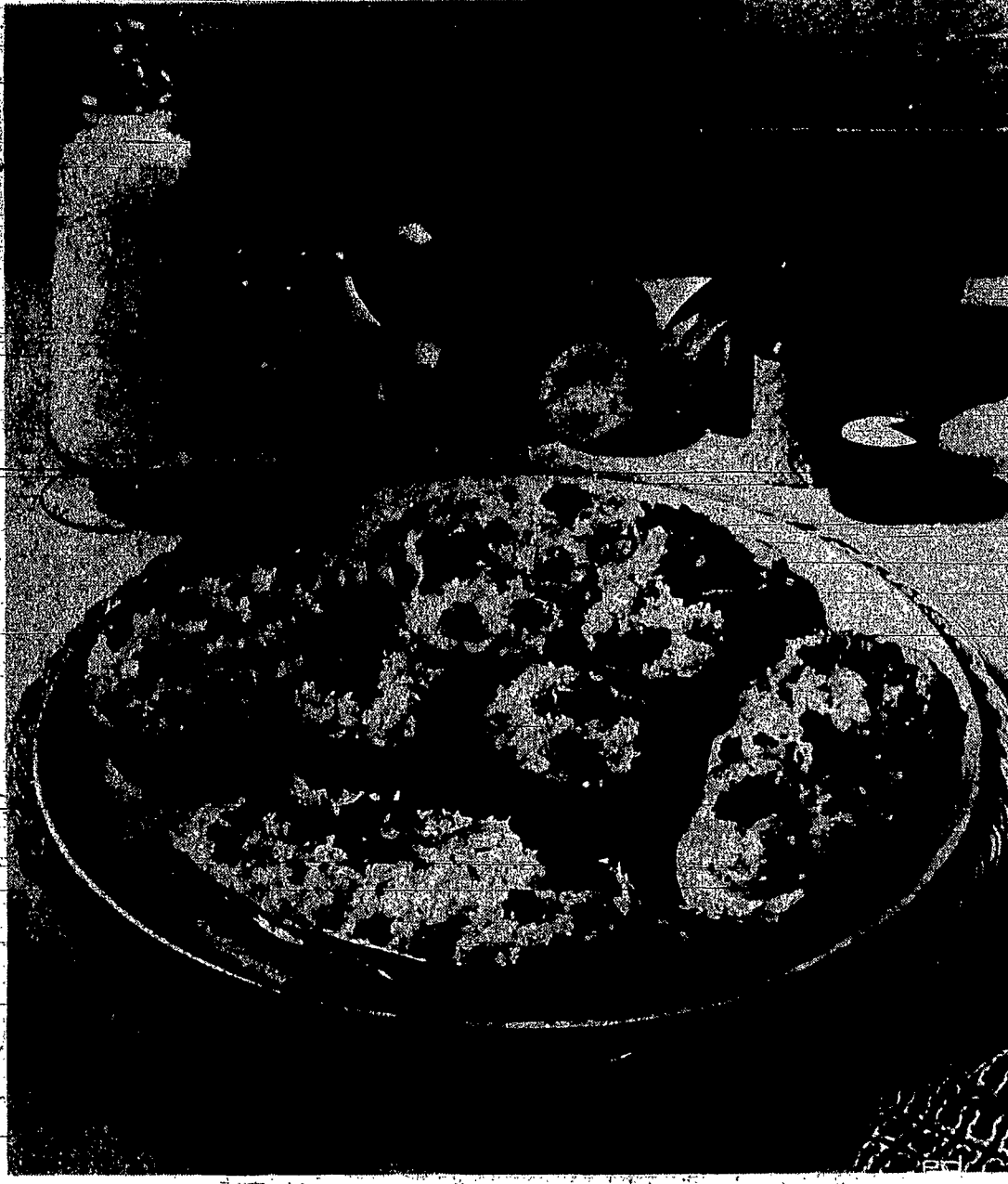
At the time of the Civil War, the Avery and McIlhenny families were forced to move to Texas. When they returned to the island, they found a number of pepper plants had survived the destruction of the plantation by Union forces. Using these peppers, McIlhenny continued his experiments, creating the original recipe for Tabasco brand pepper sauce in the late 1860s. The century before the 100th anniversary of Tabasco saw a modest one-man hobby turn into an enterprise, then develop into a world-wide business with sales in more than a hundred countries.

Tabasco is prepared now as it always has been, the only exception being mechanization of the bottling operation. The peppers are washed and stored in wooden casks with salt for a three-year fermentation process. After that, the mash is mixed with vinegar, stirred by hand for three weeks, then filtered and bottled. Tabasco is unique because of its flavor, and for the fact that it is not cooked like other pepper sauces; its processing consists of aging like fine wine. It artfully seasons appetizers, soups, stews, gravies, sauces, salad dressings, and egg, vegetable, meat and seafood dishes.

During World War II, when many basic foods were rationed, the government encouraged all U.S. citizens to plant their own "Victory Gardens." Vegetables fresh from the "backyards" and little meat available really challenged the imagination!

One popular recipe was Eggplant with ground Beef, a new idea for war-time tables.

**EGGPLANT WITH GROUND BEEF**  
2 small to medium eggplants, cut in half



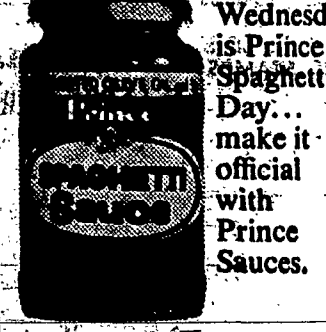
Stuffed eggplants and peppers.

2 tablespoons salad oil  
1 pound ground beef  
1 clove garlic, chopped or crushed  
1 can (1 pound) seasoned stewed tomatoes  
1 teaspoon salt  
1/2 teaspoon Tabasco  
1 cup cooked rice  
1/2 cup grated Cheddar cheese

Stuffed Green Peppers may be prepared using the same beef-rice mixture as above. Remove tops of 4 medium green peppers, slice white membrane from inside of each pepper. Drop peppers into boiling water let simmer for 15 minutes. Stuff peppers with mixture and place, standing up, in greased baking dish. Sprinkle with 1/2 cup grated Cheddar

cheese, if desired. Bake in 375°F. oven 1/2 hour or until peppers are tender.  
YIELD: 4 servings.

**Hey, Mrs. Clark**



Wednesday is Price Spaghetti Day... make it official with Price Sauces.

**CELLAR WALLS WATERPROOFED**  
WE GUARANTEE a dry cellar Free Estimates  
General Mason Work and Repairs  
DRAIN TILE INSTALLED  
A. J. ARIENO 238-4321

**SCHLEG ASSOCIATES, INC.**  
—INSURANCE—  
PROMPT, EFFICIENT CLAIM SERVICE  
Phone (716) 586-7220

COVER FITZGARD  
YOUNG INVESTMENT SERVICE  
HOME AUTO LIFE  
YOUNG HENRIETTA

**SAVE LOBLAW REGISTER TAPES FOR AWARDS**

**LOBLAW'S CENTURY**  
FIRST IN QUALITY

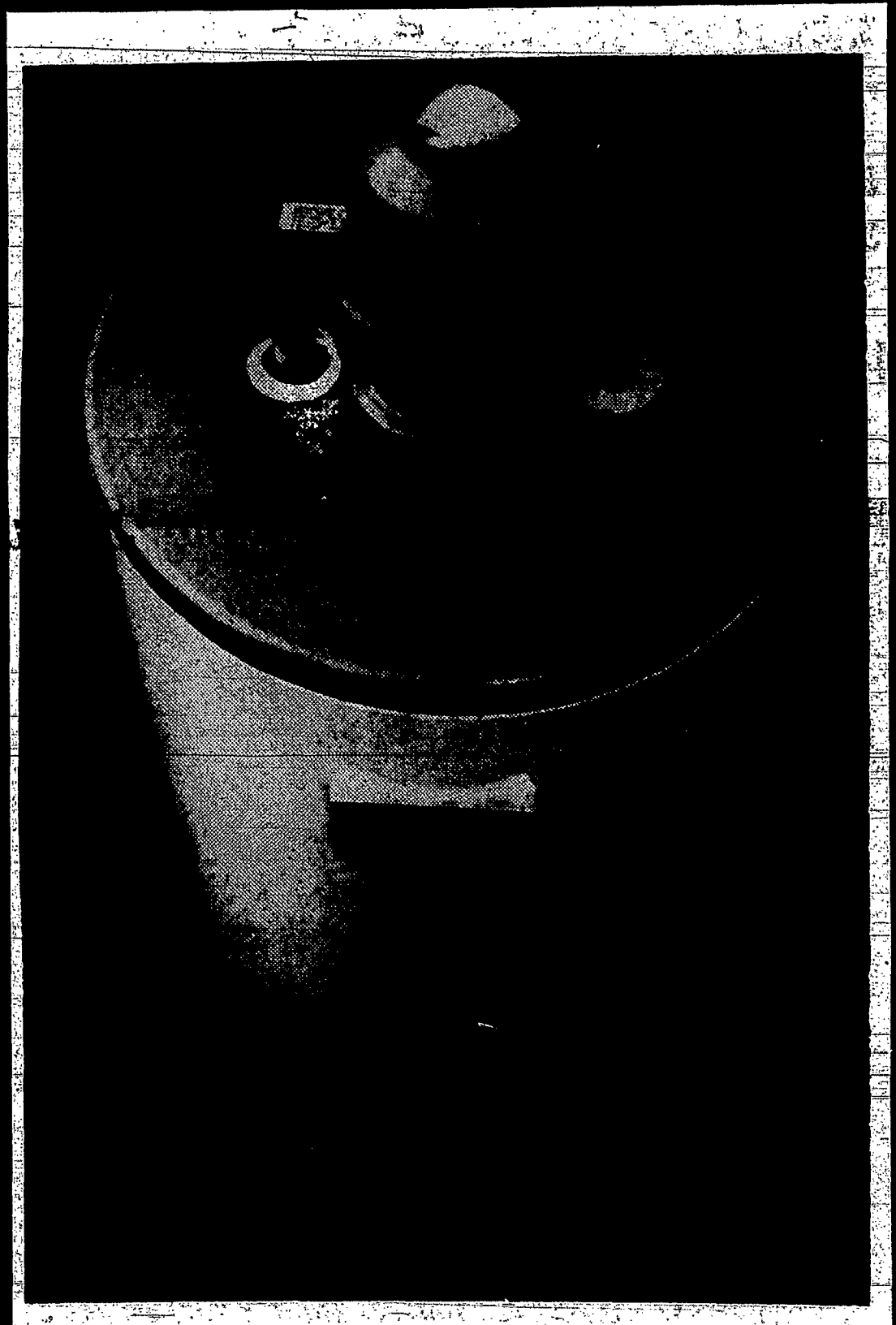
**PLAY SAFE in '69**  
Have your eyes checked by your physician. If you need glasses, bring the prescription to us for refraction. We have the latest fashions in frames.  
**VINCENT FLORACK**  
Prescription Optician  
BULL'S HEAD PLAZA  
NEXT TO FANNY FARMERS  
235-8009

**Clearance SALE**

COATS  
SUITS  
DRESSES  
SKIRTS

20-50% off  
for  
Girls  
Subteens  
Chubbies  
Juniors-Misses-Extra Sizes

**at SCHOEMAN'S**  
458 MONROE AVE. FREE PARKING CORNER MEIGS



**The Water Heater for the Growing Family**

Active growing families need lots of hot water. There are many, many baths, many washings and much cleaning to be done. And, as the family grows, so does the number of helpful appliances to make life easier. Soon an automatic dishwasher is added, then a new and bigger washer — all to keep you, your family and your home as neat as a pin.

But many times, as your family increases, your old water heater seems to shrink. You find you're running out of hot water in the middle of a shower, or the water isn't hot enough for the second batch of clothes. If this is the case, now is the time to switch to the water heater that grows with your family — an A. O. Smith Permaglas gas water heater.

Because A. O. Smith is quality constructed throughout, it's able to keep up with your increasing demands. The glass lining is built to take numerous changes that occur when converting cold water to hot. And the thick blanket of insulation keeps the hot water in the tank — where you want it!

So, if your old water heater can't keep up with your growing family — stop in and see us. We'll see that you get an A. O. Smith that grows with you.

**A. O. Smith** Includes Delivery and Normal Installation  
Permaglas Gas Water Heater **\$154.95**

Budget Terms — As Low as \$5.65 a Month

**RGE**  
ROCHESTER GAS AND ELECTRIC  
89 EAST AVENUE • 546-2700

**MUSICA CLEARANCE**

Folk Guitar 14.00 up  
5 String Banjo 39.00  
Gibson Folk Guitar 99.00  
Greco Classic 69.00  
Uke 9.00 up  
Violin Shape Bass 89.00  
Gibson Electric 89.00  
Fender Stratocaster 115.  
Vox Tear Shape Bass 199  
Gretsch Chet Atkins Thin Epiphone Casino Beatles Amplifiers 25.00 up  
Bass Amplifiers 85.  
Piggyback Amp. 2-12" Jordan Boss Bass Amplifier Boston 99.  
Thin Hollow Electric We Wa Pedals 29.00  
Complete Drum Outfits Microphones 15.00 up  
20% OFF ALL

**685 TITUS AV**  
**324 JEFFERSON**  
(Between  
**HOUSE**  
Open 10 to 9

**THE HOLY FATHER'S MISSION PROJECT**

What's peace? Last year native school lepers, if you to you world? Sisters them - dors - tired - all the.

What's Eve? - M. can do. Trai person help, a only \$ gether. Tra life for \$8.50. Write for a r. Ent infants. The of Family life. R. Str. Hof ber of it's-ne.

Somev you ca school. If for memo reques and fi living.

Dear ENGLISH FOR NAME. Please return coupon with your offering. STREET CITY.

**THE CATHOLIC MIA**