

# New Breads for Breakfast



If your husband gets chesty, and toast makes him testy You can soothe him by serving him something that's new. Here are new breads for morning that he won't be scorning. You'll find that their baking's a good thing to do.

**SERIOUSLY** speaking, American breakfasts are far too monotonous. Most of them consist of fruit, cereal, eggs, toast and coffee, morning after morning, throughout the year. To be sure there is a great variety of wet and dry cereals, eggs can be cooked in any number of different ways, and now that most coffee is vacuum packed, it is easy to have it fresh and good. But too often the fruit is omitted and the toast is hard and dry.

Here's a remedy for both these troubles in the form of recipes which combine a healthful fruit with a bread. The fruit is Hawaiian pineapple, and it has the advantage that its acids turn alkaline in the stomach as doctors and dietitians maintain that they should. It can be combined with bran, white flour and wholewheat breads.

**With Bran or Wholewheat**  
**Pineapple and Honey Bran Muffins:** Sift together one cup flour, four teaspoons baking powder, and three-fourths teaspoon salt, and add one and one-fourth cups bran. Add two well-beaten eggs, one-fourth cup honey, three-fourths cup milk and one tablespoon melted butter. Add one-half cup crushed pineapple, after draining syrup off thoroughly. (Keep the syrup in the refrigerator to use later in drinks or sauces.) Bake in muffin tins, 375°, for twenty minutes. This recipe makes twelve muffins.

**Wholewheat Fruit Bread:** Sift together two and one-half cups wholewheat flour, four teaspoons baking powder, one teaspoon salt and four tablespoons sugar, and add one well-beaten egg. Add one tablespoon melted butter, one cup milk and one cup well-drained crushed Hawaiian pineapple. Bake in a loaf pan in a slow oven, 350°, for forty-five to fifty minutes.

**With White Flour Breads**  
 And here are two ways to combine pineapple with white flour breads that can be served at breakfast or luncheon.

**Pineapple Half Moons:** Cook together until thick the contents of an 8-ounce can of crushed Hawaiian pineapple, one-third cup sugar and a few grains of salt, and then cool slightly. Sift together two cups flour, four teaspoons baking powder, one teaspoon salt and one tablespoon sugar, and cut in one-third cup shortening. Add three-fourths cup milk, roll out quite thin, and cut in rounds. Put a teaspoonful of the pineapple on each round, fold over and pinch the edges together. Bake in hot oven, 425°, for twelve minutes. This makes sixteen moons.

**Pineapple Luncheon Rolls:** Soften one cake yeast in one-fourth cup lukewarm water. Scald one cup milk with one tablespoon sugar, one-half cup shortening and one teaspoon salt. Add two cups flour to make

a sponge, beat vigorously and let rise to double its bulk. Add one well-beaten egg, one-half cup sugar and the well-drained contents of an 8-ounce can of crushed Hawaiian pineapple. Then add from three to four cups of flour to make a stiff dough, and knead well. Let rise again to double its bulk. Cut down, pinch off small pieces, and form into balls. Place these an inch apart on well greased pans, and let rise again. Bake fifteen minutes in a hot, 400°, oven. This will make three dozen rolls, and our confident guess is that you will not find this number too many.

### Other Breakfast Dishes

Pineapple combines extremely well with many standard cereals, just as it comes from the can, in slices, crushed or in tidbits, and here is a way to vary the taste of Hawaiian pineapple if you are in the habit of serving it all by itself.

**Pineapple Simplicity:** Drain as many slices as you want of Hawaiian pineapple. Sweeten some lime or lemon juice with apricot or confectioner's sugar, and add a little bruised mint to flavor. Pour this over the pineapple, and let stand in ice box long enough to chill thoroughly and to absorb the lime or lemon and mint flavor. Lay slices on serving plates and put a fluffy bouquet of mint in the hole of each slice.

# GENERAL BUSINESS CONDITIONS

From the Monthly Bank Letter for November Issued by The National City Bank of New York

**COOPERATIVE** efforts by the Government and leading banking interests to relieve the acute stage of banking difficulties reached early in October provided the highlight in business in the United States during the month, according to the monthly Review of Conditions published by The National City Bank of New York. Largely because of the demonstration of banking power and solidarity given, the review states, these difficulties are receding. Indications of reviving confidence are the better tone of the stock market, easier foreign exchange rates, subsidence of the gold export movement, and most important of all a decline of \$24,000,000 in money in circulation in the final week of the month. This "seems to indicate that the hoarding of currency has at last passed its peak."

On the subject of foreign withdrawals of gold from the United States, the review points out that "while the movement itself has been regarded as a hysterical one, it is recognized that restriction of gold not needed in this country will be helpful in restoring not only the world equilibrium, but more wholesome credit conditions in this country." Noting that the gold lost has in effect been "under foreign ownership throughout its stay here," the review says "it is a fortunate thing to have the excess removed at a time when its withdrawal causes the minimum of disturbance. Notwithstanding the loss of gold, the amount of 'free' gold in the Federal Reserve Banks at the current writing is substantially as large as before the movement started."

Discussing the fundamental causes of the bank failures in the United States, the review calls attention to the tendency of bank credit in recent years to take the form of loans and investments ineligible for rediscount at the Federal Reserve Banks. This decline in holdings of eligible paper has been largely outside the con-

trol of the banks, being due to the depression and the fact that corporations during the boom financed themselves more by security sales and less by bank loans.

"For such reasons," the review continues, "the last few years have been in general a period of declining liquidity especially for country banks, with a marked turn by city banks, within the current year, toward increased liquidity through purchase of U. S. Government bonds. Undoubtedly, the only reason why country banks also have not reversed their position is that they have been unable to do so. Five-cent cotton and 30-cent wheat have been too great a problem for them to solve. Even where they have an adequate percentage of well-secured loans of short maturity, debtors have been unable to repay promptly, necessitating renewal or the sale of the security at a sacrifice, a demoralizing necessity avoided whenever possible. The impact upon banks in such condition of a sudden and panicky demand of depositors for the repayment of their funds at once becomes insupportable. The weakness in the situation due to lack of liquidity has been evident in two ways: first, in the inability of solvent banks promptly to borrow upon their assets to a sufficient extent to meet demands upon them; and second, in selling of bonds by the banks in order to raise funds. This depreciates the investments of other banks which in turn may find their capital impaired, the whole process illustrating the vicious circle in which depression operates."

Discussing the operation of the National Credit Corporation which has been established to ease this situation, the review says:

"The purpose of the National Credit Corporation, sponsored and subscribed to by the banks of the country, is to mobilize banking resources into a pool, out of which to make loans in the present em-

ergency to sound banks on sound assets. It is a mechanism for the rediscount of such good paper of these banks as is not eligible for rediscount by the Federal Reserve Banks, as a method of assisting temporarily illiquid banks to meet their current obligations and thus make sacrifices of assets unnecessary, reduce the number of bank suspensions and assist in the restoration of public confidence in the banking situation.

"It is our view that the dramatic events of these few weeks have immensely strengthened the resolution of the strong banks, members of the Federal Reserve System, to cooperate effectively in support of the situation and to widen the latitude of the individual assistance they give."

The review stresses the importance of the advances in prices of wheat, cotton and other farm products, stating that "their recovery, relieving the pressure upon marginal holders, encouraging buyers and facilitating repayment of loans, is one of the most hopeful features of the situation." It says that business activity has shown some pickup during October, but improvement has been limited to ordinary seasonal increases. The heavy industries continue quiet, but resumption of operations by leading automobile manufacturers during November will provide needed support for steel and other industries.

The current review contains a tabulation of third-quarter earnings reports of about 200 corporations engaged in the major manufacturing industries and to retail trade, showing aggregate net profits, after all charges but before dividends, of approximately \$97,000,000, against \$167,000,000 the previous quarter and \$131,000,000 in the first quarter. In the third quarter of last year such net profits amounted to \$102,000,000, indicating a decline this year of 49.2 per cent.

## Science Evolves Cushioned Wood Flooring With In-Built Shock Absorber

CHICAGO—Housewives and office workers throughout the country doubtless will welcome the news that a revolutionary new type of wood flooring material with an in-built shock absorber which takes the jolts out of walking as automobile devices eliminate road shocks in riding, has been perfected.

The cushioned flooring, which is of tongue-and-groove construction, con-



Cushioned Flooring That Takes Jolts Out of Walking.

sists of outer layers of a tempered preswound and an inner layer of quarterboard, the latter functioning as a shock absorber, as well as a sound deadener between floors. A distinctive feature of this material is its three sizes of reversible squares, which are light on one side and dark on the other, so that practically an unlimited number of attractive designs of flooring effects may be obtained.

The perfection of this cushioned flooring is acclaimed by prominent architects and builders as one of the most important achievements of direct benefit to housewives and office

workers in the last decade: "It is a big advance step in the evolution of building construction materials," said R. G. Wallace of the Masonite Corporation, "as it will serve to reduce fatigue resulting from constant walking upon hard floors, thus protecting health and increasing the comfort of a large percentage of workers." The wood squares can be laid upon cement or wood under-flooring, and either glued or nailed in place. The new material also can be used either as a flooring or as a floor covering, a feature that fills a long-felt need in the building industry.

## Creamed Dishes Are an Index of Cook's Skill

**T**HERE are creamed dishes and creamed dishes. Your results depend much upon the method which you use in making your cream sauce, the thickening ingredients, and the richness



of the milk. If there is anything more disconcerting to the housewife who prides herself on her finished cookery as well as to the guest who is a connoisseur of food preparation it is the lumpy creamed dish or the too-thick or too-thin variety.

There are three distinct and equally successful ways of thickening the creamed dish—using bread crumbs, making a substantial white sauce, using concentrated evaporated milk which is especially adapted to certain foods such as spinach.

If you are serving a creamed vegetable or fish that produces an insipid and colorless product despite its high degree of delicacy and nutritive value, you can add a bit of color. A fleck of paprika or a sprig of parsley gives a touch of color to the otherwise unappealing creamed dish as far as the eye appeal governs.

Here are several recipes for creaming vegetables and fish that have excellent food value because of the quantity of evaporated milk used in the cream sauce.

**Scalloped Egg Plant**  
 1 egg plant  
 1 tsp. butter  
 1/2 cup onion, finely chopped  
 1 tsp. salt  
 1/2 cup buttered pepper

Pare egg plant. Cut in 1/4-inch dice and boil in a small amount of water until tender. Drain. Cook onion slowly in butter until yel-

low. Add egg plant, bread crumbs and milk. Season with salt and pepper. Turn into a buttered baking dish. Cover with buttered bread crumbs. Brown in a moderate oven (350° F.). Yield: 6 servings.

**Carrots**  
 1 qt. diced carrots  
 1/2 tsp. sugar  
 1 medium onion  
 2 tbsp. butter  
 1/2 cup soft bread crumbs  
 1 cup evaporated milk  
 Salt and pepper

Boil carrots with sugar in a small amount of water, until almost tender. Simmer chopped onion in butter 5 minutes. Add onion, crumbs and milk to carrots and continue cooking until carrots are tender. Season to taste. Turn into a hot vegetable dish and garnish with chopped parsley. Yield: 8 servings.

**Tomato and Bacon Sandwiches With Cheese Sauce**  
 Pour cheese sauce over toast. Place a thick slice of grilled tomato in center of each piece and top with two slices of crisp, broiled bacon.

**Cheese Sauce**  
 1/4 tsp. butter  
 2 tbsp. flour  
 1 tsp. salt  
 Dash of pepper  
 1 cup boiling water  
 1 cup evaporated milk  
 1/2 cup grated American cheese

Melt butter in double boiler. Add flour, salt and pepper and blend thoroughly. Add boiling water, stirring to keep smooth. Cook directly over flame 2 minutes, stirring constantly. Add evaporated milk and cook over hot water 5 minutes longer. Add cheese and continue cooking until cheese is just melted. Yield: 2 cups.

**Creamed Sardines**  
 2 cups evaporated milk  
 1/2 cup soft bread crumbs  
 1/2 cup lemon juice  
 Salt and pepper  
 Cayenne  
 1 can sardines (1 cup)  
 2 tbsp. lemon juice  
 Toast  
 Paprika

Cook milk, crumbs and seasonings over boiling water until crumbs are quite soft. Skin and bone the sardines. There should be 1 cup. Add lemon juice and when ready to serve stir into hot sauce. Pour over hot buttered toast or chill and use as a sandwich filling. Yield: 6 servings.

## Fall Fashions For Vegetables



By MARYE DAHNKE, Kraft Cheese Institute

"IT'S broccoli, dear!"

The sophisticated young modern of cartoon fame who thought her mother was foisting spinach on her under a fancy name and refused it with such classic scorn would have been sorry indeed to deny herself the joys of broccoli prepared with rich golden cheese sauce.

In fact, the most particular families will never know the old familiar vegetables dressed up in the height of new fall fashions.

The dressing is everything, and the golden hues and fragrance of cheese add just the correct, inspired touch for autumn vegetable dishes.

**Broccoli with Velveta Sauce**  
 2 lbs. broccoli  
 2 packages Kraft Velveta

Cook broccoli in the usual way, in boiling water. Drain thoroughly, place

a layer in a casserole and cover it with sliced Velveta. Add remaining broccoli, cover with remaining Velveta, pour milk over it and bake in a very moderate oven, 325°, until Velveta is melted, about 10 minutes. No other sauce or seasoning is needed.

**Cauliflower-Tomato Sauce**  
 1 medium cauliflower  
 1 cup thick strained tomatoes  
 1 1/2 cups soft bread crumbs  
 1 1/2 cups grated Kraft American Salt cheese

Cook cauliflower (flowers separated) in boiling salted water until tender; drain well and place in a casserole. Mix tomatoes, 1 cup bread crumbs and 1 cup cheese, with seasonings to taste. Pour over the cauliflower, sprinkle top with remaining 1/2 cup crumbs and cheese and bake in a moderate oven, 350°, 20 to 30 minutes.