



On our desk is a recipe for banana walnut bread, and it sounds as if it would be delicious.

You'll need three-fourths of a cup of sugar; one-fourth cup of shortening; two eggs; one cup of mashed ripe bananas; two cups of all-purpose flour, sifted; two teaspoons of baking powder; one-half teaspoon of salt; one-fourth teaspoon of soda; one cup of chopped walnuts.

Start oven at 350 degrees. Grease a loaf pan, 9 X 5 X 3 inches. Combine sugar and shortening in mixing bowl, beat well, add eggs, one at a time, beating well after each addition.

Beat batter until light. Add mashed bananas and beat well. Sift dry ingredients together three times. Stir into batter, beating smooth. Add walnuts and pour into prepared pan.

Bake in moderate oven sixty to seventy minutes. Let cool in pan for five minutes, and turn out on rack. Slices nicely, even when warm. Makes eighteen slices one-half inch thick.

Wrap any unsliced remaining loaf in foil or freezer-wrap, and store in freezer or refrigerator. Slices neatly when frozen.

Have you been serving soups at your house on the cold days we have been experiencing this winter? Nothing beats home-made vegetable soup, but you can find a wide variety of excellent canned soups on the market now. Pick up a can of something different. You may discover that it strikes your fancy. If it doesn't, you haven't invested much.

And before we forget it, crumble your left-over toast and bread, and scatter it in your yard for hungry birds to feast on. They have a food problem when the ground is frozen, and with very little effort you can help them survive to sing joyously next spring.

As we keep or break the Sabbath, we nobly save or meanly lose the last best hope by which man rises.--Abraham Lincoln

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