

Apple, Oats Make Snack Delicious

Apple Spicewiches are a delicious after school or coffee time snack. They feature an easy-to-prepare oat crumble layer which "sandwiches in" a nutritious applesauce, raisin and nut filling.

Apple Spicewiches have a flavor reminiscent of the

dessert. Quick or old fashioned oats, brown sugar, butter and spices are combined and pressed into the bottom of a greased 13x9-inch baking pan and spread with the fruit and nut filling.

Wholegrain oats contribute a delicious nut-like flavor and supply precious vitamins and minerals to this nutritious snack. Oats are a wholegrain because

Having Fun With Pork

Chinese Sweet-Sour Pork

6 servings, 1 cup each

As needed Oil for deep fat fryer

1 egg beaten

1/2 cup flour, unsifted

1/2 teaspoon salt

1 teaspoon soy sauce

1/4 cup water

1 1/2 pounds pork shoulder, cut in 1/2 inch cubes

2 tablespoons cornstarch

1/4 cup sugar

1/2 cup Vinegar

3/4 cup water

1 tablespoon Soy Sauce

1/2 cup green peppers, cut in squares

13-oz can pineapple chunks

1/2 cup Sweet mixed pickles drained

Heat oil to 355 degrees F in deep fat fryer or heavy

saucepan. Mix egg, flour, salt, 1 teaspoon soy sauce, and 1/4 cup water. Coat

pork pieces with egg mixture. Fry in hot fat until

brown, about 5 minutes.

Drain on absorbent paper.

Mix cornstarch and sugar in saucepan. Add vinegar,

3/4 cup water, 1 tablespoon soy sauce, green pepper,

pineapple, and pickles.

Cook, stirring constantly, until mixture is thickened

and clear.

Consumer/fun with pork

Creole Pork Chops

6 servings, 1 chop each

1/2 cup onion, chopped

1/2 cup green pepper, chopped

2 tablespoons butter or margarine

16-oz can tomatoes

2 tablespoons sugar

1/2 teaspoon salt

Dash Cayenne pepper

1 tablespoon vinegar

1 tablespoon Worcestershire sauce

6 pork chops, loin

Cook onion and green

pepper in fat until tender.

Add remaining ingredients

except pork chops. Simmer

while meat is browning.

Brown chops lightly on both

sides in heavy frypan.

Drain off fat. Pour tomato

mixture over chops. Simmer

for 45 minutes to 1

hour until chops are tender.

Remove fat from top of

sauce if needed.

Calories per serving:

about 275.

Apple Spice- Wiches Try It In Your Kitchen

Oat Crumble:

2 cups oats, uncooked

1 1/2 cups all-purpose flour

1 cup butter or margarine

1 cup firmly packed brown sugar

1 teaspoon cinnamon

1/4 teaspoon salt

1/2 teaspoon soda

1/4 teaspoon nutmeg

1/4 teaspoon cloves

Filling:

1 cup applesauce

1/4 cup raisins

1/2 cup chopped nuts

For oat crumble, beat together all ingredients in large mixing bowl at low speed on electric mixer until mixture is crumbly. Reserve 2 cups. Press remaining oat crumble onto bottom of greased 13x9-inch baking pan.

For filling, spread combined applesauce, raisins and nuts over base; sprinkle with reserved oat crumble. Bake at 400°F about 30 minutes.

original bran, germ and endosperm, and essentially all its nutrition.

perfect with a glass of milk as an afternoon snack for the kids or with a cup of

coffee as an adult favorite. In other words, their old fashioned goodness reaches everyone!

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Don't Follow Blind Alley

Many adults and youth today make the sad mistake of training for jobs that are not available. Many college students major in subjects for which employment no longer exists. The Federal Trade Commission has furnished these guidelines to help prevent the frustrations that follow when people spend time in training for non-existent jobs.

If you are entering training, do all within your power to choose the right school by asking yourself these questions:

1. Can I pass the requirements for graduation?
2. Will this school help to place me after I finish?
3. Will this school pass the test?
4. What kind of job will I be prepared to hold after finishing?

This information brings to mind a young man

who had dreamed of becoming an engineer since his childhood days. He could not read very well, and his math was poor. Nevertheless, he wanted to become an engineer. He struggled

meant lowering his expectations. Instead of taking something else, the young man dropped out of school and never did finish any school.

He now regrets that he failed to take the

make it imperative that a student choose a school within his area or within his ability, or end up not attending any school at all. If this is the case, it is better for the student to stay in school and get what he can now and then go on to a better school later. Because of certain demands, it will become increasingly harder for students to gain entrance to any college or technical school in the near future. If you are in a school now, do everything within your power to stay there and finish.

If you are in doubt about where you can get straight answers about your job chances after graduation, contact these sources: the state employment agency; prospective employers; professional counselors.

Better Living

By Anne Falls



through high school and made enough on the entrance examination to get in school, but he could not stay. His grades were so poor that he was advised to take some other course that would prepare him for life. This would have

advice of his teachers at the technical school. In fact he has enrolled in several courses and has drifted from one job to another because he could not finish his dream course.

Many times financial and home circumstances

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