



from the
PAMPERED KITCHEN

By Elizabeth Isenberg, Home Economist

Mrs. MacNab's Scones

The "biscuit" appears in the culinary repertoire of many countries. The term "biscuit Method" refers to a method of combining ingredients for a batter or dough.

In Britain, the biscuit usually refers to a crisp cookie, often factory-made, which goes so well with a cup of afternoon tea. In America, biscuits can be the base for a strawberry shortcake or they can be served piping hot as the "bread" at mealtime. In the southern states, beaten biscuits are the South's most famous contribution to the roster of breads. The biscuit dough is actually beaten with a wooden mallet until blisters appear on the dough's surface.

In Scotland, the biscuit is the famous scone or bannock. Traditionally, the only difference is in the size. The bannock is baked in a large round, the size of a dinner plate, and then cut into quarters. On the other hand, the scone is cut into sections which are baked separately. At one time, scones were made from oatmeal and baked on a griddle.

Biscuits have a layered texture which is the result of cutting solid shortening into the dry ingredients until the fat particles are the size of small peas. When the biscuits are baked, these solid pieces melt, creating a layering effect, so desirable in a properly made biscuit.

The following scones have been adapted from Bernard Clayton's ex-

cellent book called the "Complete Book of Breads." They are called Mrs. MacNab's Scones in honor of Mrs. MacNab who baked these breads in her farm cottage near Balmoral Castle. King Frederick of Prussia used to come by her cottage for tea and scones whenever he visited the castle. These scones must be served piping hot from the oven and they are appropriately spread with butter or margarine and lots of jam.

MRS. MACNAB'S scones

Yield: 16
2 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking soda
2 teaspoons cream of tartar
3 tablespoons butter or margarine
1 egg, lightly beaten
1/2 cup buttermilk

1. In a mixing bowl, combine flour, salt, baking soda, and cream of tartar.
2. Cut the solid fat into the dry ingredients until the mixture resembles coarse crumbs.

3. Combine together the egg and buttermilk and add all at once to the flour mixture, stirring with a fork. You may require an additional tablespoon of buttermilk.

4. Knead the dough lightly on a floured board until you have a soft, pliable ball.
5. Divide the dough into 4 parts and flatten each part out with the knuckles into a round circle about 6 inches in diameter and 1/2 inch thick. Cut each circle into quarters and lift onto a greased baking sheet. Prick each scone with the tines of a fork.

6. Bake at 375 degrees F. for about 15 minutes or till they are a light tan. Beware of scorching. Remove from oven and serve them at once, split and buttered.

AARP News

The American Cancer Society will tell the members of the AARP more about cancer at their February meeting. Ms. Virginia Waite will be the speaker. She is chairperson of the public information committee of the American Cancer Society.

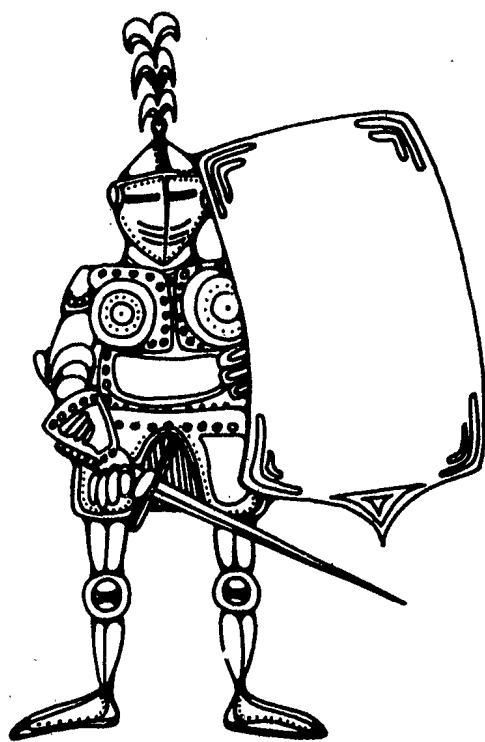
The meeting will be on Tuesday, Feb. 20 in the small dining room of the County Dining Hall (main dining hall) on the ATC campus in Canton at 12:30 p.m. There will be a lunch at a cost of \$3.25 plus tax. Following will be the program by the American Cancer Society. For reservations please call one of the following by Feb. 16, Helen Rich 386-8748, Mildred or Harold Hughes 265-9689, Mary Pask, 265-4443, or Eunice or Myron Mochel 265-7312.

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Milk Drinks Not Only For Kids

BY CINDY THEOBALD

St. Lawrence County Dairy Princess
If you're over 21 and think milk is for children and babies, think again. About 75 percent of the calcium that adults as well as children need is best supplied by milk and dairy products. Nutritionists say that adults need 16 ounces of milk daily. Should you want more sophisticated drinks than plain cold milk, there's a whole world of beverages based on milk.

Cafe Cappuccino

Bring 1 cup water to boil in small saucepan; add a tablespoon instant coffee and stir until dissolved. Add 1 cup milk and 2 teaspoons sugar; heat to serving temperature. Beat until foamy. Sprinkle with cinnamon and nutmeg.

Chocolate Cozy

Combine one-third cup instant chocolate flavored mix, 1/4 teaspoon cinnamon, 1/4 teaspoon nutmeg and a dash of salt in a small saucepan; add 2 cups milk. Heat to serving temperature.

Food Stamps Available

The Food Stamp Outreach staff will be at the following locations from 9-5 p.m. on the following days:

Feb. 26, Massena Neighborhood Center; Feb. 21, Old Supreme Court Building, Gouverneur; Feb. 23, Ogdensburg City Hall Council Chambers.

If you would like information or wish to apply for Food Stamps, please stop in at one of these locations. For more information, call the Food Stamp office at Canton at 379-2172.

Mexican Mocha

Heat 1 quart milk to scalding temperature in a saucepan. For each serving, place 2 teaspoons instant chocolate flavored mix and 1 teaspoon instant coffee in cup; pour in 3/4 to 1 cup milk. Serve with cinnamon stick stirrer.

Faith, Hope and Char-Tea

Combine 2 cups milk, 2 tablespoons instant chocolate flavored mix and 1 1/2 tablespoons instant tea in small saucepan. Heat to serving temperature.

Nutrition Program Menu For Elderly

This week's menu of the nutrition program for the elderly is:
Wednesday-Roast turkey with gravy, mashed potatoes, squash, rolls and butter, Valentine cupcakes with candy hearts, milk.

Thursday- Hot pork sandwich with gravy, French fries, cole slaw, bread and butter, pumpkin pie, milk.

Friday-Tuna casserole, carrot and raisin salad, green beans, johnny cake and butter, butterscotch pudding, milk.
Monday-Baked ham, escalloped potatoes, cabbage, rolls and butter, glorified rice, milk.

Tuesday- Shepherd's pie, gelatin salad, wax beans, bread and butter, apricots, milk.

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