

You can serve beer bread with soup

POLLY'S POINTERS



POLLY FISHER

DEAR POLLY — Do you have a recipe for beer batter bread? I've seen mixes for this bread advertised in magazines, but I'd like to make my own if possible. — LAURIE

DEAR LAURIE — Beer bread is a simple but delicious bread that tastes especially good toasted. Be sure you use self-rising flour, which already has leavening and salt blended into it. Thoroughly mix together 3 cups self-rising flour, 3 tablespoons sugar and one 12-ounce can room-temperature beer. Pour the batter into a greased loaf pan. Bake one hour at 350 degrees. Beer bread may be served warm or cool, plain or toasted. It's just the thing to serve with cold summer soups or salads! — POLLY

DEAR POLLY — To cover a meringue pie, lightly oil a sheet of waxed paper, then lay it lightly on top of the pie. The paper will not stick to the

meringue. — E.
DEAR POLLY — My kids like to take gelatin desserts in their school lunches and on picnics. However, in warm weather, the gelatin often melts. To solve this problem, I use only three-fourths the water called for in the recipe or on the packaged mix. This makes a firmer gelatin that stands up to the heat much better. — MARY

DEAR POLLY — Peeling onions under cold running water keeps the tears out of your eyes! — G.T.

Summertime means big thirsts in many households! If you'd like to serve your kids beverages that are nutritious, delicious and good for them, you'll appreciate the recipes in Polly's newsletter "Nutritious Milk and Fruit Beverages." You'll learn how to make homemade "soda" out of fruit juice, make milk a meal in a glass, and blend up frosty coolers and refreshers that are all-natural alternatives to sugary soft drinks. Send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 93863, Cleveland, OH 44101-5863. Be sure to include the title.

DEAR POLLY — A couple of years ago, you published a recipe for homemade bubble bath. A friend of mine made it and says it was the best bubble bath! She has misplaced the reci-

pe. Could you please repeat it so we can make some more? — CHRIS

DEAR CHRIS — With testimony like that, how can I refuse?

Gently stir together ¼ cup gentle liquid dishwashing detergent (one that's good for your hands), 1 cup epsom salts, 4 to 5 drops glycerine, 3 to 4 drops perfume of your choice and 4 to 5 drops food coloring of your choice. Stir in a tightly covered bottle or jar. For a luxurious bubble bath, add 1 to 2 tablespoons of this mixture to running bath water.

It makes you feel pampered at the right price!

I'm sending you a copy of my newsletter "Home Beauty Spa," which includes this formula as well as recipes for making other toiletries at home, such as moisturizers, facials, scented skin bracer and much more. Others who would like a copy of this issue should send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 93863, Cleveland, OH 44101-5863. Be sure to include the title. — POLLY

DEAR POLLY — I have several soft soap dispensers and don't like to throw them away because they are pretty. I filled one of them with my hand lotion and put it on the kitchen counter near my sink. They could be used in other places as well. — ESTHER

DEAR POLLY — I sprinkle baking soda in my diaper pail, adding more as the pail fills with dirty diapers. This helps keep down the odor. When I wash them, the baking soda can be dumped into the washer right along with the diapers. — R.G.

DEAR POLLY — I love fresh coconut, but a whole coconut is too much for us to eat at one time. What's the best way to store it? — B.L.K.

DEAR B.L.K. — Fresh coconut freezes successfully. The easiest method is to shred or grate it, then pack it in small freezer bags in amounts you would use at one time. Seal, label and freeze. You can also wrap larger pieces to thaw and use, but I find it handier to shred or grate it at first. Then you'll have minimal preparation necessary when you need to use some.

I prefer packing it in small quantities rather than all in one big bag because the moisture in freshly grated coconut sometimes causes it to freeze together in a big lump, so it would be more difficult to take out only a small amount at a time. If you like to use a little coconut here or there as a garnish, you might try packing it in ice cube trays, freezing, then popping out the frozen coconut into a freezer bag for storage. — POLLY

RECIPE OF THE WEEK: This potato-beef casserole is easy on the cook, but it has that satisfying flavor meat-and-potato lovers really go for!

In a greased baking dish, layer 4 large peeled and cubed potatoes, 3 large coarsely chopped onions, 4 sliced carrots and 1 pound lean ground beef. Combine 1 can condensed tomato soup, ¼ cup water, ¼ teaspoon salt and ¼ teaspoon pepper (or to taste) and pour it over the top of the casserole. Cover and bake 1½ hours at 350 degrees, uncovering the last half hour so the liquid will thicken. This serves four hungry diners.

If you love potatoes, you'll love all the recipes in my newsletter "Potatoes! Potatoes! Potatoes!" It includes recipes for baked potatoes topped with a variety of low-calorie toppings, potato salads and side dishes, potato main dishes, even potato cake and potato fudge! Send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 93863, Cleveland, OH 44101-5863. Be sure to include the title. — POLLY

Polly will send you a Polly Dollar (\$1) if she uses your favorite Pointer, Peeve or Problem in her column. Write POLLY'S POINTERS in care of this newspaper.
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