

# Food for Thought

*" What we need at the present time is a cheap substitute for food. "*  
Chef Fred

*When hunger pangs strike the first thing I think of is 'what do I want to eat'? The food budget being re-evaluated these days makes me think there may be a time when 'what can I eat'? may be the question! I currently have the luxury of choosing my meal choices like fast food, gourmet restaurants or preparing our own meal. There is a plethora of varieties when reading a menu or shopping at the market all offered for my freedom of desires.*

*I hope I don't get to a point where taste vs a full belly becomes an issue.*



In 1948 Winston Churchill of the British House of Commons said

**'those who fail to learn from history are doomed to repeat it'.**



*America has suffered from hard times but thank God we had parents who got us through those times. Mom was a child who lived through the Great Depression and growing up she was taught to be a frugal mother. Dad kept livelihood in order.*



Really?  
No Apples!



**RITZ / PIE**

*Mock Apple Pie* **NO APPLES NEEDED!**

Pastry for two crust 9-inch pie  
36 RITZ CRACKERS  
2 cups water  
2 cups sugar  
2 teaspoons cream of tartar  
2 tablespoons lemon juice  
Grated rind of one lemon  
Butter or margarine  
Cinnamon

Roll out bottom crust of pastry and fit into 9-inch pie plate. Break RITZ CRACKERS

coarsely into pastry-lined plate. Combine water, sugar and cream of tartar in saucepan; boil gently for 15 minutes. Add lemon juice and rind. Cool. Pour syrup over crackers, dot generously with butter or margarine and sprinkle with cinnamon. Cover with top crust. Trim and flute edges together. Cut slits in top crust to let steam escape. Bake in a hot oven (425°F.) 30 to 35 minutes, until crust is crisp and golden. Serve warm. Makes 6 to 8 servings.

**Try this and other delicious recipes from the Nabisco Kitchens now on all RITZ packages**