

Potato pancakes

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| 1/4 cup flour | 2 teaspoons salt |
| 4 cups grated raw potatoes | 1/8 teaspoon pepper |
| 1 medium onion grated | 2 tablespoons melted butter |
| 2 lightly beaten eggs | |

Grease a large skillet lightly and heat well. Measure flour into a bowl. Add remaining ingredients and stir quickly. Drop a large spoonful onto a hot skillet. Spread and flatten. Fry rather slowly until crisp and brown on both sides. Grease skillet before each batch. Makes 12 pancakes

Baked Alaska strawberry shortcake

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| 1 pint strawberry ice cream, softened | 1 pint fresh strawberries, sliced |
| 2 cups packaged biscuit mix | 4 egg whites |
| 3 tablespoons sugar | 1/2 teaspoon cream of tartar |
| 1/2 cup milk | 1/2 teaspoon vanilla |
| 1 egg yolk | 1/2 cup sugar |
| 3 tablespoons butter or margarine, melted | |

Foil line an 8-inch round pan; spoon in ice cream. Freeze firm. Combine biscuit mix and the 3 tablespoons sugar. Beat together milk, egg yolk, and butter; add dry ingredients. Stir until smooth.

Spread in a greased 9-inch round pan. Bake in 450°F oven for 12 to 15 minutes. Remove from pan; cool.

Remove ice cream from foil and place ice cream on shortcake; top with strawberries. Place on bread board suitable for baking in oven.

Beat egg whites, cream of tartar and vanilla to soft peaks.

Gradually add remaining 1/2 cup sugar; beat until stiff peaks form.

Spread over cake; seal to edge. Bake in 500°F oven for 4 minutes.

Makes 8 servings

Weight Watchers' sex in a pan

Base:

32 Graham wafers, crushed or 1 3/4 cups crumbs

1/3 cup margarine (not tub type) melted

Top:

8-ounce package lo-cal instant chocolate pudding (use skim milk) *4 servings*

8-ounce package lo-cal instant vanilla pudding (use skim milk) *4 " "*

2 cups Cool Whip

Mix Graham wafer crumbs and margarine together. Press into 9 x 13 pan. Bake in 350°F oven 10 to 12 minutes until golden brown. Watch carefully. Let cool completely.

Prepare pudding and Cool Whip according to package instructions.

Place a layer of vanilla pudding, chocolate pudding and top with Cool Whip. Chill in freezer 10 minutes between adding layers.

Optional: sprinkle with cinnamon on top or 1 teaspoon of coconut.

Makes 16 servings.