## DATE BAR

Make a crumbly mixture of the following:

1 c shortening

2½ c catmeal

1 c brown sugar

1 t salt

2 c flour

2 t seda in 1 T water

Cook tegether and ceel: 1 lb dates, cut up fine, 1 c H<sub>2</sub>0

and 1 c sugar. Press about half of the crumbly mixture

into the bottom of a well greased pan, then put the date

mixture on top of that; then add the balance of the

crumbly mixture. Bake in a mederate oven (350) about 30

min. Cut into sqs.

Mrs. Ed Pallas