

Did you ever take Home Economics in school? In the 1950s, only girls and women did, all the way through college. My mother ended up taking Home Economics at the University of Hawaii because she was trying to figure out what she wanted to do. She ended up leaving college, becoming a stewardess, meeting my dad, and having a family. But first, she learned this recipe in class. Enjoy the first Family Cookbook episode of 2019 and have some muffins soon.

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