

## For the Farm Wife and Family

There's variety in this week's household items, and chicken plays a role, along with other meat dishes

Barbecue time is coming up, so how about sending in your favorite barbecue recipes? Chicken especially

Mrs. A. H. Shissler, R3 Elizabethtown, wins this week's free subscription to Lancaster Farming. She enclosed a recipe for Lebkuchen, which is very old.

### LEBKUCHEN

One and one-half pounds of flour  
One pint thick milk  
One cup lard  
One and one-half teaspoon

## Free To Women...

One year charter subscription to LANCASTER FARMING to one housewife each week who submits the best letter recipe home-making hint. Send your letter to LANCASTER FARMING, Quarryville, Pa.

soda  
Flour till stiff  
Beat yolk of egg and spread over top  
Roll on cookie sheet  
Bake

Here are some notes and recipes on the role meat plays in our daily lives

Have you had your half-pound of meat today? That's about the average for the United States population, preschool children excluded. These 18 million youngsters and the 14 million elderly have been found to eat less meat than other age groups. The other 147 million persons ate around 180 pounds apiece

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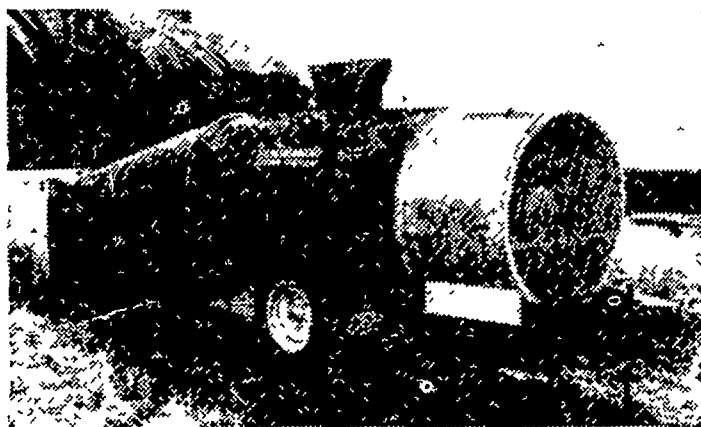
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## Thimble Club Banquet



When you have farm women furnishing the cooking, you have a good meal. Such was again true at the recent meeting of the Green Tree Thimble Club at

Middle Octoraro Church. Seated in front is the Rev. George H. Shea, Middle Octoraro pastor. (See accompanying story). (Lancaster Farming Staff Photo).

last year, which figures out to about 1/2 pound a day for each.

Housewives at the meat counter sometimes are confused as to how much to order for family or guests without having either a shortage or waste. In general, they should allow a quarter-pound of boneless meat cuts or ground meat per serving. Cuts with some bone in, such as steaks, chops and roasts, require 1-3 to 1/2 pound for each serving. Heavy-boned items, like spare-ribs, shanks, hocks and such, should be purchased at a rate of 3/4 to one pound for each serving. Dried beef, liver sausage, bologna, and some other sausages even drop to as little as 1-8 to 1-6 pound per serving.

Restaurant meals account for an increasing volume of food eaten in United States these days, something like 78 million meals a day during 1955. That comes to \$17,550,000,000 in sales, nearly one-fourth of the nation's entire food bill. In 1940 the restaurant business amounted to less than five billion dollars. Restaurant men have found that meat dishes are among the brightest menu attractions to be found, and most bills of fare are built around meat features.

### OVEN FRIED CHICKEN A LA CREOLE

MENU  
OVEN FRIED CHICKEN A LA CREOLE  
Buttered Spinach  
Mexican Corn  
Hot Biscuits

Fruit Compote Cookies

#### INGREDIENTS:

One-fourth cup butter or margarine  
One-third cup all-purpose flour  
One and one-half teaspoons salt  
One teaspoon paprika  
One-fourth teaspoon poultry seasoning  
One-eighth teaspoon black pepper  
One ready-to-cook young chicken, 2 1/2 to 3 1/2 pounds, cut up  
One cup uncooked white rice  
One-half cup chopped green pepper  
One-half cup chopped onion  
One and one-half teaspoons salt  
One-eighth teaspoon black pepper  
Three cups hot chicken broth made by cooking backs and neck in water  
Two large tomatoes, cut into wedges

METHOD Light the oven and set at 400 degrees F. Place the butter or margarine in a large all metal skillet, baking pan or baking-serving dish about 12"x9"x2". Place this in the oven until the butter or margarine melts. While the butter or margarine is melting, wash the chicken in cold water. Pat dry. Put the flour, 1 1/2 teaspoons salt, paprika, poultry seasoning and 1-8 teaspoon black pepper in a paper bag. Add one piece of chicken at a time. Shake bag to thoroughly coat each piece of chicken with the flour mixture. Place the chicken in the hot melted butter or margarine, skin side down. Bake, uncovered, 25 minutes at 400 degrees F.

Arrange rice, green pepper and onion under the chicken, turning the chicken so the skin side is up. Sprinkle the rice with the 1 1/2 teaspoons salt and 1-8 teaspoon black pepper. Slowly pour the hot chicken broth over the rice. Make certain all the rice is under the broth. Arrange the tomato wedges over the chicken and rice.

Return to the 400 degrees F. oven and bake, uncovered 45 minutes or until the rice is tender. If the mixture becomes too dry, add a small amount of chicken broth or water.

If desired, serve from the dish in which the chicken-rice bakes. This recipe makes 6 servings. (Continued on page nine)

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