

For the Farm Wife and Family

A few recipes this week may fall in the international class. We've picked up two or three that you might try to give an international flavor to your cooking.

First, one from Canada, with this explanation:

FRENCH CANADIAN PEA SOUP

To most people who don't live there, French Canada means pea soup. To those

who do, pea soup means a delicious meal. We append an authentic recipe vouched for by an intrepid explorer among the natives. If you can't stay in French Canada as long as you would like, this is the best substitute:

One pound dried peas
Three-quarters to one pound salt pork
Two medium onions
One-half teaspoon savory
One-half teaspoon celery seed
Salt and pepper to taste.

Soak peas overnight in cold water to cover generously. If pork is very salty, bring it to the boil in cold water and throw off water. Chop pork in small dice; slice onions. Pour off any water still remaining in pea bowl.

Mix pork, onions and seasonings into peas. Add cold water to cover generously (about two inches higher than ingredients). Bring to boil and simmer about four hours. If necessary, add water to thin as required.

Turning to an entirely different clime, we want to thank The Arab World, which advises:

A favorite vegetable in the Arab countries is okra, which is used in a variety of dishes by imaginative Arab cooks. The following recipe for Okra Casserole is based upon frozen okra, which is easier to

Free To Women...

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obtain than fresh or dried vegetable in this country.

OKRA CASSEROLE

INGREDIENTS:

Two boxes frozen okra
One-half pound ground lean beef or lamb
Four carrots
Two large onions, chopped
One cup tomato stew
One-quarter pound butter
Salt, pepper

METHOD OF PREPARATION

1. Brown chopped onion in one-eighth pound butter, add tomato stew and ground meat. Cook for 20 minutes.

2. Rub casserole with remaining butter. Cover bottom of dish with round carrot slices, add layer of okra with tapered ends toward the center and top with meat mixture. Continue spreading layers of carrots, okra and meat, finishing with a top layer of carrots.

3. Heat oven to 350 degrees, cook casserole for 30 to 45 minutes.

4. Remove from oven and let cool for ten minutes. Turn upside down on large flat serving dish and serve hot with rice. Makes ten portions.

Nice letter this week from a reader on R3 Ephrata, who prefers to sign her letter "A reader from the Lancaster Farming."

I am a reader of your Lancaster Farming paper, am very much pleased to read the

Today's Pattern



Pattern 9060: Half Sizes 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 16 1/2 dress takes 4 1/2 yards 35-inch fabric; bolero takes 1 3/4 yards. Send Thirty-five cents in coins for this pattern—add 5 cents for each pattern if you wish 1st-class mailing. Send to 170 Newspaper Pattern Dept., 232 West 18th St., New York 11, N. Y. Print plainly NAME, ADDRESS with ZONE, SIZE and STYLE NUMBER.

many different recipes, which I have already tried a few with good results. Will also send a simple one about threading a needle. My husband's mother had a time threading her needle while sewing black material by the kerosene light. I just went and laid a white cloth below her needle and she was pleased and said we must learn such a simple thing yet, when we are old.

When I go quilting, it is sometimes necessary to have a white handkerchief for you to use for that purpose when needed. It may help, at least a few.

Thanks for the recipes, and the farm paper. About filing recipes, I keep the papers until I have better time in the winter, want to file them in a book by cutting them out and pasting

Farm Women 16 Plan Hobo Party

Members of the Society of Farm Women, No 16, will invite their husbands and children to a covered dish luncheon and hobo party in November.

Plans for the event were made at a recent meeting of the society at the home of Sara Horner of Nine Points Violet Groff served as co-hostess.

Mrs. Helen Reinhart presided at the meeting, which opened with devotions, prayer and flag salute. Reports were given by the various committees.

The group decided to send five dollars to the son of Albert Sulenberger for a week's tuition at the crippled children's camp.

The next meeting of the society will be held on Aug. 8 at the home of the president, Mrs. Reinhart. Lydia Scott will serve as co-hostess.

them in line with the alphabet. Am only receiving the paper since May 11, 1956.

Many thanks for your letter, and your hint, Mrs. S. W. L.

Here's a refreshing, cooling recipe from Mrs. Ross Esben shade, R2 Mt. Joy:

MINT TEA DRINK

Two cups sugar
One quart of water
Boil ten minutes, then add two cups (meadow) mint tea. Let cool, then drain and add juice of three lemons. Take one third of juice for each glass, and fill remainder with water.

IT'S AUTHENTIC — HOT GERMAN RICE SALAD

This is an authentic version of an old favorite German salad. After strips of bacon are fried crisp, sugar and vinegar are stirred into the bacon fat. This sauce is slightly thickened. Then pimientos, onion, green pepper, celery and celery seed are added. This sauce mixture is poured over the hot rice. The crumbled bacon and chopped hard-cooked eggs are stirred into the hot rice mixture.

INGREDIENTS:

Three cups water
One and one-half cups uncooked rice
One and one-half teaspoons salt
Eight strips bacon
Three-fourths to one cup beet or cane sugar
One cup apple cider vinegar
One-eighth teaspoon black pepper
Two tablespoons all-purpose flour

(Continued on page nine)

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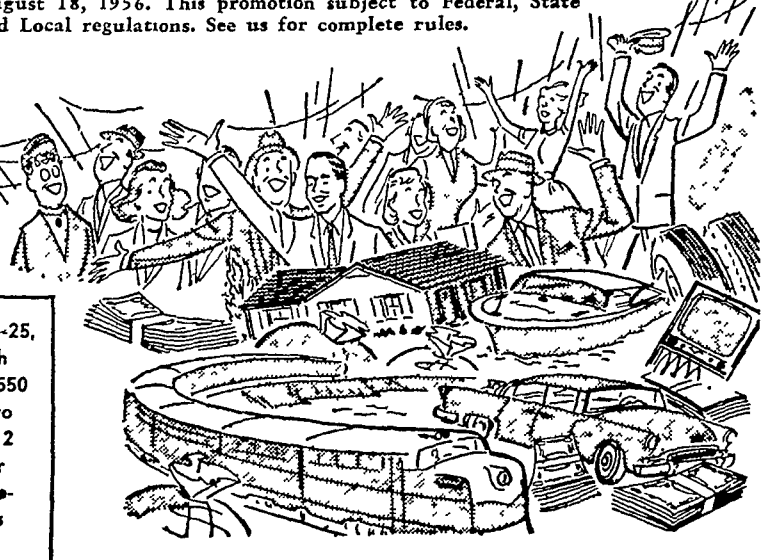
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