

For Farm Women . . .

(Continued from page 6)

not only because they are economical, but because of their convenience. The following recipe calls for canned luncheon meat and is easy to make.

LUNCHEON MEAT CASSEROLE

2-3 third cup chopped celery
 ½ cup chopped onion
 1 clove garlic, minced
 2 tablespoons fat
 1 12-ounce can luncheon meat, cut in sticks
 1 can condensed tomato soup
 1¼ cups water
 1 teaspoon salt
 ¼ teaspoon pepper
 1 cup 7-minute macaroni

Cook celery, onion, and garlic in hot fat till tender but not brown. Add meat; brown lightly. Add remaining ingredients except macaroni. Simmer, uncovered, 20 minutes. Add macaroni and continue cooking 15 minutes or till macaroni is done. Serve with grated Parmesan cheese. Makes four to six servings.

The homemaker who must hurry home after a day at the office often finds meal preparation burdensome. The well-organized working wife plans her menus several days in advance — ideally, before she does the weekly shopping. And she plans her cooking, too, to provide

flavorful meals without spending too much of her minimum free time in the kitchen.

Especially for the busy wife and homemaker is this recipe for glazed pork butt with apples. The smoked pork butt may be cooked in water one evening, then refrigerated overnight until ready for heating through with the tangy glaze.

GLAZED PORK BUTT WITH APPLES

1 two-pound smoked pork shoulder butt
 1 clove garlic, halved
 6 whole cloves
 1 bay leaf
 3 cored apples, halved cross-wise
 ½ cup cherry or cranberry jelly
 ¼ cup horse-radish

Place meat in deep kettle; cover with water. Add garlic, cloves, and bay leaf. Cover pan and simmer over low heat one and one-half hours or until meat is tender. Remove meat and place in a shallow baking pan. Place apple halves around meat. Blend jelly and horse-radish and spread over meat and apples. Bake 25 minutes at 325 degrees (longer for meat refrigerated overnight before glazing.) Makes six servings.

Short ribs of beef are cut from the end of a standing rib roast and have lots of rich beef flavor. You can prepare this economy meat as you would a pot roast — by braising it.

SHORT RIBS POT ROAST

2 pounds beef short ribs, cut in serving pieces
 3 tablespoons flour
 2 tablespoons drippings or fat
 2 teaspoons salt
 ¼ teaspoon pepper
 1 small onion, sliced

3 carrots, sliced
 ¼ cup water

Roll ribs in flour and brown in hot fat in a heavy skillet. Add remaining ingredients, cover pan, and simmer two hours over low heat or until meat is tender. Add more water during cooking, if necessary. Four servings.

Wonder why you see so many prices for ground beef or hamburger in your store? Well, ground beef may come from the chuck, neck, brisket, plate or shank, flank and heel of round. Usually, the lowest priced ground beef has the highest percentage of fat. The most expensive ground beef is usually prepared from the choicest cuts — round steaks, or sirloin tips.

No matter which you choose, you're on your way to nutritious eating, whether you use the ground meat in loaves, balls, spaghetti sauces, or hamburgers.

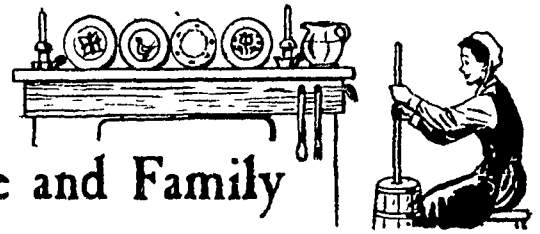
A great American favorite is the hamburger. Try this recipe for barbecued hamburger and hear your family ask for seconds.

BURGER BARBECUE

1 pound ground beef
 1 tablespoon fat
 ½ cup chopped onion
 ¼ cup chopped celery
 ¼ cup chopped green pepper
 1 tablespoon sugar
 1 teaspoon salt
 Dash pepper
 1 eight-ounce can (one cup) seasoned tomato sauce
 ¼ cup catsup
 1 tablespoon vinegar
 1½ teaspoons Worcestershire sauce
 4 hamburger buns, split and toasted

Brown meat slowly in hot fat. Add onion, celery, and green pepper, cook till tender but not brown. Stir in remaining ingredients except buns. Simmer

For the Farm Wife and Family



five to ten minutes or till mixture is thick. Serve in buns. Makes four servings.

There is reason to believe that your family will like this recipe, using hamburger in a gravy and serving it in a macaroni mold.

MACARONI a la HAMBURGER

½ pound macaroni
 1 pound hamburger
 ¼ cup onion, chopped
 Salt and pepper
 2 to 4 tablespoons flour
 1 cup hot water
 2 tablespoons fat

Cook macaroni in boiling, salted water until tender. Drain and arrange in an oiled mold. Keep warm in oven until ready to serve. For added flavor and color add one-fourth cup chili sauce to macaroni. To make hamburger gravy, fry meat and onions in fat until brown. Sprinkle with flour lightly and mix well. Add water. Stir constantly, until gravy is thickened and has boiled three minutes. Remove macaroni from mold. Fill hole of macaroni mold with hamburger gravy. Serve at once. Serves six to eight.

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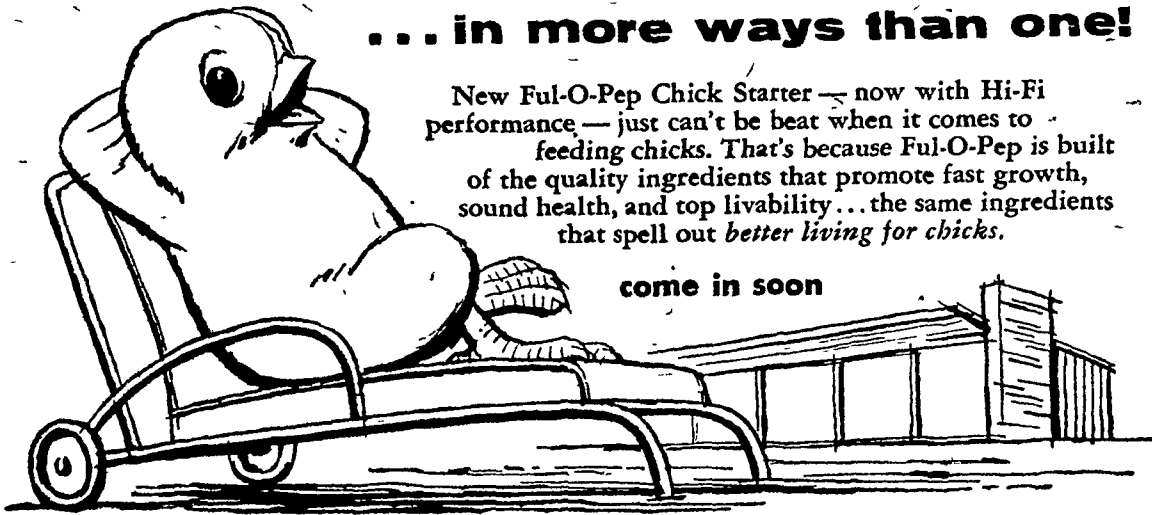
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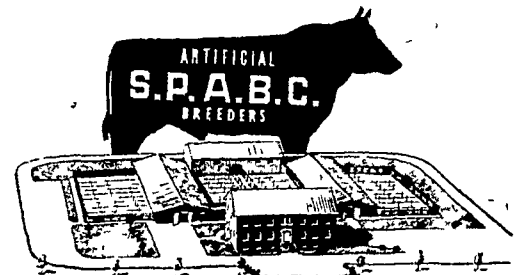
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