

For Farm Women . . .

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preparation convenience this recipe offers. The meat, onion, green pepper and tomatoes may be simmered in advance, the casserole can be completely combined except the grated cheese and then tightly covered and stored in the refrigerator until ready to bake. When ready to bake, just add the cheese and slip the casserole into the oven for 30 to 35 minutes while you're preparing the rest of the meal.

CHILI-MEAT DE LUXE

- 1½ pounds ground beef
- 1 cup chopped onion
- 1 can (one pound four ounces) tomatoes
- ½ cup chopped green pepper, if desired
- 1½ teaspoons salt
- 2 teaspoons chili powder
- 1 teaspoon paprika
- 1 package (eight ounces) spaghetti, cooked
- ¼ pound grated ceddar cheese

Cook ground beef slowly until crumbly, but not hard. Add tomatoes, onions, green pepper and seasonings. Cover and simmer 4 minutes. Alternate layers of cooked spaghetti or macaroni in a two quart greased casserole so the top layer is meat. Sprinkle grated cheese over mixture and bake in a moderate oven (350 degrees) 20 to 30 minutes or until cheese is melted and lightly browned. Yield six to eight servings.

SOME MEAT FACTS AND SUGGESTIONS

SANDWICH STORAGE — Meat sandwiches may be kept in the refrigerator for two to three hours if covered. The meat will stay moist and the bread fresh. If freezing meat sandwich, be sure no mayonnaise or salad dressing is used before freezing. Each sandwich should be wrapped in an individual freezer bag or freezer paper. Once a sandwich is defrosted it should never be refrozen.

CASSEROLE NEWS — Instead of having the usual hot dogs and frankfurters at a picnic outing, plan on serving a casserole dish. They're so easily transported. What to serve? Try preparing a meat ball and spaghetti casserole — it's sure to whet appetites. Spanish rice and frankfurters is always a welcomed hot dish too.

GOOD EATING WITH PORK — Hot, smoky slices of picnic shoulder and crisps corn fritters

make a perfect duet for a family dinner. A picnic is prepared the same way as a ham — roasted in a 300 degree oven allowing 30 to 35 minutes per pound for cooking. Leftover picnic shoulder slices are always good for sandwiches or casserole dishes.

SAUSAGE SANDWICH IDEA

Plump pork sausages, apple sauce and American cheese can join together to form a sandwich that is A-1 on the list of sandwich favorites. Arrange cooked pork sausage links on a slice of toast which has been spread with apple sauce. Allow two links per slice of bread. Top each bread slice with cheese strips before serving, and slip into broiler just until the cheese melts.

LAMB CHOP ACCOMPANIMENT

Broiled meats, especially broiled lamb chops, are popular menu headliners anytime. As colorful complements, tomato halves may be topped with grated cheese or buttered bread crumbs or perhaps a peach or apricot half could be filled with a marshmallow. Both of these lamb chop partners may be broiled right with the chops as they finish cooking on the second side.

HOW TO USE LAMB RIBLETS

Stock up on fall menu suggestions. Lamb riblets are delicious barbecued and served atop of rice or they may also be used for lamb stew. The riblets are cut from the lamb breast. Approximately one-half pound is needed per serving.

PARTY-TYPE ENTREE

Cream puffs are commonly thought of as fancy dessert. But here is a way cream puffs fit into the main course. Prepare a medium cream or white sauce, add diced cooked ham, slivered almonds and green pepper strips — serve in cream puff shells.

Here are some vegetable recipes using vegetables which you probably have in the garden right now. It's so easy to make vegetables the same way time after time — don't be afraid to try something new occasionally. Your family may or may not like a new taste or combination but you'll never know until you try.

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For the Farm Wife and Family



CREAMED ONIONS AND PEANUTS

- 1 tablespoon butter or margarine
 - 1½ tablespoons flour
 - ½ teaspoon salt
 - Pepper
 - 1½ cups milk
 - 2 cups cooked sliced onions
 - ¾ cup finely chopped salted peanuts
 - ¼ cup dry breadcrumbs mixed with 1 tablespoon melted butter or margarine
- Melt fat; blend in flour, seasonings. Add milk and cook over low heat stirring constantly, until thickened. Place alternate layers of onions, peanuts, and sauce in a baking dish. Sprinkle crumbs on top. Brown at 400 degrees about 20 minutes. Yield Four servings.

FOR VARIETY — Serve as a creamed dish, omitting the crumbs, and heating over low heat or boiling water.

FIVE-MINUTE CABBAGE

- 3 cups milk
 - 2 quarts shredded cabbage
 - 3 tablespoons flour
 - 2 tablespoons melted butter or margarine
 - ½ teaspoon salt
 - Pepper
- Heat milk; add shredded cabbage and simmer for about two minutes. Mix flour with melted fat and add a little of the hot milk. Stir this mixture into the cabbage and cook for three to four minutes, stirring constantly. Season with salt and pepper and serve at once. Yield Six servings.

CORN PUDDING

- 2 eggs, beaten
 - 1 cup soft breadcrumbs
 - 2 tablespoons melted butter or margarine
 - 2 cups milk
 - 2 cups cooked, drained whole-kernel corn
 - ½ teaspoon salt
 - Pepper
- Combine eggs, breadcrumbs, fat, milk, and corn. Season with salt and pepper. Pour into greased baking dish, and set in a pan of hot water and bake at 350 degrees 50 to 60 minutes or until set. Serve at once. Yield Six servings.

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We had Creamed Onions with Peanuts above. Try this peanut butter sauce over cooked cabbage, onions, or cauliflower.

PEANUT BUTTER SAUCE FOR VEGETABLES

- 2 teaspoons flour
 - ¼ cup peanut butter
 - ½ teaspoon salt
 - Pepper
 - 1 cup milk
- Blend flour and peanut butter until smooth. Add seasonings. Stir in the milk slowly. Cook over low heat or boiling water until thickened, stirring constantly. Makes about one cup.

We have a few relish recipes for you today using corn and tomatoes which are in season now. The first is for—

GREEN TOMATO PICKLES

- 4 tablespoons salt
 - 4 pounds green tomatoes, sliced
 - 4 medium sized onions, sliced
 - 1 teaspoon whole cloves
 - 1 teaspoon mustard seed
 - 1 teaspoon dry mustard
 - 1 teaspoon whole allspice
 - ½ teaspoon black pepper
 - 2 cups vinegar
 - 1 cup sugar
- Add two tablespoons salt to tomatoes and remaining two tablespoons salt to onions. Let stand overnight. Wash salt from tomatoes and onions. Tie spices loosely in a thin white cloth and put in kettle with vinegar and sugar. Bring to a boil, add tomatoes and onions, and simmer 20 minutes. Pack in clean, hot, sterilized jars and seal.

SWEET MIXED PICKLES

- 2 quarts cauliflower flowerets (two medium-sized heads)
- 2 medium-sized green peppers, cut in ¼-inch strips
- 2 medium-sized sweet red peppers, cut in ¼-inch strips
- 1½ pounds (nine medium-sized) onions, peeled, quartered
- 2½ cups vinegar

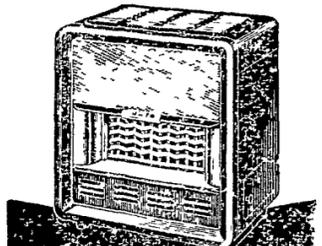
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