

For Farm Women . . .

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Harry Lehman:
I look most at the recipes. Here is one for you again.

CORN PONE AND MUFFINS

Mrs. Harry S. Lehman,
RD2 Manheim

- 3/4 cup corn meal
- 3/4 cup whole wheat flour
- 1/2 cup brown sugar
- 1/2 package Dry yeast
- 1/4 cup soy bean milk
- 1/4 cup peanut oil
- 1 egg

Mix all together and put in an eight inch square pan or in muffin tins and set in a warm place for one hour. Then bake at 350 degrees for 25 to 30 minutes.

Also good with peaches or other fruit mixed in and baked.

HOME CARE OF BUTTER INFLUENCES FLAVOR

Bring out only enough butter for each meal for best flavor and quality. Heat and light speed undesirable chemical and physical changes.

Butter protected by foil or parchment wrap keeps many weeks at refrigerator temperatures. When butter is taken from the package, cover the remainder for protection from other food flavors.

Keep unsalted butter in the coldest part of the refrigerator to preserve its flavor. Butter can be kept in the home freezer for six months with no flavor change.

Mrs. Richard Wise, R1 Rock Falls, Illinois, sends us a home-making hint today.

When making pies I roll out an extra crust. Roll it in waxed paper, put into a sheet of plastic, roll up and store it in the freezer until needed. Take this out before using to thaw it out. Unroll the rolled crust and lay it in the pie tin. This method saves freezer space and is time saving also.

I also discovered when I haven't enough rhubarb for a pie, adding raisins to the rhubarb makes a nice filling. Also, it is something different.

FROM FREEZER TO TABLE

Frozen food can look fresh and taste fresh! Or it can look tired and tough and taste the same way.

The difference is in the way it's handled — from garden to freezer to table. And the way it's handled from freezer to table is just as important to flavor and food value as freezing and storage methods.

Here are some important points on handling frozen food:

Sometimes in thawing, food darkens and changes flavor. These changes are caused by exposure to air. Air exposure speeds up the breakdown of foods and may also cut their nutritional value. Thawing foods in the original sealed container will reduce darkening and flavor changes.

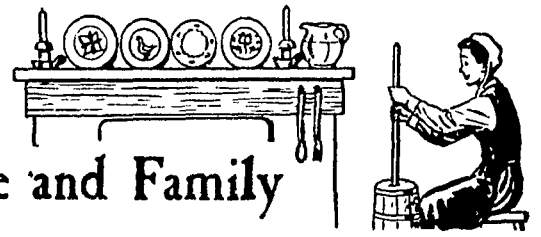
The length of time frozen food is kept is also important. The longer food is kept, the more freezer storage costs, and the lower the quality. Some frozen foods can be kept longer than others and still have high quality. Beef, veal, lamb, and mutton keep well for six to eight months, but fish is best used in the first two to three months after freezing.

A piece of cut apple in the cookie jar is an old-time device to keep cookies from drying out quickly. But you can make cookies with applesauce that have the moisture and fruit flavor built in. Here are two recipes for applesauce cookies that you might like to try.

APPLESAUCE DROP COOKIES

- 1/2 cup fat
- 1 cup sugar
- 1 egg
- 1 3/4 cups sifted flour
- 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 cup seedless raisins
- 1 cup quick-cooking rolled oats

For the Farm Wife and Family



1 cup tart applesauce
Cream together fat and sugar; blend in the egg. Sift together flour, baking powder, soda, salt, cinnamon, cloves, and nutmeg. Mix in raisins and rolled oats. Add to creamed mixture and applesauce, blended together. Beat well. Drop this dough by teaspoonfuls onto greased baking sheets. Bake at 375 degrees about 15 minutes. Makes about three dozen cookies.

pickle or relish for use in the winter. A favorite relish is piccalilli.

The vegetable should be finely chopped, brined for a few hours with salt, then cooked with sweet spiced vinegar for a short period before being canned.

Piccalilli is made in this way:
PICCALILLI

- Wash and chop:
- 1 peck of green tomatoes
- 8 medium-sized green peppers
- 8 medium onions
- 1 medium-size head of cabbage

Mix well with one cupful of salt and let stand overnight. Drain thoroughly, pressing out as much liquid as possible.

Mix together three cupfuls of brown sugar and two quarts of vinegar pour over the chopped vegetables and add three table-spoonfuls of mixed spices and one of white mustard seed, tied loosely in a bag. Cook slowly for about 30 minutes. Remove spice bag and pack the relish in hot sterilized jars, being sure liquid covers vegetables. Seal at once.

Pickles of all kinds have a better blended, mellow flavor if they

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