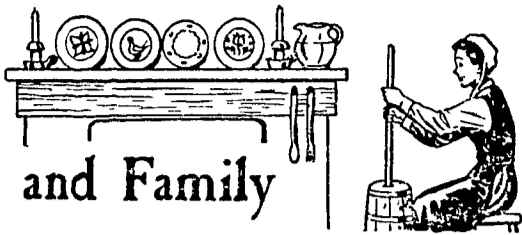


For the Farm Wife and Family



Main Dish Especially Important Because It's Hub of the Meal

In these days of soaring food prices, economical main dishes help keep the housewife's budget under control.

The main dish is especially important in meal planning. It is the hub around which the rest of the meal is built, and often it carries a large proportion of the cost of the meal. Usually the main dish is the main source of protein — so essential to building and repairing body tissues.

You get top rating proteins (as well as other important nutrients) in foods from animal sources, as in meat, poultry, fish, eggs, milk, cheese. Next best for proteins are soybeans and nuts and dry beans and peas. When these or grain products are featured in main dishes, try to combine them with a little top-rating protein food, if you can.

As you plan your main dishes, keep in mind the Basic 7 food groups. For such planning should be a part of the overall menu planning which provides for serving foods from each of these seven groups daily.

1 Leafy, green, and yellow vegetables — one or more servings daily

2 Citrus fruit, tomatoes, raw cabbage, and other high vitamin C foods — one or more servings daily.

3 Potatoes and other vegetables and fruit — two or more servings daily.

4 Milk, cheese, ice cream — children through teen age should have three to four cups milk daily, adults should have two or more cups daily.

5 Meat, poultry, fish — one

serving daily, if possible

Eggs — four or more a week.

Dry beans and peas, nuts, peanut butter — two or more servings a week

6 Bread and other cereal goods (whole-grain, enriched, or restored) — every day

7 Butter or fortified margarine — some daily.

We have for you some recipes for some money-saving main dishes — along with some menu suggestions and ways of varying the recipe which might suit better to the foods you have at hand, your family preferences, or the facilities you have for cooking.

First are some main dishes using meat. Meat is too valuable for its flavor and its protein, iron, and B vitamins, to waste any of it. Part of the cook's skill is to make good use of every bit of it.

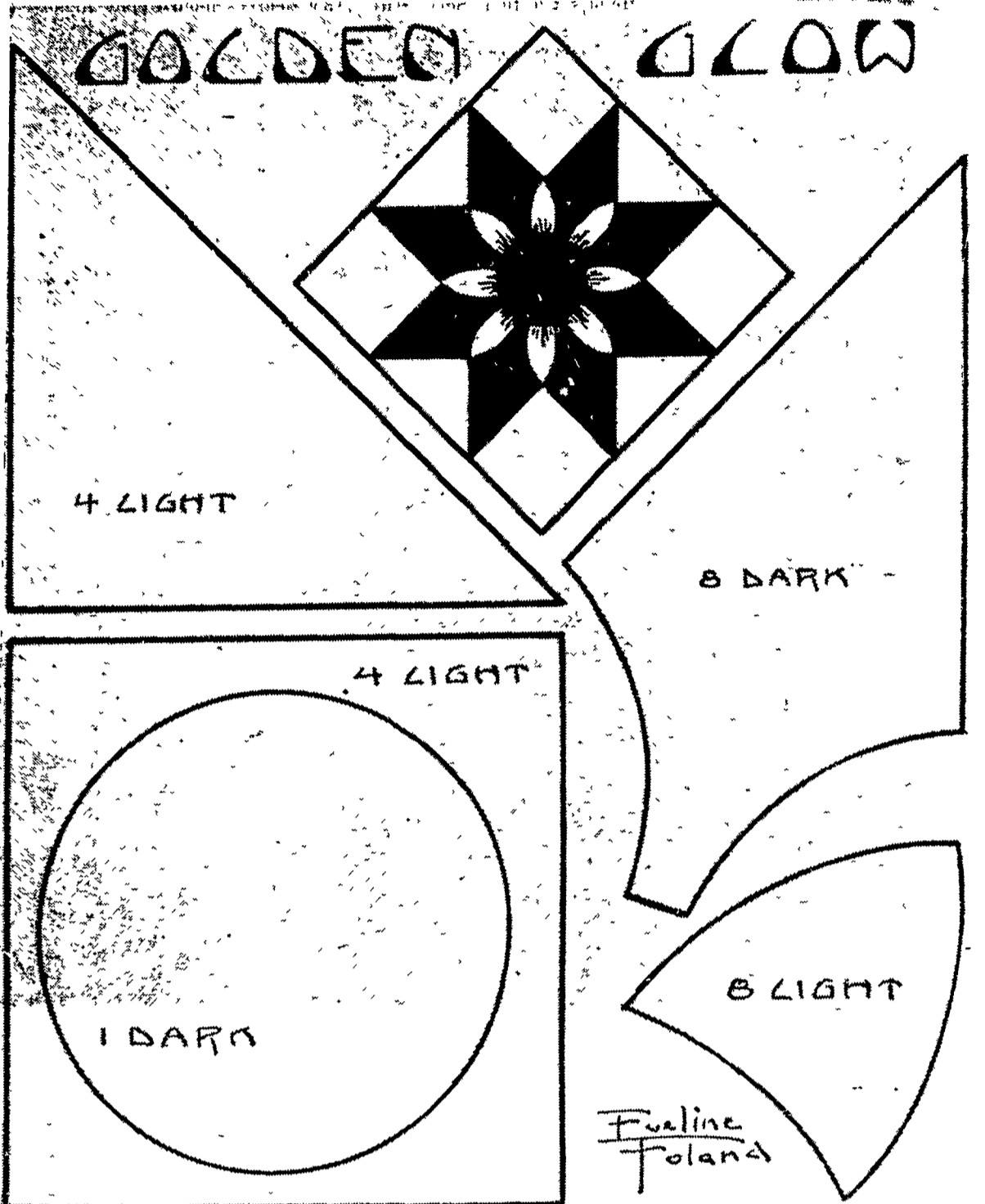
SCOTCH MEAT PATTIES

- ¾ pound ground beef
- ½ cup milk
- ¾ cup quick-cooking oats
- Salt and pepper
- 2 tablespoons cooking fat or oil
- 1 cup water
- ¼ cup chopped celery
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- 1 teaspoon worcestershire sauce
- 1 tablespoon flour

Combine meat, milk, oats, one teaspoon salt, and pepper. Make very thin patties, brown on both sides in the fat or oil in a fry pan. Add water and vegetables, season with worcestershire sauce, salt, and pepper. Cook covered over low heat 30 minutes. Blend flour with a little cold water, add slowly to the mixture, and cook

until thickened, stirring constantly.

Menu suggestion: Serve with candied sweetpotatoes, cabbage. (Continued on page nine)



A HOT SUMMER AFTERNOON might easily be forgotten with such a fascinating quilt block as this to occupy one's thoughts. Quite an original touch is given by the white petals which are slightly gathered

before the circular center is applied on. Yellow or gold is first choice, of course, but other colors will also be lovely. The block is 12 inches. No seams are allowed. (Copyright: Weekly Star Farmer)

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Yes, take a good look at your egg washer. Do you see it as someone else would see it? Is it nice and bright and clean each evening, filled with fresh clean water, ready to go the next day? Or is it so coated and scummy that you can hardly see what it's made of? You know, when I see an egg washer that looks that way, I soon form my own opinion of the type of poultryman the owner is. And I've seen some that are filthy sights, some that look like they are filled with soup, probably the water hadn't been changed for a week, and then we expect people to eat more eggs. Actually, it takes only a few minutes each day to scrub the washer and change the water when you're finished with it. That is one chore that is never left undone on our farm. How about yours?

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Does your washer crack too many eggs? Perhaps your washer is too rough, or more likely, you need eggs with better shells. I highly recommend Greider Super Cross Layers. They are proven hard shell layers, at Official Laying Tests, and in the field. Nothing lays them harder, except maybe a turtle. However, I cannot recommend that you fill your laying houses with turtles. Tinted eggs, you know?

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