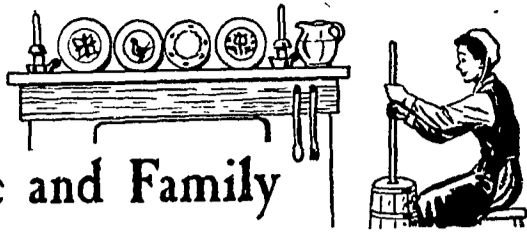


For the Farm Wife and Family



(Continued from page nine)

- 1/2 teaspoon soda
- 1 cup sugar
- Grated rind and juice of one orange
- 2 tablespoons shortening
- Boiling water
- 1 egg, beaten
- 1 cup coarsely chopped cranberries
- 1 cup cut-up walnut meats

Sift flour, salt, baking powder, soda and sugar into mixing bowl. Put orange rind, orange juice and shortening in measuring cup. Add boiling water to this to make three-fourth cup of liquid. Add orange mixture and beaten egg to dry ingredients and stir until flour is just dampened. Blend in cranberries and nuts. Pour into a greased loaf pan 3 x 5 x 9 inches and bake in a moderate oven, 350°, for about one hour. Cool five minutes, and remove from pan. Let stand several hours or overnight before slicing.

This bread is excellent for freezing. Cool loaves thoroughly after baking. Then wrap in heavy aluminum foil or plastic and freeze promptly.

For a "quickie main dish" which will bring full shouts of praise, stir together and "serve up" this really super duper rice skillet dish. Here is a rice dish with flavor galore.

RICE AND HAMBURGER SKILLET

- 1 pound ground beef
- 2 cups cooked rice
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup whole kernel yellow corn, drained
- 1 cup sliced onion
- 1 teaspoon salt
- 1 cup tomatoes, drained
- 1 cup tomato juice

In a skillet or large saucepan mix together the ground beef, rice, salt and pepper. Fry, stirring frequently, until the ground beef is browned. Stir in the corn, onions, salt, tomatoes and tomato juice. Cover and cook over a low heat for 30 minutes. This recipe makes 10 servings.

QUICK CHICKEN CASSEROLE

Place desired amount of cooked rice in a greased oven dish. To, with cooked diced chicken. Pour diluted cream of mushroom soup over the chicken. Top with grated American cheese. Bake at 350 degrees until bubbly and brown on top.

RICE WITH PORK AND BEANS

Mix three cups cooked rice, a can of Pork and Beans, one cup water and one-half cup catsup. Heat thoroughly in a greased baking dish in a 350 degree oven.

EASY PICNIC FARE



On summer days, everything seems to taste better served with a garnish of greenery . . . and blue skies overhead. Keep your freezer stocked with picnic fare, so you can take advantage of eating outdoors.

A package of frozen chicken can be the mainstay of your picnic, whether it be a cook-out or a carry-out meal. Take your package of frozen chicken from the freezer just before you leave. Then as you travel or relax at a cook-out spot, the chicken will slowly thaw and be just right for cooking. Only frozen chicken has this special advantage.

Here's a recipe for Picnic Chicken Italian, highly satisfactory to prepare over grill. This chicken recipe can also be prepared in the

kitchen and carried out to your favorite dining spot under the trees. Round out your picnic with corn on the cob (brushed with melted butter and sprinkled with celery salt before roasting), relishes and garlic bread. End on a high note with individual cherry pies and plenty of hot coffee.

Picnic Chicken Italian

- 2 packages (1-pound each) frozen chicken thighs, breasts, drumsticks or wings
- 1/4 cup flour (optional)
- 2 tablespoons butter or margarine
- 1 can (10 3/4 ounces) spaghetti sauce with mushrooms
- Thaw chicken as directed or package. Brown in butter; add sauce. Cover; simmer about 30 minutes or until chicken is tender. Makes 6 to 8 servings.

STRAWBERRY JAM (WITH POWDERED PECTIN)

5 1/2 cups fully ripe crushed strawberries (about 3 quart boxes)

- 1 package powdered pectin
- 8 cups sugar

Sort and wash sound, fully ripe berries, remove stems and caps, crush. Measure crushed berries into a kettle. Add the pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over entire surface. Add sugar, continue stirring and heat again to full bubbling boil. Boil hard for 1 minute, stirring constantly. Remove from heat, skim and stir alternately for 5 minutes. Ladle jam into hot containers and seal immediately. Makes about 12 six-ounce glasses.

STRAWBERRY JAM (WITHOUT ADDED PECTIN)

- 4 cups crushed berries, somewhat underripe but fully colored (takes about 2 quart boxes of berries)
- 4 cups sugar

Sort and wash the berries, remove stems and caps. Crush berries. Measure crushed berries into a kettle. Add sugar and stir well. Boil rapidly, stirring constantly to 9 degrees F above the boiling point of water, or until the mixture thickens. Remove from the heat, skim and stir alternately for 5 minutes. Ladle jam into hot containers and seal immediately.

The most famous of all strawberry desserts, strawberry shortcake. Here is a recipe for a Stir-N-Roll Shortcake which you might like to try for a change.

STIR-N-ROLL SHORTCAKE

- 2 cups sifted all-purpose flour
 - 3 teaspoons baking powder
 - 1 teaspoon salt
 - 2 tablespoons sugar
 - 1/3 cup liquid shortening, such as Wesson Oil, Kraft, etc.
 - 2/3 cup milk
 - 1 egg yolk, slightly beaten
- Heat oven to 475 degrees. Sift dry ingredients together into bowl. Pour liquid shortening and
- (Continued on page 11)

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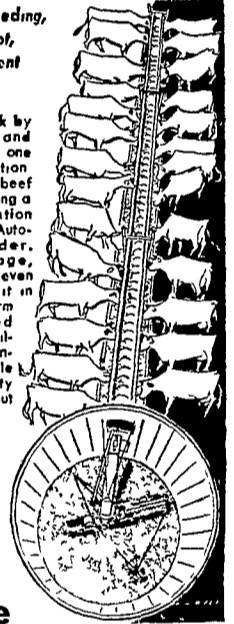
Because of this, Louis Hamilton, associate professor of nutrition and health extension, at the Pennsylvania State University, has written an up-to-date correspondence course on "Canning and Food Preservation."

Included in the five lesson course are hints on jelly making, preparing food for the freezer, cooking frozen foods, varieties of fruits and vegetables best for freezing and canning, how to store vegetables in cellars, how to cure meat, pickle and relish making, drying vegetables and fruit, review of nutrition needs, etc.

The complete course of five lessons, including the cost of expert correction and grading of lesson papers, and postage, can be obtained by sending \$1.25 to Correspondence Courses, 202 Agricultural Education Bldg., University Park, Pa. Included with the course are several timely booklets and charts with canning timetables.

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Tips On

Keeping Hens Laying in Hot Weather

1 Put lights on hens from midnight on. This allows them to eat early in the cool part of the morning. Be sure there is plenty of fresh feed available in hoppers early in the morning, even if it means filling the hoppers in the evening. I would not recommend lights on laying pullets at this time of year as it may affect production later on.

2 On yearling hens, if an all-mash program is being used, feed consumption can be increased by switching to an all-crumble or all-pellet program. Hens became lazy in hot weather and can eat more with less effort.

3 If you have a pen that gets exceptionally hot due to no insulation under the roof, try white washing the roof. Ordinarily the white wash will last over most of the hot weather, and you'll be surprised at the difference it'll make.

4 Fans really pay off. Use large capacity fans and mount them so they blow into the pen. A thermostat can be used to stop fans if weather suddenly gets too cool at night.

5 Check for lice and mites. Lice and hot weather can wreck a good flock of layers.

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1 to 3

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