



DELMARVA CHICKEN Festival cooking contest winner is Mrs. Barbara Marks, Wantagh, Long Island, N. Y. She cooked a dish called "Chicken Tarragon Champignons" Shown with here are Lloyd H. Geil, left, PENB general manager, and Maryland Congressman Ted Miller. Mrs. Marks received a \$350 gas range, \$500 in cash and a silver tray from PENB. (PENB Photo)

### For Farm Women...

(Continued from page nine)

#### BARBECUED MEAT LOAVES

- 1 1/2 cups water
- 2 teaspoons salt
- 2/3 cup uncooked white rice
- 1 pound ground beef
- 1 egg, beaten
- 2 teaspoons steak sauce
- Flour
- 3 tablespoons cooking fat

- 1/2 cup chopped onions
- 1 1/2 cups tomato ketchup
- 2 tablespoons Worcestershire sauce

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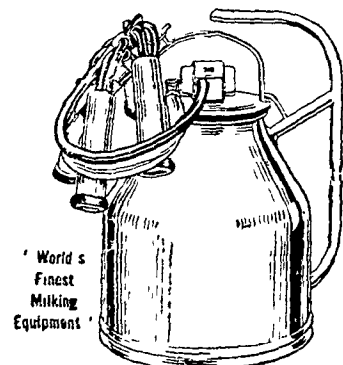
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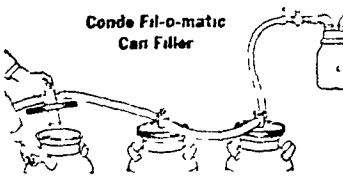


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2 cups water.  
Put the one and one-third cups water, salt and rice in a 2-quart saucepan. Bring to a vigorous boil. Turn the heat down low. Cover with a lid. Simmer over this low heat 14 minutes. Remove the saucepan from the heat but leave the lid on 10 minutes.

After the rice cooks, stir in the beef, egg and steak sauce. Chill the mixture. Form into 6 small meat loaves using a liberal one-half cup mixture for each loaf. Roll each loaf in flour.

Melt the cooking fat in a large skillet. Add the meat loaves and brown on all sides. Add the onions. Cook several minutes. Arrange the loaves over the onions. Add the ketchup, Worcestershire sauce and water. Cover and simmer 15 minutes or until the onions are tender. This recipe makes 6 servings.

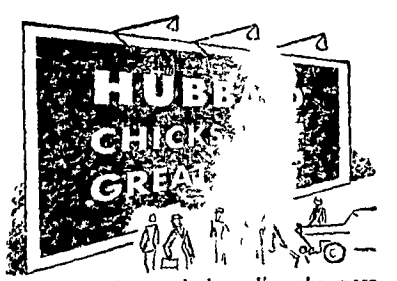
Menu suggestion: Barbecued meat loaves, buttered sweet corn, tossed vegetable salad, favorite bread, sliced peaches, cake.

Rice was featured in many of our recipes for today. Here is a way to cook rice with herbs. The magic flavors of herbs make this rice wonderful tasting with any meat, game or fowl.

### HOUSEHOLD HINTS

Stored flour and cereal products and homemade mixes should be stored in airtight metal containers or jars with lids to keep out insects.

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