For the Farm Wife and Family
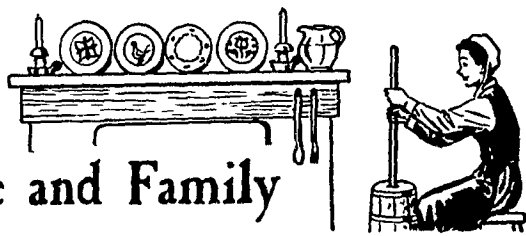
½ pint dairy sour cream
Paprika

Roll the beef in flour. Melt the fat in a skillet Add the beef and brown on all sides Put the browned beef, onions, celery, steak sauce two teaspoons of the salt and pepper in a greased 2-quart glass oven dish Just before baking, pour on one and one-half cups of the hot water Cover and bake in a pre-heated 350 degree oven one and one-half hours

About 30 minutes before the beef is done, put the rice, one teaspoon of the salt and two cups of the water in a 2-quart saucepan Bring to a vigorous boil Turn the heat down 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 meat is done, spoon the rice around the edge of the oven dish Spread the rice with the sour cream Sprinkle with the paprika Place under the broiler un til the paprika begins to brown Watch closely Serve immediately This recipe makes 6 servings

VARIATION Substitute a beef kidney for one pound of the stew beef Split the beef kidney in half Remove fat Sice Wash well in cold Roll in flour and brown along with the remaining one-half pound of stew beef

Tender, succulent pork chops and vegetables cook together

for a specialty almost a meal in itself Just add a crisp bread, a salad and dessert for a complete meal The savory pork chops and vegetables may be prepared ahead of time and each serving wrapped in its own foil packet. Then at meal time, the packets are placed in the oven This means you have no pots and pans to wash after the meal is over These were done hours before Cooking in foil means that none of the

meaty flavor is lost

PORK CHOP PACKETS

1 cup uncooked white rice
1 teaspoon salt
2 cups water
¼ cup all purpose flour
6 pork chops
½ cup chopped onion
½ cup chopped green pepper
1¼ to 2 cups canned or frozen green peas
1 cup water
1 10½ ounce can condensed cream of mushroom soup
2 teaspoons salt
¼ teaspoon black pepper

Put the rice, salt and two cups of water in a 2-quart saucepan. Bring to a vigorous boil. Turn the heat as low as possible Cover with a lid and simmer over this low heat 14 minutes Remove the saucepan from the heat but leave the lid on 10 minutes

While the rice cooks, cut some of the fat from the pork chops. Fry out in a large skillet Dip the pork chops in the flour.

Brown well on both sides in the fat. If necessary, add fat to keep from sticking Tear off six pieces of light-weight aluminum foil about 14 inches long Divide the rice between the pieces of foil, placing the rice in the center of each foil. Top with the pork chops.

Mix together the onion, green pepper, peas, water, mushroom soup, salt and pepper. Top the pork chops with this mixture using a liberal one half cup for each.

Bring one side of the foil over to meet the other side Hold the edges together and seal by at least two length-wise folds Seal the ends together with at least two folds Packets may be kept

in the refrigerator until meal time and then baked Place the packets in a preheated 450 degree oven for 45 minutes.

Serve the pork chops and vegetables in the foil by opening the foil packets and turning the edges back.. This recipe makes 6 servings.

Menu suggestion· Pork chop packets, fruit salad, bread sticks, butterscotch pie.

Apricots and eggs give a golden glow to this spicy, fluted rice pudding The pudding is packed with food value: important vegetable protein from the rice; iron from the eggs and dried fruits, protein, calcium, etc from the milk!