

bake at 375 degrees
 apples and sweetpotatoes
 tender — about 45
 4 servings.

Ham Croquettes
 1/2 cup ground cooked ham
 1/2 cup mashed potatoes
 1/2 cup chopped onion
 1/2 cup chopped pars
 and pepper
 1/2 cup water
 beaten
 1/2 cup dry crumbs
 or oil for frying

1/2 cup ham, potatoes,
 and parsley. Add salt
 and pepper. Chill. Shape into
 croquettes. Add water
 and dip croquettes into
 and roll in crumbs.
 the croquettes in a
 pan, or french fry, or
 them
 fried—Brown croquet-
 a little hot fat, turn
 form a good crust all

French-fried—Half fill a deep kettle with oil or melted fat. Heat to 375 degrees. Place croquettes in a wire frying basket and cook in the hot fat until browned—3 to 5 minutes.

Baked—Shape mixture into flat cakes and dip in egg and roll in crumbs as above. Place in greased pan and bake at 400 degrees until browned on the bottom. Turn and brown other side.

Following is a recipe for a combination dish using pork that is suitable for freezing. This recipe yields enough for several meals. You can freeze it all in meal-size packages, or serve part of it the same day it is made and freeze the rest. For highest quality, use these frozen foods within 2 or 3 months. They will not suffer serious quality loss, however, if kept up to 6 months.

Ham and Bean Scallop

1 1/2 quarts (3 pounds) dry pea beans
 3 quarts boiling water
 5 cups cooked ham diced
 1/2 cup ham fat
 1 1/2 cups finely chopped onion
 1/2 cup sifted all-purpose flour
 2 tablespoons worcestershire sauce
 2 teaspoons powdered dry mustard
 2 teaspoons salt
 2 quarts hot milk
 3 cups grated cheese

Add beans to boiling water and boil 2 minutes. Remove from heat and soak in the hot water one hour. Or if more convenient, soak overnight after the 2-minute boil. Cook beans in the soaking liquid about 1 1/2 hrs. (slightly underdone).

Heat the fat, add onion, and cook until golden brown. Add flour, worcestershire sauce, mustard, and salt, blending to a smooth paste. Stir into the hot milk. Cook until thickened, stirring constantly. Combine cheese, ham and beans with the sauce. Remove from heat.

To serve immediately — Pour enough of the mixture for one meal into a greased baking dish or pan. Top with 1/2 cup fine dry breadcrumbs and bake at 350 degrees about 20 minutes, or until the crumbs are golden brown

To freeze—Cool the food quickly. Pack in freezer containers, leaving head space. Seal and freeze immediately. To prepare for serving — Reheat in the top of a double boiler, stirring occasionally to speed thawing. Or, if food is frozen in an ovenproof container, uncover, top with fine dry breadcrumbs, and bake at 400 degrees about 45 minutes for pints, 1 hour for quarts.

Plant Bulbs Now For Spring Bloom

Spring flowering bulbs can be planted anytime from now until December. It is best to plant earlier however.

When planting, commercial fertilizer should be mixed in with the soil. About two pints of 5-10-10 fertilizer per 100 square feet of ground is the correct amount.

A common mistake is planting too deep. In Lancaster county bulbs should be planted about three times their own length in the soil. In sandy soils plant about four times the bulbs length.

On where to plant, small groups of one kind of plant

look best. Daffodils, crocus, snowdrops and scillas do well under flowering shrubs. Tulips and hyacinths, on the other hand, do best in spots where there is less competition for water and nutrients.

Bulbs are one of the easiest kind of plants to grow. They rarely need watering except in very dry periods in the spring. They are not usually troubled by insects or diseases.

Tulips may suffer from blight but this can be controlled by spraying every week or ten days in the spring with parzate. One and a half tablespoons of parzate to the gallon of water will take care of blight.

Be sure to select a well-drained spot for bulbs, as they often rot in wet areas.

Food Costs Not As High As They Appear To Be

How much do you spend for food? Is it too much? These are common questions and you can get a great variety of answers depending on what the party giving the answers is trying to prove.

The average consumer now spends 21 percent of

his take-home pay on food. Many consumers think they are spending a lot for food when actually many of the things they pick up at the supermarket and put on the food budget are not really food items.

Stop and think about all the things today's supermarkets carry that is not food. Garden materials, kitchen utensils, cleaning materials, records, magazines, and other special items are easy to get on the food bill.

This 21 percent figure is the average food cost for all families. In the 1947-49 period the average family spent 25-26 percent of its take-home income for food. Way back in the 1935-39 period it was 23 percent, two percent higher than now.

In other words food prices have not gone up as fast as many other things consumers buy.

Not only are we eating cheaper but we are eating better. We eat more meat and prepared foods besides having tomatoes, lettuce, and other fresh vegetables the year round shipped in from the South.

If we were to go back to 1939 and buy the same foods that we ate then in the same form—not in today's prepared packages, fresh, frozen and the like — they would cost us only 16 percent of today's average income.

We are eating better and cheaper when we consider the cost of food in relation to the decreased value of the dollar.

Relocation of many items will save space in your kitchen and give you more space where you actually need it.

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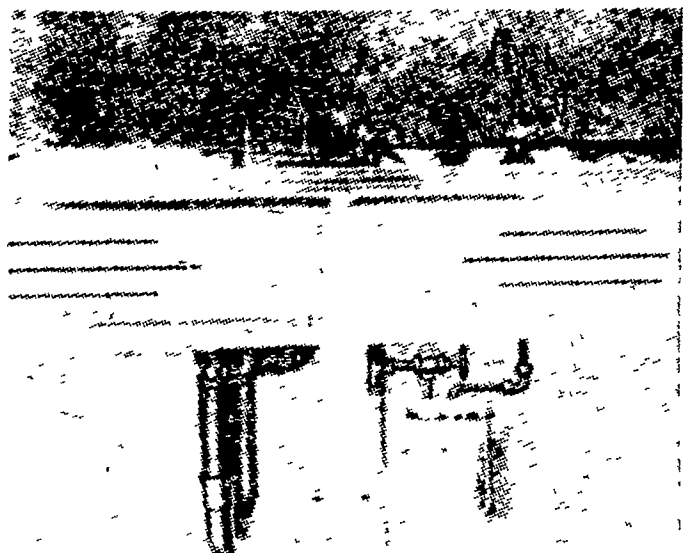
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