



For the Farm Wife and Family

d crisp on both sides. No need be added to the sausage cooks in its own. For convenience sausage be started in a cold pan.

HOMEMADE SCRAPPLE

Use 2 pounds of fresh pork in an inexpensive cut such as shoulder. Cook meat slowly in 1 1/2 quarts of water until the meat is tender from the bone. Strain off the broth and separate the meat from the bones. Cut meat into fine pieces. Add enough water to broth to make 1 quart liquid to a bowl, and

stir in 1 1/2 cups of uncooked fine whole-wheat cereal. Cook until the mixture is thickened, stirring constantly.

Add the meat and one small onion chopped fine. Cook for 15 minutes longer, stir frequently, and season with salt and pepper. Pour the mixture into loaf pans let stand until cool and firm. To serve, slice scrapple and brown slowly on both sides in a hot fry pan. If the scrapple is rich in fat, extra fat will not be needed for browning.

main dish. Sliced mushrooms add interest to other main dishes such as beef stroganoff, meat sauce for spaghetti and Spanish rice. Don't overcook them or they'll turn leathery.

Raw mushrooms, quartered through the stem, and chilled, make a novel and delightful snack treat for parties, buffets, and TV nibbling. Dunk into favorite dips such as that made of a pint of commercial sour cream and a package of onion soup mix, or one made of an unpeeled cucumber and an onion grated into 6 ounces of cream cheese and seasoned. You can slice mushrooms into green salads, too.

The time honored appetizer for a meal is mushroom soup, but have you ever tried it Continental style. The ingredients are simple:

MUSHROOM SOUP

- 2 1/2 cups milk
- 1 med um-size onion, finely chopped
- 1 cup cooked mushrooms
- 1/4 teaspoon salt
- 1/4 teaspoon celery salt
- 1/4 teaspoon paprika

Scald milk and onion in top of 1 1/2 quart double boiler. Add mushrooms and seasonings; cook about 20 minutes or until the onion is tender and the mushrooms heated through. Serve piping hot; with a garnish of chopped parsley.

Mushrooms are fresh and at their best when they are firm and white; have smooth, rounded tops or caps; and

undersides which are smooth and closed around the stems. Mushroom size is not an indication of quality or maturity as mushrooms of one inch and three-inch diameter may be equally mature and tender. However, the cap of the mushroom is more tender than the stem, and so mushrooms with short stems are the choice selection. Mushrooms need only be rinsed well under cold water and snipped at the stem end before they are ready to use. Peeling and soaking mushrooms are unnecessary.

Buy enough for several meals as you can keep fresh ones in the refrigerator for several days.

APPLES

What can you do with apples? Just about anything!

A raw apple is a fine low-calorie snack for all members of the family and won't hurt appetites as much as sweets. They are fine for hungry youngsters home from school.

You can bake apples stuffed with raisins or chopped dates or mince meat. Or you can make apple crisp. This is a layer of apples topped with flour, cinnamon, brown sugar and butter and then baked in the oven.

Then there's applesauce

APPLES IN STORAGE

Apples held in cool storage for several months seem to keep their same flavor and cooking qualities, according to recent research.

Some apples, like the Delicious, have been known to keep well in storage but not as much was known about other apples and whether they cook as well after storing.

Of the varieties tested the Delicious apple rates best as an eating apple. Its smooth skin seems to give special

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MUSHROOMS

Mushrooms are no longer "food for the Gods" as the ancient Romans believed. Especially in this plentiful season, we humans can enjoy these inexpensive "luxuries" which add excitement and flavor to nearly any dish.

For that extra special flavor in stew or casserole, or as a main dish in themselves, mushrooms challenge the imagination. They're good for you too. Mushrooms contain valuable quantities of vitamins, minerals and proteins and there are only 66 calories to the pound.

Sliced fresh or canned mushrooms complement green vegetables such as peas or beans. Or they may be sauted with chicken livers and served on rice for a

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