

For the Farm Wife and Family

For Lagging Appetites

by Mrs. Richard C. Spence

By this time in the winter season everyone seems to be getting tired of the food he has been eating during the past months. Homemakers are weary with trying to keep their families eating properly in order to keep them in the best of health and eating in general becomes a problem. This is the time that a wise homemaker tries her hand with new tastes, combinations of foods and even some new foods. May be some of the following recipes will give you some ideas on how you can perk up your family's winter-weary appetites.

Baked pork chops are an enticing idea for winter meals. Here they're baked on top of golden noodles. Dried apricots and spicy orange sauce add flavor tang to this delightful noodle casserole.

CHOP-TOPPED NOODLE CASSEROLE

4 to 6 loin pork chops, cut at least 1/2 inch thick
1 tablespoon shortening
1/4 cup butter or margarine
1 1/2 cup enriched flour
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/4 teaspoon ground cloves
2 1/2 cups orange juice
1 cup water
3 tablespoons honey
8 ounces medium (or broad) noodles
1 cup dried apricots, rinsed and cut in quarters

Melt shortening in large heavy skillet. Add pork

chops and brown well on both sides. Meanwhile, prepare orange sauce. Melt butter or margarine in saucepan. Blend in flour, salt, cinnamon and cloves. Gradually add orange juice and water, stirring constantly. Bring to boiling and continue cooking until sauce is thickened. Stir in honey. Cook noodles, rinse with warm water and drain well. Combine noodles, sauce and apricots. Turn mixture into 9x13-inch baking pan or dish. Arrange pork chops over top of noodles. Bake in moderate oven (350 degrees) 35 to 40 minutes. Makes 4

to 6 servings.

HAMBURGER VEGETABLE PIE

1 1/2 cups cracker crumbs (such as Ritz)
1 pound ground beef
1/4 cup chopped onions
1/4 cup chopped green pepper
1/2 cup ketchup
1 egg
1/2 teaspoon onion salt
1/4 teaspoon pepper

Combine cracker crumbs with remaining ingredients. Mix well. Form into a crust in a 9 inch pie plate. Bake 20 minutes in a moderate oven (350 degrees).

FILLING

Make a thick white sauce by combining 2 tablespoons butter or margarine with two tablespoons flour. Gradually add 1/2 cup milk; stir to 3 add 1/2 cup milk; stir over low heat until thick, stir slightly beaten egg. Add sauce to three cups of cooked mixed vegetables. Pour into meat crust. Continue baking at 350 degrees for 10 minutes. Makes 6 servings

CHILI CON CARNE

1/4 cup butter or margarine
1 cup chopped onion
1/2 cup chopped green pepper
1 clove garlic, chopped
1 pound ground beef
2 1/2 cups cooked kidney beans
8 ounce can tomato paste

2 tablespoons flour
3 tablespoons water
2 teaspoons salt
1 tablespoon chili powder (or to taste)

Saute onions, green pepper, and garlic in butter until tender. Add ground beef and cook 10 minutes over low heat, stirring occasionally. Add next six ingredients and heat, stirring constantly. Simmer 30 minutes. Serve in deep bowls with crackers. Makes 4 servings.

NOTE: Have you ever tried serving Chili Con Carne as a gravy over mashed potatoes. Children love this and it certainly is a nourishing dish.

WINTER SALAD

1 cup vinegar
1/2 cup salad oil
1 tablespoon salt
1 tablespoon sugar
1 teaspoon oregano
2 teaspoons black pepper
1 teaspoon rosemary
1 clove garlic, sliced

Mix above ingredients and shake vigorously or mix in electric blender for one minute. Strain if desired. Makes 1 1/2 cups.

APRICOT STEAMED PUDDING

1 1/2 cups graham cracker crumbs (about 20)
1/2 cup melted butter or margarine
1 1/2 cups sifted flour
2 1/2 teaspoons baking powder
1 cup sugar
1 teaspoon nutmeg

1 teaspoon cinnamon
1/2 teaspoon salt
2 cups chopped dried apricots (11-ounce pkg.)
1 cup milk
2 eggs, beaten

Combine graham cracker crumbs and melted butter or margarine. Sift together flour, baking powder, sugar, nutmeg, cinnamon and salt. Stir into crumbs. Add chopped apricots and mix well. Stir in milk and beaten eggs and pour into lightly oiled two quart mold. Cover mold tightly with aluminum foil. Place on rack in deep kettle. Add boiling water to halfway up sides of mold. Steam 2 1/2 hours or until firm. Makes about 10 servings.

DATE ORANGE COBBLER

2 cups biscuit mix
2 tablespoons sugar

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