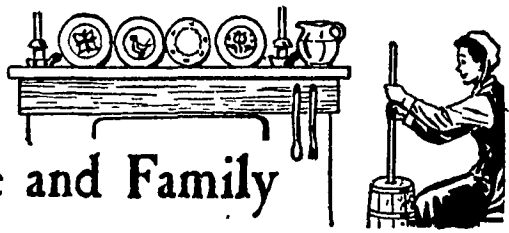


For the Farm Wife and Family

Items For Your Menus



By Mrs. Richard C. Spence

Ever wonder what to serve with meat and salad for dinner? Crispy Vegetable Rice Fritters are a nice change from the usual vegetable and are an excellent way to use leftovers.

Well seasoned mixed vegetables and cooked rice are combined in a seasoned batter and propped into hot fat to brown. You can plan specially to have extra rice and vegetables at a meal earlier in the week to serve later in fritters.

You don't need a deep fat fryer or any special equipment for frying fritters. Any deep saucepan will do nicely. Though a thermometer is handy, you can test the heat of the fat by dropping in a 1-inch cube of stale bread. When it browns in 1 minute, the temperature of the fat should be right for frying. Drop batter by table-

fore bedtime, too.

VEGETABLE RICE FRITTERS

1½ cups sifted flour
2 teaspoons baking powder
1 teaspoon salt
¼ teaspoon pepper
Dash of paprika
2 eggs, beaten
½ cup milk
1 cup drained cooked mixed vegetables
1 cup cooked rice
1 teaspoon minced onion

Sift together flour, baking powder, salt, pepper and paprika. Add beaten eggs and milk and mix until smooth. Stir in rice, mixed vegetables and minced onion.

Drop by tablespoonfuls into deep hot fat, (375 degrees). Cook until golden brown. Drain on absorbent paper. Serve plain or with cheese sauce. Makes 6 servings.

The rice fritters can be served plain or with a tomato or cream sauce. If you're a real fritter fan, make lots of Vegetable Rice Fritters and serve them as snacks be-

Another type of fritter, Smoky Sausage Apple Fritters, will make a delightful breakfast entree. Tart chopped apple and smoky brown and serve sausage flavor

these fritters to perfection.

SMOKY SAUSAGE - APPLE FRITTERS

1½ cups sifted enriched flour
1 tablespoon sugar
2 teaspoons baking powder
½ teaspoon salt
1 teaspoon instant minced onion
1½ cups peeled, finely-chopped apples (2 medium apples)
4 smoked brown-and-serve sausage links, thinly sliced
1 egg, beaten
½ cup milk
1 tablespoon melted shortening or oil

to 7 minutes per side). Drain on absorbent paper. Serve with your favorite syrup, and with additional sausage links, if desired. Makes about 16 small fritters.

Quick Bismarcks are a baking powder version of the popular bakery item sometimes called "jelly doughnuts". Make these sugary delicacies, then show off your skill by serving them at morning coffee time.

QUICK BISMARCKS

5 cups sifted enriched flour
3 tablespoons baking powder
2 teaspoons salt
2 whole eggs
1 egg, separated
1 cup sugar
1 cup milk
3 tablespoons melted shortening or oil
2 teaspoons grated lemon rind
Jelly or jam (about ½ cup)

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