

● **Freezer Magic**

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1-½ cups rolled oats
3 teaspoons salt
½ teaspoon pepper
3 eggs
½ cup finely chopped onion
1 teaspoon Worcestershire sauce
1 cup milk or tomato juice
Combine ingredients in mixing bowl in order listed. Mix well. Pack into greased loaf pan (9x5x3 inches) and bake in moderate oven (350 degrees) until done, 1-¼ to 1-½ hours. Cool in pan 3 to 5 minutes. Remove from pan allow to cool completely. Cut into ½" slices and wrap individually or in quantity needed for one meal, separating slices with sheets of paper. Tape packages and freeze. Yield: about 16 slices.

MEAT BALLS

Prepare meat loaf mixture as above. Shape into balls 1 to 1-½ inches in diameter.

Brown in fry pan, place on lightly greased baking sheet and freeze. Wrap desired number of balls for one meal in each package, close with tape, label appropriately and return to freezer, 36 to 48 meat balls.

TO SERVE IN BEEF GRAVY Empty 1 can (1-¾ oz) beef gravy into heavy fry pan. Stir in ½ cup water. Heat to simmering stage. Add 6 to 8 meat balls. Cover tightly; reduce heat to low and allow meat balls to thaw and heat, 12 to 15 minutes. Serve plain or on buttered cooked noodles. 4 servings

TO SERVE IN SPAGHETTI SAUCE Pour ½ cup water in heavy saucepan. Bring to a boil, then reduce heat to low. Add meat balls and spaghetti sauce cubes (as prepared below) as needed to serve four. Cover tightly; allow to thaw and heat through. Serve plain with Parmesan cheese or on buttered hot spaghetti topped with Parmesan cheese.

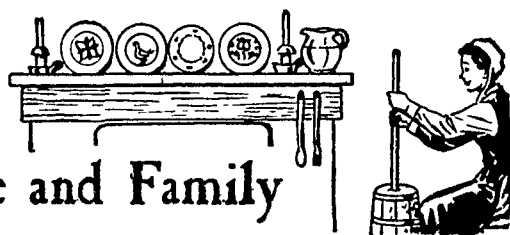
SPAGHETTI SAUCE

¾ cup chopped onion
3 tablespoons cooking oil or fat
3 cans (8 ounces each) tomato sauce
½ clove garlic, finely crushed
2 teaspoons dried parsley flakes
1-½ teaspoons sweet basil
½ teaspoon oregano
¼ teaspoon salt
1 teaspoon sugar
¼ teaspoon pepper
Saute onion in cooking oil or fat until tender. Add remaining ingredients. Simmer gently 15 to 20 minutes. Cool, pour into ice cube tray with divider and freeze. Remove from tray when frozen; wrap desired number of cubes for a meal in paper or if preferred, store in polyethylene bag. Yield, about 3-½ cups sauce.

FRIED CHICKEN

½ cup flour
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For the Farm Wife and Family



Ladies, Have You Heard? . . .

By Jane Thurston

ABOUT TRAVEL WITH YOUNG CHILDREN

Make safety rules before you start, including such rules as no standing in the seats, no putting anything out the windows including heads and arms, and no rough-house play in the car.

Plan short driving days with stops that fit the children's eating and sleeping schedules.

Tell the children where you're going and how long it will take to get there. Don't take for granted that children know the trip to Grandma's will take three days and not three hours.



THURSTON

Take easy-care clothing and not too many garments. You'll find coin-operated laundromats just about everywhere.

Put some good first aid equipment in the car where it's handy. This is a must. Be prepared for emergencies. Take a tip from the airlines and have heavy paper bags handy for sudden car sickness.

Equipment for picnic lunches along the way allows the small fry to get out and let off steam as well as eat. When you must eat in restaurants, avoid rush hours.

Keep a damp washcloth in a plastic bag and use to sponge off hot, sticky hands and faces.

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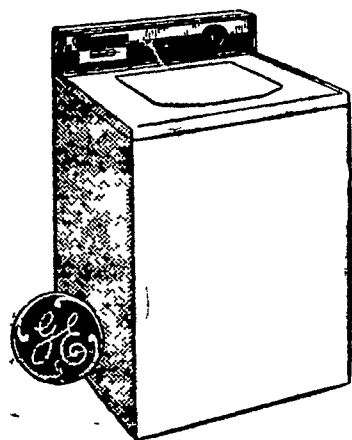
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