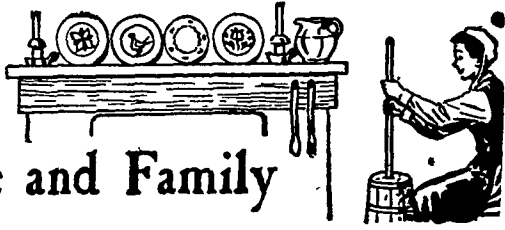


For the Farm Wife and Family



Appetite "Tempters"

By Mrs. Richard C. Spence

This is the time of year when there are two types of appetites homemakers have to cope with, lagging appetites and hungry appetites. Cold, crisp weather seems to give a boost to the appetites of those who have to spend a lot of time outdoors, either by choice or necessity.

For those who spend much of their time indoors over the winter months and don't get too hungry because of lack of exercise, meals must be tempting enough to satisfy their body's daily needs and keep

up resistance. Now is the time for the homemaker to experiment with some new menus and recipes to add some zip to the nutritional needs of her family. Take this menu as a suggestion:

SAUSAGE MACARONI BAKE

Green Beans
Cabbage-Apple Salad
Toasted Raisin Bread
Butter
White Cake with Butterscotch Frosting
Milk or Coffee

SAUSAGE MACARONI BAKE

8 ounces elbow macaroni

- 1 pound bulk pork sausage
- 1/2 cup butter or margarine
- 1 cup thinly sliced carrots (3 or 4 carrots)
- 1/2 cup diced celery
- 1/2 cup enriched flour
- 2 tablespoons instant minced onion
- 2 teaspoons dry mustard
- 1 teaspoon salt
- 3 cups milk
- 1/2 cup crushed potato chips

Cook macaroni in boiling water until tender, 6 to 8 minutes. Meanwhile, break up pork sausage and brown in skillet. Drain well. Melt butter or margarine in large saucepan. Add carrots and celery. Cook over moderate heat 5 minutes or until carrots are almost tender. Blend together flour, onion, mustard and salt. Add to butter mixture stirring to form a smooth paste. Add milk gradually, and cook until thickened, stirring constantly. Drain macaroni. Blend together macaroni, sausage and sauce. Turn into lightly greased 2-quart casserole. Sprinkle crushed potato chips over top. Bake in moderate oven (350 degrees) 25 minutes. Makes 4 to 6 servings.

This easy, penny-saving combination, Chili Vegetable Omelet,

features eggs, ground beef and Cheddar cheese — three extremely nourishing protein-rich foods. The eggs go into the airy golden omelet that's first cooked on top of the range and then baked in the oven. The ground beef and cheese are in the spoonover sauce along with the vegetables.

CHILI VEGETABLE OMELET

- 4 egg yolks
- 4 egg whites
- 1/4 cup water
- 1/4 teaspoon salt
- 1 tablespoon butter

thick. Beat egg whites until frothy; add water and salt; beat until peaks fold over. Fold egg yolks into egg whites. Meanwhile melt butter in 10-inch skillet over medium heat. With spatula level omelet mixture into skillet, spreading higher at sides; reduce heat to low. Cook about 8 minutes or until puffed and set and lightly brown on bottom. Transfer skillet to oven. Bake about 10 minutes in a 350 degree oven or until top is lightly browned and knife comes out clean when inserted in center. Loosen sides of omelet. Make shallow. Beat egg yolks until very

(Continued on Page 7)

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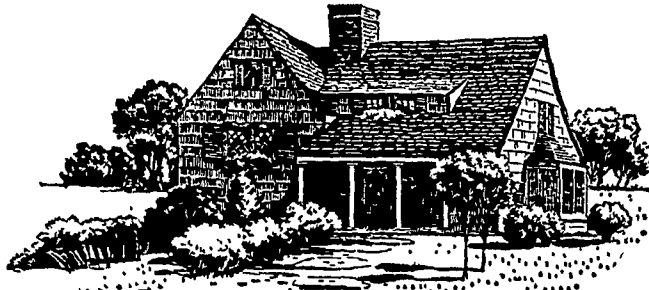


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