

● For The Farm Wife

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Indian Pudding.

INDIAN PUDDING

3 cups milk
 1/2 cup yellow cornmeal
 1/2 cup dark molasses
 1/4 cup sugar
 1 teaspoon salt
 1/2 teaspoon cinnamon
 1/4 teaspoon nutmeg
 2 tablespoons butter or margarine
 1 cup cold milk

Heat 3 cups milk in top of double boiler. Add cornmeal, molasses, sugar, salt, spices, and butter. Cook over hot water, stirring occasionally, for about 25 minutes or until mixture is slightly thickened. Pour into a 1 1/2 quart casserole which has been rubbed with butter. Add cold milk. Do not stir. Bake in a slow oven (300 degrees) for 2 1/2 hours. Serve warm with whipped cream or vanilla ice cream. Makes 6 to 8 servings.

MEAL-IN-ONE-RABBIT

CORN BREAD:

1/2 cup flour
 1/4 cup sugar
 1/2 teaspoon salt
 1 tablespoon baking powder
 1 1/2 cups yellow corn meal
 1 cup finely chopped cooked ham
 1 egg
 1 cup milk
 1/4 cup (1/2 stick) butter, melted

Sift together flour, sugar, salt and baking powder. Mix in corn meal and ham. Combine egg, milk and butter and stir into dry ingredients. Pour into pan (8-inch) and bake 20-25 minutes in a 425 degree oven.

VEGETABLE RABBIT:

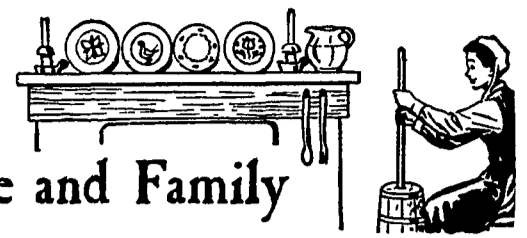
1 9-ounce package frozen whole green beans
 1/4 cup (1/2 stick) butter
 2 Bermuda onions, peeled
 2 tablespoons flour
 1/4 teaspoon dry mustard
 1/4 teaspoon Tabasco sauce

1 1/2 cups milk
 1 cup finely shredded raw carrots
 3 cups (3/4 pound) shredded Cheddar cheese

Cook green beans according to package directions. Drain and set aside. In a frypan or chafing dish melt butter. Cut each onion into 6 slices; saute in butter until light brown on both sides. Remove onion from pan and stir in flour, dry mustard and Tabasco sauce. Gradually add milk and cook, stirring constantly until thickened. Stir in carrots and Cheddar cheese, until cheese melts.

To assemble Meal-In-One-Rabbit: Cut corn bread into squares, split into halves and top with onion slices, then green beans. Spoon on the Rabbit.

For the Farm Wife and Family



Ladies, Have You Heard? . . .

By: Jane Thurston, Extension Home Economist

Why A Young Woman Carries A Lunch

To save money for such things as clothes and vacation trips, to build up savings, add to education fund, or to help others in the family are among the reasons a young woman carries a lunch. But there are others besides the desire to save money. Among these are. To save time for shopping, knitting, studying, or reading; a lack of eating facilities in the area of her office, special requirements; to gain companionship, or to make certain her noon meal gives her proper nutrition.



THURSTON

The young woman must prepare this meal just as carefully as if she were eating it at home. The lunchtime meal should contain one-third of the daily requirement of nutrients, and should be satisfying and appetizing. And she must watch the nutritional balance of this meal as to protein, calcium, and iron since these are nut-

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SPRING NEEDS

- Seed Potatoes
Bliss
Surprise
Cobblers
Katahdins
Kennebecs
- Garden Seeds
- Field Seeds
- Tobacco Seed
- Tobacco Muslin
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- Lime of all kinds
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