



## For the Farm Wife and Family

### Ladies, Have You Heard? . . .

By: Jane Thurston, Extension Home Economist

#### Ways To Serve Vegetables

Cook green and yellow snap beans whole or cut into bite-size pieces. Another way is to slice beans lengthwise, known as French style.

Cook corn on the cob. If there's any left over, cut kernels from ears and add chopped red and green pepper that you've cooked slightly in butter or margarine. Add a bit of onion if you wish.

Make your favorite creole sauce and serve it over wax beans, okra, summer squash, or other fresh vegetables.

Cooked cauliflower and broccoli have a different flavor and appearance when you sprinkle grated Parmesan cheese or one of the processed cheeses over the top before serving.

Complement green beans with slivered almonds . . . just slice blanched almonds, or buy them already slivered, and brown lightly in butter or margarine before adding to cooked beans.

Mix chopped, hard-cooked egg with fresh cooked spinach, then top with slices of hard-cooked egg.

Try a cream cheese sauce on your favorite vegetable. For the sauce, blend a three-ounce package of cream cheese with one-fourth cup of milk, add a half teaspoon celery seed and pour over cooked vegetable.

#### Did You Know

If you eat a sweet roll or doughnut at your daily coffee break that you may gain a pound every twenty-six days if your body doesn't use the extra calories but store them as fat? In a year's time, you could gain fourteen pounds. You'll have to decide for yourself whether you can afford the 135 extra calories you get from a sweet roll or doughnut.

#### Worth Knowing About Tuna

Tuna is the leading canned seafood sold.

Tuna is a popular warm weather food because it goes well in salads, sandwiches, casseroles, and other dishes, and for dips and hors d'oeuvres.

Tuna is high in first-class protein and in mineral and vitamin content.

Tuna is available in solid pack style suitable for serving as is in a salad or main dish. Or it comes in chunk, grated, and flake style for use in salad mixtures, casseroles, patties, and turnovers. Choose the style pack to fit your use.

**Some Facts On Telephones**  
On Jan. 1, 1962, the United States had almost 78 million telephones, more than half of the world's total.

The United Kingdom had a few more than eight and a half million, the next highest total.

West Germany followed with six and a half million, and Japan was next with slightly more than six and one-fourth million.

It takes a year to get the world data so these figures were for 1961.

The increase in 1961 means there were almost five phones for every hundred persons in the world. The United States had almost forty-two phones for every hundred persons and Sweden was next high with thirty-eight and a half phones for every hundred persons. Canada was next in the number of phones for every hundred persons.

Midsummer sales can offer a boost to your clothing budget if you choose carefully. Look for classic styles instead of fads; select sizes that you're sure will fit next summer, as well as now, and don't buy until you're sure the item is what you want. One disadvantage of sale merchandise is that you can't return it.

Organize picnic equipment in advance for quick, calm, and collected packing. Among the things you'll need are paper or plastic plates and cups, paper napkins, moisture-proof salt and pepper shakers, bottle and can openers; sharp knife and serving spoons, plastic or stainless steel forks, knives, and spoons. You can store these items in the family picnic basket and they're ready to go. But a word of caution — take inventory now and then to be sure you have enough of everything.

Use your kitchen Terry towels outdoors. They make marvelous runners for a picnic table, or you can use them for placemats. And you can fashion them into jolly-looking bibs when you serve corn, chicken, watermelon, or other drippy foods. And Terry towels are perfect to wipe up all accidental spills.



THURSTON

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1/2 cup sugar  
1 tablespoon grated orange rind  
1/4 cup orange juice  
Combine whole bran cereal and milk; let stand until most of moisture is taken up, about 5 minutes. Add egg, molasses and shortening; beat well. Stir in raisins. Sift together flour, soda and salt. Add to cereal mixture, stirring only until combined.

Mix sugar, orange rind and orange juice; pour into bottom of greased 8 1/4 inch ring mold. Spread butter evenly over mixture. Bake in moderate oven (375 degrees) about 30 minutes. Invert pan and let stand a few minutes before removing. Serve immediately. About 8 servings.

NOTE: a greased 8 x 8 inch baking pan may be used in place of ring mold.

Did you ever think about adding cereal to a sandwich filling? It's done here —

#### BOLOGNA SALAD SANDWICH FILLING

1/2 pound bologna  
1 hard-cooked egg, finely chopped  
2 tablespoons finely chopped sweet pickle  
1 tablespoon finely chopped onions  
1/4 cup mayonnaise  
1/4 teaspoon salt  
1/2 cup Concentrate cereal

Remove casing from bologna; put through food-chopper. Combine with remaining ingredients; mix well. Use as sand-

wich filling. 1 cup filling, sufficient for 4 sandwiches.

Cornflake crumb-topped casserole has a taste treat that nobody will dispute.

#### CREAMED SHRIMP AND EGGS

1/4 cup butter or margarine  
1/4 cup flour  
2 cups milk  
1 teaspoon salt  
1/4 teaspoon pepper  
2 teaspoons grated horseradish  
4 hard-cooked eggs, coarsely chopped  
2 cups coarsely chopped, cooked cleaned shrimp  
2 tablespoons chopped parsley  
2 cups corn flakes or 1/2 cup packaged corn flake crumbs  
2 tablespoons butter or margarine, melted

Melt butter; stir in flour. Add milk slowly, stirring constantly. Cook until thickened, stirring occasionally. Stir in salt, pepper and horseradish. Fold in eggs, shrimp and parsley. Spread in greased 10 x 6 inch baking pan or shallow casserole. If using corn flakes, crush into fine crumbs. Combine crumbs with melted butter. Sprinkle over shrimp mixture. Bake in moderate oven (350 degrees) about 25 minutes or until thoroughly heated. Serve at once. 6 servings.

#### SKILLET POTATOES

1/2 cup chopped onion  
1/4 cup butter or margarine, melted  
1 10-1/2 ounce can condensed

cream of mushroom soup  
1/2 soup can milk  
1 cup grated cheddar cheese  
1 cup cheese-flavored cracker crumbs  
1/8 teaspoon ground black pepper  
6 boiled potatoes, sliced  
1 small green pepper, cut in strips  
2 tablespoons chopped pimiento

On the grill in a skillet saute onions in butter or margarine. Add soup and milk. Blend well. Add cheese and stir until cheese melts. Add cracker crumbs and remaining ingredients. Blend well. Continue cooking, stirring occasionally until potatoes are heated. Makes 6 servings. Serve with charcoal broiled steaks.

#### SALMON BARBECUE

1/4 cup melted butter or margarine  
1/3 cup lemon juice  
1 15-ounce can tomato sauce  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
1/2 teaspoon thyme leaves

Mix above ingredients and bring to a boil; simmer 10 minutes. Broil salmon steaks over low fire about five minutes on each side brushing frequently with sauce. Serve hot with more sauce and Hoe Cakes.

#### HOE CAKES

1 15-ounce package corn bread mix  
3/4 cup milk  
1 egg  
1 tablespoon grated onion  
1 cup butter or margarine  
Ground black pepper  
Paprika

Butter or margarine  
Pour corn bread mix into mixing bowl. Stir in milk, egg, and onion. Melt butter in skillet. Drop corn bread by spoonfuls in skillet over medium to low heat. Sprinkle with pepper and paprika. Cook turning once to brown both sides. Top with a pat of butter and serve hot with barbecued salmon steaks. Makes about one dozen.

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