

Free oven for 30 minutes or until sides pull away from pan. Take from oven and cool. Store covered in pan. These squares will stay moist for several days. Cut into 1 1/2 inch squares as needed. Makes about 2 dozen squares.

Evaporated milk can be used in meat and vegetable dishes.

SALMON PATTIES
1 can (7 1/2 ounces) salmon
1/2 cup soda crackers, crushed
2 teaspoons instant minced onion
1 egg
1/2 cup evaporated milk
1 1/2 tablespoons butter
Remove skin and bones from salmon; flake salmon in liquid. Add crushed crackers, onion, egg and evaporated milk. Mix well. Let stand 3-4 minutes. Shape into 4 balls. Melt butter over low heat in skillet. Add salmon balls leaving space between as balls flatten into pat-

ties on cooking. Cook about 5 minutes on each side.

CREAMED PEAS

1 package (10-ounces) frozen peas
1/4 cup water
1/2 teaspoon salt
1 tablespoon butter
1 1/2 tablespoons flour
1 cup evaporated milk
Add peas to water along with salt. Bring to a boil and cook 3-4 minutes. Add 1 tablespoon butter; stir until melted. Remove from heat; blend in flour; stir in evaporated milk. Cook over low heat until thickened, stirring occasionally.

EXTRA-GOOD BAKED BEANS

2 tablespoons firmly packed brown sugar
2 teaspoons flour
1/2 cup evaporated milk
2 teaspoons prepared mustard
1 8-ounce can pork and beans
Mix brown sugar and flour in small saucepan. Blend in milk and mustard. Stir in pork and beans. Cover and cook over low heat 10 minutes, stirring once during cooking period.

Serve with butter grilled hamburgers or frankfurters.

SUPER SCRAMBLED EGGS

1/2 cup evaporated milk
1/2 teaspoon salt
Dash of pepper
3 eggs
1 1/2 ounces cream cheese, cubed

Add milk, salt and pepper to eggs; beat until light and fluffy. Melt sufficient butter in skillet to cover bottom. Pour in egg mixture, cover and cook over low heat 3 minutes; stir lightly, add cubed cream cheese; cover and cook 3 minutes longer.

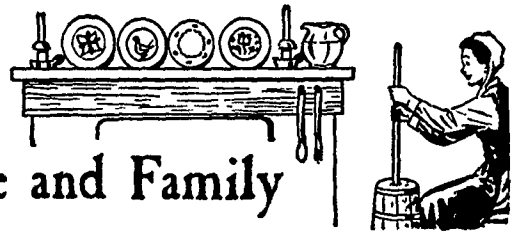
ORANGE

COCONUT AMBROSIA

1 package orange gelatin
1 cup boiling water
1 cup orange juice
1 cup shredded, chopped coconut
2/3 cup icy cold evaporated milk
1 tablespoon lemon juice
1/2 cup sugar

Dissolve gelatin in boiling water. Add orange juice and chill until partially set. Fold in coconut. Whip milk, using chilled beater and bowl. When stiff add 1 tablespoon lemon juice and 1/2 cup sugar. Fold into orange mixture. Chill in mixing bowl until set. Garnish servings with fresh orange sections and toasted coconut.

For the Farm Wife and Family



Ladies, Have You Heard? . . .

By: Jane Thurston, Extension Home Economist

Before You Store Summer Clothing
You'll thank yourself next spring if you store summer clothing carefully. Examine garments for needed repairs, such as broken seams, ripped hems, loose buttons, or other signs of wear. Mend these before you wash or dryclean garments for storage. If you repair before storing, clothes will be ready for use when the next season arrives.

Washable dresses must be completely free of starch — starch is excellent food for silverfish. You may wish to store cottons folded flat in drawers or large boxes without ironing before packing.

Have nonwashable garments drycleaned, then hag them in garment bags. If a garment doesn't need drycleaning, air and brush it before storing. Hang belts separately — their weight pulls and distorts the garments.

Clean hats, shoes, and handbags before storing. Stuff tissue paper in handbags and put shoetrees in shoes. You can put hats in boxes, perhaps several in one box depending on size and shape of hats. Put crumpled tissue paper in and around hats to prevent crushing.

To discourage mildew, store clothing and accessories in a dry place and one that's not too warm.

Food Facts Worth Knowing

A two-person household spends 24 percent of its food dollars on meals away from home.

Small households spend more on meat, poultry, fish, eggs, fruits, and vegetables on a per person basis than do large households.

Only 34 percent of the



THURSTON

households with six or more persons get enough of all eight basic nutrients that the National Research Council recommends.

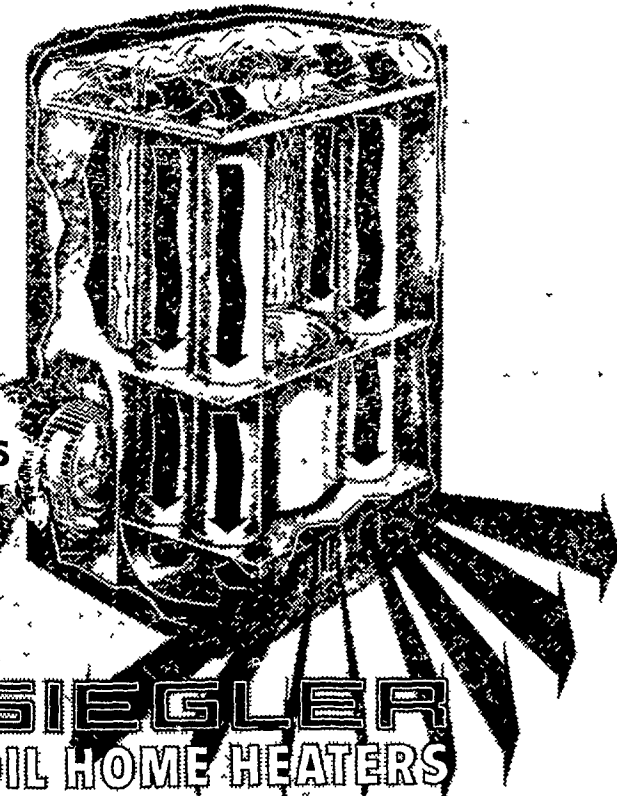
But, 55 to 60 percent of the households with two to four members have balanced diets.

For You To Try

Add roasted diced almonds to your favorite brownie recipe for special lunch box treats. For the family's supper, top these almond-laden brownies with ice cream and hot fudge sauce. Sprinkle with more almonds if you wish.

Sandwiches are easy for young fingers to hold onto. The appearance of the sandwich itself intrigues a child especially if you cut the sandwich into child-size pieces. Cutting is easy when you use a sharp knife to cut sandwiches into squares, triangles, or diamonds. Or you may wish to use animal shape cookie cutters.

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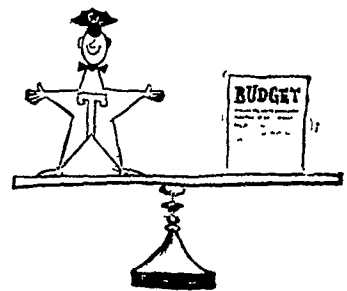
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