

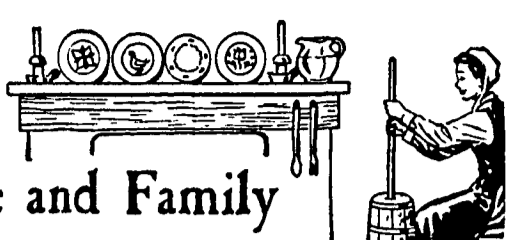
Continued from Page 6)  
 into 3-inch squares  
 up cornstarch  
 up molasses  
 up soy sauce  
 up vinegar  
 up water  
 2 can pineapple chunks,  
 pineapple juice  
 green peppers, cut in 1-inch  
 squares  
 1/2 sparerib bones crack-  
 ed; half; cut ribs into 3-inch  
 squares. Preheat Dutch oven;  
 brown ribs, a few at a time.  
 Combine cornstarch, molasses,  
 soy sauce; blend thoroughly  
 into smooth. Spread sauce on  
 both sides of ribs; rebrown  
 ribs in hot fat; return all  
 browned ribs to Dutch oven.  
 Combine sugar, vinegar, water,  
 pineapple juice, heat until su-

gar dissolves; pour over ribs; 2  
 cover. Simmer 1 hour or until 2  
 done. Add pineapple chunks, 1/4  
 green pepper; cover; simmer 3  
 minutes longer. Divide spare- 3  
 ribs into 8 portions, place each 1  
 portion in center of an 18" 1  
 square of aluminum foil; top 1/2  
 with pineapple chunks, green 1/2  
 pepper, sauce. Close foil 1/4  
 around ribs sack-fashion allow-  
 ing ends to flare out like a ho-  
 bo-knapsack; place in shallow 2  
 bake pan; refrigerate. When 1/2  
 ready to serve, heat ribs in foil 2  
 sacks for 30 minutes at 350 2  
 degrees 8 servings.

A delicious accompaniment  
 for the spareribs is Chow  
 String Beans with Sour Cream.  
**CHOW STRING BEANS  
 WITH SOUR CREAM**

10-ounce packages frozen  
 cut green beans  
 1/4 cup vegetable oil  
 3 tablespoons chopped onion  
 1 teaspoon flour  
 1 tablespoon water  
 1/2 teaspoon salt  
 1/4 teaspoon pepper  
 1/4 teaspoon grated lemon  
 peel  
 1 1/2 tablespoons chopped  
 parsley  
 1/2 cup commercial sour  
 cream  
 2 tablespoons cornflake  
 crumbs

Thaw green beans. Heat oil  
 in frypan using high heat; add  
 green beans, onions, cook stir-  
 ring constantly about one min-  
 ute; cover; cook additional  
 one minute. (Note: Beans  
 should be bright green with  
 crisp, crunchy texture) Stir in  
 flour; add water, salt, pepper,  
 lemon peel, parsley, sour  
 cream; blend thoroughly. Pour  
 bean mixture into a 1 1/2 quart  
 casserole; sprinkle with corn-  
 flake crumbs; top with grated  
 cheese. (Casserole may be pre-  
 pared ahead of time; covered  
 with foil, refrigerated, then  
 baked right before serving  
 time. Increase baking time by  
 10 minutes) Bake 30 minutes  
 at 350 degrees. 6 servings.



**For the  
 Farm Wife and Family**

**Ladies, Have You Heard? . . .**

By: **Jane Thurston, Extension Home Economist**  
**Facts Worth Knowing**

About 13 percent of the food Ameri-  
 cans ate during 1962 was imported, with  
 coffee the largest part of the total. All of  
 the coffee, tea, cocoa, and bananas we ate  
 during 1962 were imported. Almost all of  
 the spices, cashew and Brazil nuts, coco-  
 nuts, and olive oil were imported.

An average supermarket can supply six  
 thousand to eight thousand different items.  
 United States, Department of Agriculture  
 market researchers found that some stores  
 display as many as 85 to 135 different cuts  
 of meat and poultry and 70 to 100 different  
 kinds of canned vegetables.

Retail food costs probably won't go up  
 much during 1964, report economists in the  
 United States Department of Agriculture.  
 Last year's three percent  
 cost increase was due to unusu-  
 al circumstances — the Flori-  
 da freeze that resulted in re-



**THURSTON**

duced supplies of citrus fruits  
 and winter vegetables and an  
 increase in sugar prices.

**Hidden Dividend**

If you're throwing away  
 scraps from canned fruits,  
 you're pouring money right  
 down the drain. Here are some  
 ways to use the slipp.

Sweeten raw fruit or mix  
 with other fruit juices for a  
 beverage for breakfast or  
 snacktime.

Combine with a small  
 amount of sugar, cook about  
 10 minutes, then serve as a  
 pudding or cake sauce.

Use 101 part of the liquid  
 in gelatin salads or desserts.  
 Heat and spoon over pan-  
 cakes or hot cereal.

Spoon over baked ham or  
 roast pork to glaze the top.

**Some Guides To Buying Prunes**  
 Prunes are packaged accord-  
 ing to size. The label indicates  
 whether the prunes inside the  
 package are small ones . . .  
 sometimes called breakfast  
 (Continued on Page 8)

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