

For The Farm Wife

(Continued from Page 16)
 and lemon juice Chill until mixture is slightly thicker than the consistency of unbeat-
 en egg white Beat with rotary electric beater until light and fluffy and double in volume Fold in chopped prunes, walnuts, and orange chunks. Pour into a 1-quart mold, hill until firm. Makes 6 servings.

GLAZED CARROTS

2 tablespoons chopped onion
 1 tablespoon chopped parsley
 2 tablespoons butter or margarine
 8 medium-size carrots, cut in 1-inch pieces
 1 can (10 1/2 ounces) condensed consommé

Dash nutmeg
 In saucepan, cook onion and parsley in butter about 5 minutes. Add carrots, consommé and nutmeg. Cover and cook about 15 minutes. Uncover. Cook an additional 15 minutes, or until carrots are tender and sauce is slightly thickened. Makes 4 servings.

CHEESE-RICE CASSEROLE

1/2 cup canned mushrooms, stems and pieces
 1 tablespoon chopped onion
 1/4 cup coarsely chopped almonds
 1 tablespoon butter or margarine
 1/2 cup uncooked rice
 2 tablespoons chopped parsley
 1/2 cup shredded cheese
 1 1/2 teaspoons salt

1 teaspoon meat extract
 1 1/2 cup hot water and mushroom liquid
 Drain mushrooms; save the liquid. Lightly brown mushrooms, onion, and almonds in the fat. Add uncooked rice, parsley, and cheese, mix thoroughly. Place mixture in a greased casserole. Add salt and meat extract to the water and mushroom liquid and pour over the rice mixture. Bake at 375 degrees 45 minutes to 1 hour, until rice is done. 4 to 6 servings.

Have You Heard?

(Continued from Page 16)
 you what the pesticide is good for, the right way to apply it, how much to use, and safety precautions you should take. Because these facts are put on the label for your protection, get in the habit of reading the label each time you use a pesticide.

Care Of Frozen Foods At Home


When you return from shopping, unpack and put frozen foods away first. If any packages have softened slightly, place them on the quick chill metal surface in the ice-cube tray section of your refrigerator or in the freezer. Leave space for air to circulate around packages. If the ice-cube compartment of the refrigerator is your only storage space, buy only what frozen foods you can use within a day or two.

Put your latest buys in the back, oldest ones out front. Although frozen foods are good keepers, make room for new ones. . . this gives you the best menu variety.

Most frozen-food packages list contents, plus directions for cooking, heating, and serving. Some of this information is required by law. But most of it the packet has carefully developed to help you enjoy his product.

Decorations For Children's Food
 Use crisp cereal shapes to

decorate and add interest to children's foods. Across a shallow dish of applesauce, place a parade of cereal animal shapes. Sprinkle star shapes on top of the cream used on chocolate, vanilla, or fruit-flavored puddings. Heat doughnut and letter shapes of crisp cereal in a little butter, then let each child sprinkle them on soups, creamed vegetables, and creamed meat or poultry on toast. Do this just before eating so the cereal doesn't lose its crispness.



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