

• For The Farm Wife
(Continued from Page 18)
ter or margarine. Serve over fish sticks. Makes 3 cups sauce.

CRAB MEAT CARNIVAL

- 4 6-ounce packages frozen crab meat, thawed and drained
 - 1 large onion, chopped
 - 1 clove garlic, minced
 - 2 stalks celery, chopped
 - 2 tablespoons salad oil
 - 2 8-ounce cans tomato sauce
 - 2 4-ounce cans sliced mushrooms, drained
 - 1/2 teaspoon salt
 - 1/2 teaspoon thyme
 - 1/4 teaspoon ground pepper
 - 2 bay leaves
 - 1 Dash Tabasco
 - 2 tablespoons flour
- Thaw crab meat. Saute onion, garlic and celery in salad

oil. Add tomato sauce, mushrooms, salt, popper, bay leaves, thyme leaves and Tabasco. Sprinkle in flour. Add crab meat and simmer 10 minutes. Serve over onion flavored crackers. Makes 6 to 8 servings.

PEACHY SCALLOPS

- 6 or 7 Holland Rusks
- Butter or margarine, softened
- 1 can (1 pound 13-ounces) cling peach halves, well drained (6 or 7)
- 1 1/2 cups fresh or frozen scallops, thawed and sliced
- 3 tablespoons butter or margarine
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/4 teaspoon onion juice
- 2 tablespoons lemon juice
- 2 ounces Bleu cheese, crumbled
- 1 1/2 cups onion-flavored cracker crumbs, finely rolled

Spread each Holland Rusk with softened butter or margarine. Place on a baking sheet. Drain cling peaches well and place one on each Holland Rusk. Wash and dry scallops and slice into small pieces. Melt butter or margarine in saucepan. Stir in salt, pepper, onion juice, lemon juice, Bleu cheese and 1 cup cracker crumbs. Heap scallop mixture into center of each peach half and around the edge on the

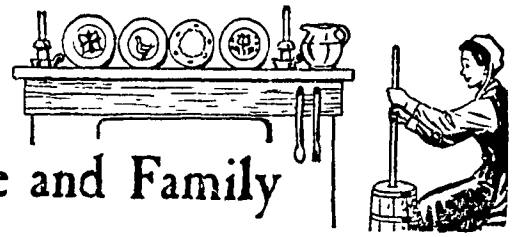
Holland Rusk. Sprinkle with remaining 1/4 cup cracker crumbs. Place about 10-inches from broiler and broil on low heat 8 to 10 minutes until browned. Serve immediately. Makes 6 or 7 servings.

SAUTEED RED SNAPPER WITH TARTAR SAUCE

- 2 pounds red snapper fillets
 - Salt and pepper
 - 1 egg, well beaten
 - 2 tablespoons lemon juice
 - 1 tablespoon water
 - 1 cup bread crumbs, cornflake crumbs or cracker crumbs
 - 1/2 cup salad oil
- Season fillets with salt and pepper. Combine beaten egg, lemon juice and water. Dip fillets in egg mixture; roll in crumbs. Heat oil in large skillet; add fillets and saute until lightly browned on one side, 5 to 6 minutes. Turn carefully and saute until fish flakes easily with fork. Drain on absorbent paper. Serve at once with Lemon-Tartar Sauce.

LEMON-TARTAR SAUCE

- 1 teaspoon grated lemon peel
 - 1 tablespoon lemon juice
 - 1 tablespoon chopped parsley
 - 1 tablespoon chopped onion
 - 1 tablespoon chopped sweet pickle or pickle relish
 - 1/2 cup mayonnaise
- Combine all ingredients, blending well. Makes 1/2 cup.



For the Farm Wife and Family

Ladies, Have You Heard? . . .

By: Jane Thurston, Extension Home Economist

Extra Jobs For Your Clothes Dryer
Use the dryer to air and dust bedding, diapers and slipcovers. Just air-fluff them, without heat — ten or fifteen minutes should do it. (Be sure to use the "timed" or "fluff" setting on the dial.)

You can fluff feather or down pillows in the same way. But before you put the pillows in the dryer, see that the ticking has no holes or openings.

If your dryer has an air-freshener, remember to take advantage of it. The air-freshener is the feature that gives articles a breezy, outdoor fragrance.

To steam out wrinkles and freshen corduroy, woolens (except knits), slacks, or jumpers, put the garments in the dryer with



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one or two slightly dampened, fancy grades and packs of bath towels. Set the control dial for the type of fabric in the garments. You can use this same dewrinkling process with many fabrics of manmade fibers. All garments must be clean. Watch the dryer so you can remove garments the moment tumbling stops so they won't wrinkle.

Food Shopping Tips
Do your shopping in person and, if possible, when the store is least crowded. Allow yourself plenty of time for shopping. Become familiar with brand names so you can recognize price changes. This can be helpful when you wish to change to a lower-priced brand or buy in quantity because of a lowered price. Read labels to determine quality, size, and weight, keeping food use in mind. Avoid

Compare costs of different forms of food — fresh, frozen, and canned — then determine the best buy. You do this by dividing the price by the number of servings. At home, store foods promptly and properly to cut down spoilage and waste. Household supplies, such as soaps, bandages, mops, and magazines, are not part of your food allowance and should not be included with your food costs.

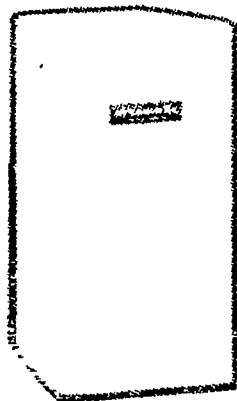
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