

For The Farm Wife

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- 1 can (1 pound 6 ounces) cherry pie filling
- 1/2 cup finely chopped nutmeats
- 1/4 cup butter or margarine, melted

Combine crumbs thoroughly with cake mix. Spread pie filling in greased 8 x 8-inch baking pan. Sprinkle cake mix-crumbs mixture evenly over top of filling. Top with nutmeats. Drizzle butter over all. Bake in moderate oven (350 degrees) about 1 hour or until very brown. Serve warm or cold with ice cream or whipped cream.

This custard pudding, made with whole bran cereal with wheat germ has all the spicy goodness of an oldtime bread pudding.

BRAN BUDS CUSTARD PUDDING

- 3 eggs
 - 2 cups milk
 - 1/2 cup sugar
 - 1/8 teaspoon nutmeg
 - 1/8 teaspoon salt
 - 1 teaspoon vanilla flavoring
 - 1/2 cup raisins
 - 1 cup whole bran cereal with wheat germ (Bran Buds)
- Beat eggs slightly; add remaining ingredients and mix well. Pour into 1-quart baking dish, place in pan of hot water. Bake in moderate oven (375 de-

grees) about 55 minutes or until knife inserted near center comes out clean. Stir custard several times during first half hour of baking. Serve warm. 6 servings.

SURPRISE BREAKFAST CAKE

- 1/2 cup light brown sugar
- 2 tablespoons butter or margarine
- 1/2 teaspoon cinnamon
- 10 Fig Newton cakes, crumbled
- 1 1/2 cups sifted flour
- 2 1/2 teaspoons baking powder
- 2 teaspoon salt
- 2 eggs
- 3/4 cup sugar
- 1/2 cup butter or margarine, melted
- 1 teaspoon vanilla extract
- 1/2 cup milk

Mix together light brown sugar, butter or margarine, cinnamon and crumbled fig newtons. Set aside. Sift flour, baking powder and salt together. Beat eggs until frothy, then beat in sugar and melted butter until well combined. Add vanilla and milk. Beat in flour mixture until well combined. Pour half of mixture into 8-inch square pan which has been greased and lightly floured. Sprinkle half of fig newton topping over cake batter. Spread rest of cake batter over and top with remaining topping. Bake 35 to 40 minutes in a moderate oven (350 degrees). Makes 6 to 8 servings.

Temporary Storage

When you need temporary storage, don't put a lot of money in it, advises Helen E. Bell, Penn State extension home management specialist. An inexpensive fiberboard chest may add storage space and design interest to a room. A low-cost metal cabinet used for storing baking supplies can be moved later into the basement or utility room for flower arrangement supplies.

Have You Heard?

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er bags. They're easier to manage than one large bag.

Hold any object you lift or carry as close to your body as possible. This helps to keep body balance. And you'll notice the difference in the pull on arm muscles as you carry a weight, such as a heavy book, at arms length.

Think of ways to avoid heavy lifting, such as putting the clothesbasket on a stool or chair, then putting wet clothes in it. This does away with a bad lifting job because wet clothes can weigh twice as much as dry ones.

About Variety Meats

Variety meats, such as liver, tongue, and kidneys, give your meals new interest and flavor. And you may save money on your meat bill with variety meats.

Nutritionally, variety meats


are important for the vitamins and minerals they contain. Liver is a rich source of iron, the B vitamins, and vitamin A.

Variety meats lend themselves to tasty dishes including liver and onions, fresh beef tongue with horseradish sauce, braised veal hearts, kidney stew on rice, and others. Refer to your cookbooks for specific recipes using each of the variety meats.

To Remove Scuff Marks From A Waxed Floor

Use a cleaning-polishing wax. It will take off the marks as it removes the wax. Where you've used a self-polishing wax, try a solution of a mild soap and lukewarm water. Or use plain steel wool, not the pads treated for cleaning and polishing kitchen utensils.

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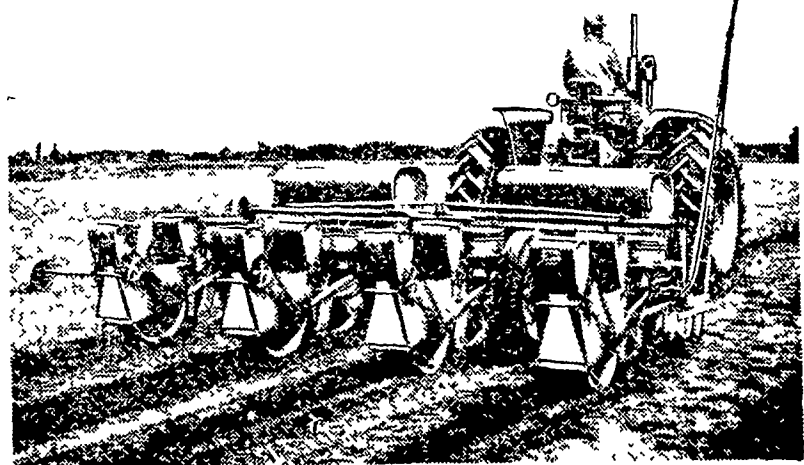
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