

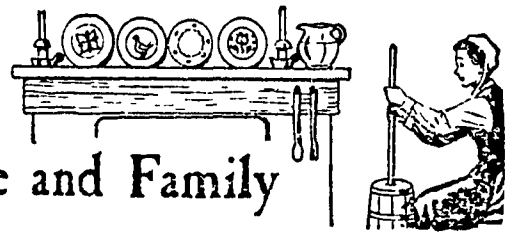
(Continued from Page 8) Make a sirup by combining orange juice, orange rind, salt, sugar, cornstarch and melted fat. Place alternate layers of sweet potatoes and sliced oranges in a greased baking dish. Pour sirup over sweet potatoes. Bake at 300 degrees about 1 hour. Baste with the sirup several times during baking. Six servings

The sumptuous dish of creamed Brussels' sprouts in a savory salmon ring is simple to

make yet colorful and nourishing.
CREAMED BRUSSELS' SPROUTS
 4 pound (1 quart) fresh Brussels' Sprouts (or 2 10-ounce packages frozen Brussels' sprouts)
 3 tablespoons butter
 1 small onion, finely chopped or 1/4 cup minced onion
 3 tablespoons flour
 1 cup chicken broth
 1/8 teaspoon nutmeg
 1/4 cup cream

2 tablespoons minced parsley
 Cook sprouts, covered, in boiling salted water for 10 to 15 minutes, or until just tender. Drain. In top of double boiler melt butter over direct low heat. Add onion and saute for about 5 minutes or until transparent. Stir in flour, remove from heat and stir in chicken broth. Return to heat and cook, stirring constantly, until sauce is smooth and thickened. Add salt and pepper to taste. Stir in nutmeg, cream, parsley and sprouts. Keep hot over simmering water.

For the Farm Wife and Family Ladies, Have You Heard? . . .



By: Jane Thurston, Extension Home Economist

Some Lighting Tips For Sewing

Good general lighting is needed for all types of sewing. A close lamp is essential to shed direct light on your work, but not in your eyes.

At the sewing machine, a bright light below eye level should be beamed at the needle work area. You can do this in one of two ways — place an adjustable lamp with a swing arm behind the machine or when using a wall-mounted lamp, that you can raise or lower, place your machine at a right angle to the wall with the light directed to the needle work area.

Provide glare-free light for hand sewing. A 300-watt incandescent bulb will give you



THURSTON

CARE OF CORDUROY GARMENTS

Wash and iron or press corduroy garments carefully and you'll prevent the short nap on the fabric from becoming shiny and wrinkled. Handwash or machine wash, if the garment labels advise machine washing, in lukewarm water and a mild soap or synthetic detergent.

Hang corduroy garments on rustproof hangers to dry or tumble dry in dryer with heat setting at cotton. For best results, remove garments from dryer before they are completely dry and brush out during drying and you can avoid excess lint.

If garments need touchup pressing, do it from the wrong side and use a light pressure on the non-painted corduroy shows wrinkles less than solid colors.

CEREALS—HOT OR COLD

Rolled oats is the hot cereal most often served for breakfast. You can change its flavor from time to time if you add raisins or chopped dates during the last few minutes of cooking.

Rolled oats is an ingredient in cookies, cakes, and hot breads, and sometimes in meat loaves.

Cold cereals are convenient to use, available in a variety of forms, and come in various size containers ranging from single servings to economy size.

Cold cereals are popular for between-meal snacks.

Cold cereals may be used for topping casserole dishes, in cookies, in candies, and in meat and fish loaves.

GOOD TO KNOW ANYTIME

If you work outside the home, it may be wise for you to set aside a part of your income to buy basic equipment that will make housekeeping simpler and easier. Such seeming luxuries as wall to wall carpeting or air conditioning may be worth the money because the carpeting will reduce floor care time or the air conditioning will cut down dusting and cleaning chores.

Remove Turkish towels with closely woven border stripes from the automatic dryer while the towels are still damp and stretch the stripes crosswise. This tends to reduce the ruffling of such self-tim on either solid color or multicolor towels. Another tip, shake fringed towels vigorously to straighten and fluff the fringe.

LEMON-HORSERADISH SAUCE FOR SPINACH OR OTHER GREENS

1/4 cup butter or margarine
 2 tablespoons chopped onions
 2 tablespoons flour
 1/4 teaspoon salt
 1 cup water
 2 tablespoons lemon juice
 1 tablespoon horseradish
 1/2 teaspoon Worcestershire sauce
 1 pound spinach or other greens
 2 hard-cooked eggs

Heat butter in saucepan; add onion and simmer for 1 minute. Add flour and salt, stirring until bubbly. Blend in water and lemon juice, stirring until thickened, 8 to 10 minutes. Add horseradish and Worcestershire sauce and one of the hard-cooked eggs, diced. Combine

good all-around light

SEED POTATOES TOBACCO MUSLIN

SEED POTATOES
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sauce with heated, drained greens. Garnish with remaining sliced egg. Serve at once. 3 to 4 servings.

SPINACH NOODLE SOUFFLE

8 ounces wide noodles
 1/2 cup butter or margarine
 1/2 cup sifted enriched flour
 1 1/2 teaspoons salt
 1/8 teaspoon pepper
 1/8 teaspoon nutmeg
 2 cups milk

(Continued on Page 7)




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