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each seasoning differs, and its effect on different foods varies, there is no hard-and-fast rule for the perfect amount. To avoid disaster and achieve perfection every time, simply follow the "do's and don'ts" below.

DO—Use restraint. In general, 1/4 teaspoon of dried herbs or spice is sufficient for 4 servings.

—Crush herbs in palm of hand before adding to your recipe, but after measuring.

—Add dried herbs and seasonings to salad dressings, fruits and juices well in advance, to allow flavors ample time to "marry."

—Balance your seasonings. If your main dish is emphati-

cally flavored use a light hand on your salad and keep both vegetable and dessert quite simple.

DON'T — Use dried herbs in the same quantity as fresh (Their flavoring quality is more intense.) In most cases, 1 teaspoon of dried herb is the equivalent of 3 teaspoons of fresh.

—Use too many different seasonings in one dish, unless called for in a thoroughly tested recipe.

—Add dried herbs and seasonings to cooked foods until the last hour of cooking.

—Use herbs or spices in every dish or course.

* * *

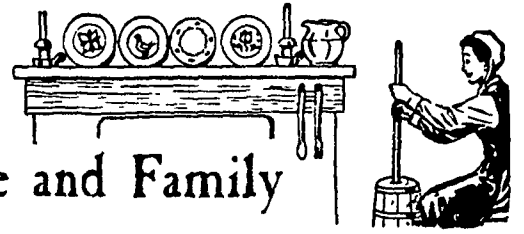
And now for some recipes to try.

FRENCH HERB OMELETTE
 1/4 teaspoon shredded parsley
 1/4 teaspoon thyme
 1/4 teaspoon basil
 2 tablespoons cream
 2 eggs, slightly beaten
 1/4 teaspoon onion powder
 1/4 teaspoon salt
 Dash black pepper
 1 tablespoon butter or oil

Crush herbs, soak in cream 10 minutes. Add eggs, onion powder, salt and pepper. Heat small omelette pan (skillet with curving sides). Add butter and as soon as it's sizzling, add egg mixture all at once. Work quickly, tipping the pan away from you and lifting the edge of mixture with a spatula so that uncooked mixture will flow underneath. When the egg has barely set, and is still moist in the middle, fold and turn out onto a hot plate. Garnish with parsley and serve at once. A true French omelette is only slightly brown. Makes 1 serving.

OLD HICKORY HAMBURGERS
 1 pound ground beef
 1 teaspoon onion powder
 1/2 teaspoon monosodium glutamate
 1 teaspoon old hickory smoked salt
 1/4 teaspoon fine grind black pepper

Mix together ground beef and seasonings. Let stand an hour or so for flavors to blend. Shape into patties. Pan-broil, cook on grill, or barbecue. Serve hot. Makes 4 servings.



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

By: Jane Thurston, Extension Home Economist

Menu Ideas To Please The Family

It takes preplanning and imagination to stimulate the appetite and reduce the number of food likes and dislikes of family members. Some ideas worth trying when planning menus include:

If you don't usually serve an appetizer, serve one. Clear soup in a mug or cup, fruit cocktail, or a small serving of tossed salad is always interesting.

Instead of fried or broiled chops, try stuffed baked pork chops or lamb chop casserole. Minute steaks, stuffed flank steak, or kabobs are tasty and different. Use chopped meat in meat loaves, chili con carne, or with spaghetti and macaroni.

Dress up a vegetable with a cream sauce or herb butter sauce. For calorie economy when making a cream sauce, use either the cooking water from the vegetable or skim milk instead of whole milk.

For a change in bread, surprise the family with hush puppies, garlic or herb bread, or hot biscuits.

Include raw cauliflower, carrots, and spinach in your salad food list.

For a simple dessert after a heavy meal, try a fruit and cheese platter, ambrosia, or spicy baked apples.

About Staystitching When Sewing

Staystitching keeps bias or curved edges from stretching as you work on garment pieces.

Follow the pattern instructions for staystitching properly. Staystitch as you remove pattern pieces from the fabric. Staystitching is a single row

of regular machine stitching through a single thickness of fabric within the seam allowance. It should be about one-eighth of an inch from the seamline and in matching thread.

To prevent stretching, armholes, necklines, shoulder seams, waistlines, bodice side seams, and the upper portion of skirt side seams should be staystitched.

Staystitch in the direction of the fabric grain to hold the cut edges in their original cut shape.

Staystitch from the wider section of a pattern to the narrower. For example, staystitch shoulder seams from the neckline to the armhole.

Worth Trying Anytime

Enhance the flavor, texture, and color of casseroles with a topping of almonds near the end of baking time. The al-

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