

For The Farm Wife

(Continued from Page 10)

MEAT LOAF WITH BULGUR
 1 pound ground beef
 1 cup soaked cracked wheat
 1/2 cup bulgur
 1/2 cup milk
 2 tablespoons chopped onion
 1/2 cup chopped celery
 1/2 teaspoon salt
 1/2 teaspoon Worcestershire sauce

2 eggs, beaten
 Mix all ingredients together thoroughly. Place mixture in a greased loaf pan. Bake at 375 degrees (moderate oven) for 1 hour, 10 minutes. Serves 6.

HAM AND EGG SALAD
 1 pound 12 ounces (1 1/2 quarts) cooked ham, diced
 1 pound 2 ounces (3 cups) eggs, hard cooked, diced

14 ounces (3 1/4 cups) apples, unpeeled, diced
 7 ounces (1 1/2 cups) sweet pickle, chopped
 2 tablespoons parsley, chopped
 1 teaspoon onion, chopped
 1 tablespoon prepared mustard
 3/4 teaspoon salt
 1/4 cup pickle liquid

6 ounces (3/4 cup) mayonnaise
 Combine ham, eggs, apples, pickle, and parsley. Stir onion, mustard, salt, and pickle liquid into the mayonnaise. Mix well. Pour dressing over the ham mixture. Toss to blend. Chill before serving. Portion with a No 8 scoop (1/2 cup) and serve on crisp salad greens. 25 portions.

RAISIN SAUCE

3 ounces (3/8 cup) raisins, chopped
 1 1/4 ounces (3/4 cup) cornstarch
 3/4 teaspoon salt
 2 1/4 cups water, hot
 6 ounces (3/4 cup) sugar OR 9 ounces (3/4 cup) liquid honey
 3 tablespoons lemon juice
 1 1/2 teaspoons lemon rind, grated
 1/2 teaspoon cinnamon

1 1/2 ounces (3 tablespoons) butter or margarine
 Combine raisins with cornstarch and salt. Stir into the hot water and cook until thickened, stirring constantly. Gradually stir in the sugar or honey, lemon juice, and rind. Add cinnamon and fat. Serve on desserts such as gingerbread or cottage pudding. The sauce may also be served on sliced ham or luncheon meat. Makes about 3 1/4 cups.

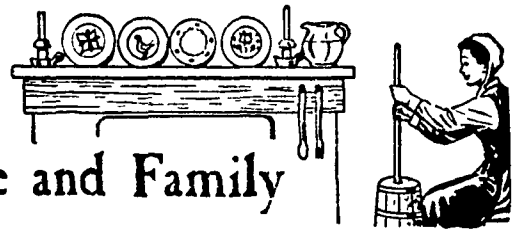
FRUIT PUNCH

8 ounces (1 cup) sugar
 1 quart water
 1/2 cup tea (strong)
 3/4 cup lemon juice
 1 1/4 cups orange juice
 12 ounces (1 1/4 cups) crushed pineapple
 2 cups grape juice
 1/4 teaspoon food color, red, optional
 1 1/2 quarts gingerale
 Combine sugar and water. Boil for 10 minutes. Cool. Add tea, lemon juice, orange juice, pineapple, and grape juice, and coloring, if desired. Chill. Add gingerale just before serving. 25 portions, 1/2 cup.

PEANUT-OATMEAL COOKIES

8 ounces (1 cup) butter or margarine, softened

For the Farm Wife and Family



Ladies, Have You Heard? . . .

By: Doris Thomas, Extension Home Economist

Satisfied Customers

Intelligent shopping for appliances pays off in lasting service and satisfaction. The best appliances are produced by established manufacturers who guarantee their products and also by reliable retailers who follow through on installation and servicing. Ask for a demonstration of the appliance in the store and in your home when it is installed. If there's anything you don't understand, be sure to ask questions.

Press As You Go For Smooth Sewing
 Before you begin pressing, press a sample of the fabric to be sure you have the right iron temperature for the fiber.

Press every stitched seam before crossing it with another seam. For a smooth seam or dart, press stitching into the fabric before you press the detail in its proper manner.

Press seams in the direction they have been sewed — from the wide portion of the pattern to the narrow. Always press curved seams and darts over a curved surface such as a tailor's ham or a pressing mitt.

When pressing the surface of the garment, follow the grain. To avoid any edge imprint, place a strip of brown paper under the seam, dart, or hem allowance.

A steam iron is an asset for pressing, and a well-padded board is essential.



THOMAS

Worth Knowing

Store all frozen foods at zero degrees or lower. Too high a temperature or a constantly changing storage temperature causes frozen foods to lose quality and food value.

Good descriptive labels on food packages identify the products, tell you what is in the package, save you time by stating clearly the advantages and qualities of the product, and tell you how to prepare or cook the contents.

If you time consistently gets away from you, you could make up an hour-by-hour plan and follow it for a few days. Allow enough time for essential activities, and don't cram too many "musts" into each day. Underestimate how much you expect to get done and you'll be less disappointed at the end of the day.

Instant minced onion is a timesaver when you're in a hurry. Also you'll value this ready-to-use convenience food for the tears it saves when you peel raw onions. The flavor of instant minced onion is excellent, true and mild; never harsh or strong.

THIN VINE CROPS

Vine crops in the vegetable garden do best if thinned to two or three plants in the hill or to stand 12 to 15 inches apart in the row, says Robert Fletcher, extension vegetable specialist at The Pennsylvania State University. Pinch or cut off plants to be discarded.

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