

For The Farm Wife
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4 to 6 servings.

SEA-SHELL STEW

2 tablespoons brown sugar
 1/2 teaspoon salt
 1/4 teaspoon dry mustard
 Dash pepper
 1 cup water
 1/2 cup vinegar
 1 hard-cooked egg
 1/2 cup minced parsley
 Paprika

Cook macaroni until tender, about 7 minutes. Drain. While macaroni is cooking, brown sausages in skillet. Add onion and cook until browned. Remove sausage mixture from skillet and drain off all but 2 tablespoons fat. To remaining fat in skillet, add flour, brown sugar, salt, mustard and pepper. Blend well. Gradually add water and vinegar, stirring constantly, and cook until slightly thickened. Cut sausages and egg into small pieces. Combine sausage, egg, parsley and macaroni and add to hot vinegar sauce. Mix well. Spin-
 1/2 cup flour
 1 tablespoon salt
 1/2 teaspoon dry mustard
 1/4 teaspoon pepper
 2 pounds beef stew meat, cut in 1-inch cubes
 2 tablespoons fat
 2 quarts water
 1 bay leaf
 1/2 teaspoon whole allspice
 1 tablespoon anchovy paste
 2 cups 1 1/2 inch cubes yellow onion (3 medium onions)
 2 cups sliced carrots
 12 ounces medium shell macaroni
 1 10-ounce package frozen cut green beans (about 2 cups)
 1/2 cup water

Mix together flour, salt, mustard and pepper. Dredge beef in seasoned flour mixture. Remove excess flour mixture. Melt fat in heavy skillet or Dutch oven. Brown meat in hot fat. Add 1 quart of water,

bay leaf, allspice, and anchovy paste. Cover and simmer until meat is tender, about 1 1/2 hours. Add remaining quart of water, onions and carrots. Heat to boiling. Reduce heat, cover and simmer 15 minutes. Add uncooked macaroni, cover and cook 10 minutes longer. Add green beans and cook uncovered 10 minutes, or until beans and macaroni are tender. Blend reserved flour mixture with 1/2 cup water to form a smooth paste. Stir into stew. Cook until mixture is thickened. Serve hot. 6 to 8 servings.

SAN FRANCISCO SALAD

8 ounces elbow macaroni
 1 10 ounce package frozen peas (about 2 cups)
 1 13-ounce can evaporated milk (1 2/3 cups)
 1 tablespoon unflavored gelatin (1 envelope)
 1 cup mayonnaise or salad dressing
 1 cup small curd cottage cheese
 1/4 cup finely chopped onion
 2 tablespoons chopped pimiento

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

By: Doris Thomas, Extension Home Economist

Worth Knowing

Italian plums are sweet, purple plums . . . excellent for filling the fruit bowl, for stewed fruit, salads, and desserts. Also they are fine for pies, puddings, jams, jellies, and preserves. The 1964 crop of Italian plums in the three major producing states of Idaho, Oregon, and Washington is estimated to be 48 percent larger than last season's crop.

Plan your food marketing in advance, preferably with a pencil and paper. Advance planning means there will be less chance of having to buy "emergency" foods which may cost more, or of buying on impulse at the store.

Compare prices before buying fresh, frozen, or canned foods. Sometimes the food in one form is less expensive, sometimes in another. For example, a large can of grapefruit juice may be less expensive for each serving than fresh oranges or grapefruit. On the other hand, during certain seasons, fresh oranges may be less expensive than canned or frozen orange juice.

Ideas to Help You Get More Food Value for Your Dollars

When buying meat, consider the amount of lean meat in the cut, not the cost per pound. Some cuts contain bone, gristle and fat waste. For example, ground beef and beef short ribs may cost the same per pound, but ground beef will give twice as many serv-

ings per pound as short ribs. Bacon is one of the most expensive foods you can buy in terms of protein value.

Beef, lamb, and pork liver give unusually high nutritive returns for money spent.

Chicken and turkey have a large proportion of bone to lean, but often are bargains compared with other meats. Fish is high in nutrients, often low in cost.

Eggs are usually a less expensive source of nutrients than most meats.

Study bread labels before you buy. Choose bread for weight and food value, not by the size of the loaf. Look for whole-grain or enriched bread, and bread that contains milk.



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