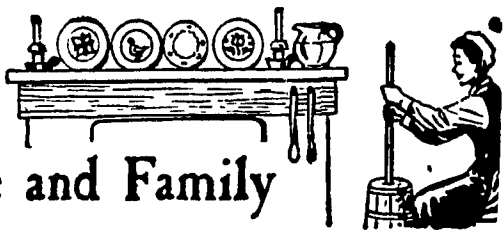


For the Farm Wife and Family



MIND YOUR MENU

By Mrs. Richard C. Spence



SPENCE

A well-planned menu is the basis of any good meal. If yours is a family of growing children it is especially necessary that you are aware that they are getting the proper proportion of vitamin nutrients every day. With the wide variety of seasonal foods available the year round now there is no need for your meals to be monotonous. If your family is rather hesitant about trying new foods you will have to use them subtly at first, don't be too surprised when they say "when are we going to have that again?" Sometimes what your family doesn't know about the ingredients in a casserole won't hurt them!

Here are some menu suggestions

- Orange Sweet-Sour Tongue, 2 oranges, peeled, cut into bite-size pieces
- Steamed Rice, Parslied Green Beans, Tossed Green Salad— 2 to 3 tablespoons sliced almonds, toasted
- French Dressing, Rolls, Butter, Raspberry or Pineapple Sherbet, Cookies, Coffee, Tea, Milk

ORANGE SWEET-SOUR TONGUE

- 3 to 4 pound fresh beef tongue
- 1 medium onion, sliced
- 1 carrot, peeled, sliced
- 2 stalks celery, sliced
- 2 sprigs parsley, chopped
- Boiling water
- 2 teaspoons salt
- 1/4 cup butter or margarine
- 3 tablespoons flour
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon firmly packed brown sugar
- 1/2 cup fresh orange juice
- 1 tablespoon grated orange peel

Wash tongue and place in large deep kettle. Add onion, carrot, celery and parsley. Cover tongue with boiling water, add 2 teaspoons salt. Bring to boil, reduce heat and simmer 2 1/2 to 3 hours, or until tender. Drain, reserve liquid. Trim off bone and gistle at thick end. Skin tongue while still warm. Slice tongue, keep warm while making sauce.

Strain reserved liquid from cooking tongue, measure 3 cups liquid. Puree strained vegetables. Heat butter in saucepan, blend in flour, cooking until mixture bubbles. Slowly add the 3 cups liquid with pureed vegetables, stirring until smooth and thickened. Season with 1/4 teaspoon salt, pepper, brown sugar and orange juice. Just before serving, stir in orange peel and orange slices, heat. Pour hot orange sauce over warm slices, garnish with toasted almonds. 8 to 10 servings.

Favorite Meat Loaf, Baked Potatoes, California Orange Carrots, Iceberg Lettuce Wedges, Thousand Island Dressing, Hot Biscuits, Butter, Honey, Fresh Fruit and Cheese, Coffee, Tea, Milk.

CALIFORNIA ORANGE CARROTS

- 1 bunch carrots

- 3/4 cup water
 - 1/2 teaspoon salt
 - 1 orange, peeled, cut into bite-size pieces
 - 2 tablespoons butter or margarine
 - 1 tablespoon fresh or freeze-dried chopped chives
- Wash and scrape carrots; cut in 1/4-inch crosswise slices. In small saucepan, bring water to boil. Add salt and carrots. Cook, covered, until carrots are just tender, 10 to 20 minutes. Drain. Add orange pieces, butter and chives; return to heat until orange pieces are just heated through. Serve at once.

Baked Pork Chops, Scalloped Potatoes, Peas and Sautéed Mushrooms, Waldorf Salad, Hot Rolls, Butter, Fresh Orange Sauce on Warm Gingerbread, Coffee, Tea, Milk.

FRESH ORANGE SAUCE ON GINGERBREAD

- 3 oranges, peeled, cut into bite-size pieces
 - 2 to 3 tablespoons sugar
 - 2 1/2 tablespoons cornstarch
 - 1/2 cup sugar
 - 1/4 teaspoon salt
 - 1/2 teaspoon grated orange peel
 - 1 cup orange juice
 - 1 cup water
 - 3 tablespoons butter or margarine
- Gingerbread squares
1/2 cup sliced toasted almonds or flaked coconut

Combine orange pieces with 2 to 3 tablespoons sugar to sweeten, set aside. Combine cornstarch, 1/2 cup sugar and salt in saucepan, mix well. Add orange peel, orange juice and water. Bring mixture to boil, lower heat and cook 4 to 5 minutes or until thickened, stirring constantly. Add butter, stirring until melted. Remove from heat. Add undrained sweetened orange pieces. Cool. Spoon sauce over warm gingerbread squares and sprinkle with toasted almonds or flaked coconut. Sauce is also excellent over spice or yellow cake. Sauce will keep several days when covered and refrigerated. Makes 3 cups sauce.

Roast Duck, Candied Yams, Buttered Broccoli, Fresh Fruit Salad, Butterflake Rolls, Butter, Orange Blossom Pie, Coffee, Tea, Milk.

ORANGE BLOSSOM PIE

- Crust
- 1 2/3 cups finely rolled ginger snap crumbs

- 1/4 cup softened butter or margarine
 - 1/4 cup sugar
 - 1 tablespoon grated orange rind
- Filling:
- 1 envelope unflavored gelatine
 - 1/4 cup cold water
 - 1/2 cup sugar
 - 3 egg yolks
 - 1 6-ounce can frozen orange juice concentrate, thawed
 - 1 tablespoon lemon juice
 - 3 egg whites
 - 1/2 cup sugar

Thoroughly blend ginger snap crumbs, butter or margarine, sugar and grated orange rind. Press firmly against bottom and sides of a 9-inch pie plate. Bake in a moderate oven (375 degrees) 8 minutes. Cool.

Soften gelatine in cold water for 5 minutes. In top of double boiler combine 1/2 cup sugar, egg yolks, slightly beaten; orange juice concentrate and lemon juice. Cook over hot water, stirring constantly until mixture thickens and coats metal spoon. Add gelatine and stir to dissolve. Cool. Beat egg whites until soft peaks form. Add 1/2 cup sugar

gradually, beating after each addition. Fold meringue carefully into cooled orange mixture. Pour into crust. Chill 4 hours or until set. Garnish with mandarin orange sections.

These cranberry treats can be made in your electric fry pan. Make them in the cool of the morning and they'll be all ready to finish off an evening supper on the patio. Make your own cranberry sauce or use the canned.

CRANBERRY PUDDING CAKE

- 1 1/4 cups sifted all purpose flour
- 1/2 cup sugar
- 2 teaspoons double-acting baking powder
- 1/2 teaspoon cinnamon
- 1/4 cup shortening
- 1 cup whole cranberry sauce
- 1/2 cup dates (cut up)
- 1/2 cup walnuts (chopped)
- 1/4 cup raisins
- 1 teaspoon butter
- 3/4 cup brown sugar

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