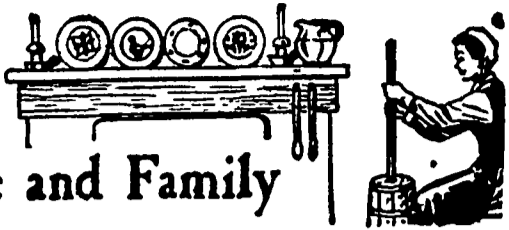


For the Farm Wife and Family



Corn Meal Rates High In Nutrition

By Mrs. Richard C. Spence



Foods have all kinds of opportunities to score at school, and they can even help you to score! There's the school lunch you pack at home before leaving for classes. (It's one of about 160,000,000 lunches packed each week for workers and school children!) Is it the well-balanced, hearty lunch you need for top afternoon performance? Foods can score at a robust breakfast send-off which will give you pep to last throughout the morning. And foods win points at special school occasions. Those homecoming crowds will cheer after-the-game treats as top scorers of the afternoon.

A highly nutritious food which will help you win on all these counts is corn meal. Besides the lusty flavor it gives to any food it is teamed up with, it is easy on the budget. Here are some suggestions for you

CASINO BARBECUE 'N CORN BREAD
Corn Bread

shortening. Beat with rotary beater until smooth; about 1 minute. Do not overbeat. Pour batter into greased 8-inch square pan. Bake in hot oven (425 degrees) 20 to 25 minutes. Cut into 6 pieces; split each and toast. Serve barbecue sauce (see below) piping hot over split corn bread squares.

Barbecue Sauce:
 1/4 cup butter or margarine
 1/2 cup chopped onion
 3/4 cup chopped celery leaves and stalks
 2 tablespoons cornstarch
 1/2 teaspoon dry mustard
 1 teaspoon chili powder
 1/4 teaspoon salt
 1 1/2 cups water
 1 1/4 cups catsup
 2 tablespoons vinegar
 2 tablespoons brown sugar
 2 tablespoons Worcestershire sauce
 1 pound wieners, cut in 1/2-inch slices

Melt butter in saucepan; add onion and celery. Cook until tender over low heat, about 5 minutes. Mix cornstarch with spices and salt; sprinkle over onion and celery. Blend thoroughly. Add water slowly, stirring constantly. Add remaining ingredients; bring to boil and simmer 15 minutes or longer.

SALTED BREAD STICKS

1 1/2 cups sifted all-purpose flour
 2/3 cup corn meal
 2 teaspoons baking powder
 1 teaspoon salt
 3 tablespoons shortening
 1/2 cup milk
 1 egg yolk
 1 egg white, beaten
 Coarse salt

Sift together flour, corn meal, baking powder and salt into bowl. Cut in shortening until mixture resembles coarse crumbs. Combine milk and egg yolk; gradually add to flour mixture, stirring lightly until mixture is dampened. (If necessary, add a little more milk to make a soft dough.)

Turn out on lightly floured board or canvas; knead gently a few seconds. Divide dough to make 18 balls. To shape sticks, roll each ball on lightly floured board with palms of hands to form ropes about 6 inches long. Place on greased cookie sheet; brush with egg white; sprinkle with salt. Bake in preheated hot oven (425 degrees) 10 minutes or until lightly browned. Makes 18 sticks.

FRANK ROLL-UPS

12 frankfurters
 1/4 pound sliced Cheddar cheese
 1 1/2 cups sifted flour
 1 1/2 teaspoons salt
 3 teaspoons baking powder
 3/4 cup corn meal
 1/2 cup shortening
 3/4 cup milk
 Melted butter or margarine
 Sesame seed
 Barbecue sauce

Heat oven to hot (425 degrees). Slit frankfurters lengthwise almost through. Fill slit with pieces of Cheddar cheese. Sift together flour, salt, baking powder and corn meal into bowl. Cut in shortening until mixture resembles coarse crumbs. Add milk, mixing only until mixture is dampened. (Add a little more milk if necessary.) Turn out on lightly floured board. Divide dough in half. Roll each half to form a 14-inch circle. Cut each into 6 pie-shaped wedges. Place frankfurter, slit side down, on wide edge of wedge. Roll up; brush with melted butter and sprinkle

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