

**For The Farm Wife**

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**BAKED STUFFED EGGPLANT**

- 2 medium eggplants
- 1 cup finely rolled cheese-flavored cracker crumbs
- 3 8 oz. cans minced clams, well drained
- 2 eggs, beaten
- 1 clove garlic, crushed
- 1/2 cup ketchup
- 1 teaspoon salt
- 1/4 teaspoon oregano leaves
- 1/2 teaspoon ground black pepper

Chopped parsley  
Cook eggplants in boiling water 8 minutes on each side. Cut in half. Scoop out pulp and finely chop (about 2 cups chopped eggplant). Combine chopped eggplant with cracker crumbs and next seven ingredients. Blend thoroughly. Spoon into eggplant shells. Place on a baking sheet. Bake in a moderate oven (350 degrees) 40 minutes. Sprinkle with chopped parsley. Makes 4 servings.

**BAKED STUFFED POTATOES**

Scoop out cooked potato from 4-6 medium baked potatoes. Beat until smooth with 1 cup of cheese sauce, 1/4 cup (1/2 stick) butter and 1/2 teaspoon salt. Refill potato skins and place in hot oven to brown.

**GOLDEN CHEESE SAUCE**

- 3 tablespoons butter
- 1/4 cup all-purpose flour
- 1 1/4 cups milk
- 1/2 cup minced onion
- 1/4 teaspoon salt
- 1/4 teaspoon dry mustard
- 1 egg, beaten
- 2 cups (1/2 pound) shredded Cheddar cheese
- 2 tablespoons (1 ounce) crumbled Blue cheese

**Water Belly Control Found**

Ammonium chloride will protect sheep and cattle from urinary calculi ("water belly"), a disorder common to farm and laboratory animals. ARS-Texas research has shown

In animals with this disease, caused by various nutritional imbalances, stones form in the kidney and urinary tract, similar to kidney stones in humans. It affects sheep, cattle, milk, horses, cats, dogs, and laboratory rats.

By using ammonium chloride, available from any mineral supplement supplier, ARS and Texas A & M University scientists protected lambs and steers from illness and death in 3-year tests conducted at College Station and Big Springs.

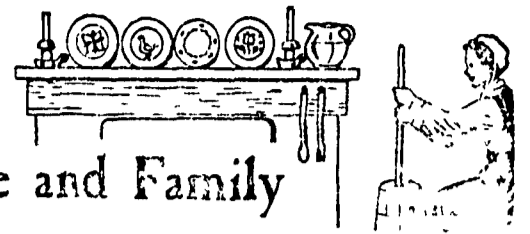
When test animals were fed

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- 2 cups (1/2 pound) shredded Cheddar cheese
- 2 tablespoons (1 ounce) crumbled Blue cheese
- 2 tablespoons chopped pimiento

In a saucepan melt butter; blend in flour until smooth. Remove from heat, gradually add milk, return to range and cook over low heat, stirring constantly, until mixture thickens. Add onion, salt and mustard. Add small amount of hot mixture to egg; return all to pan. Blend in cheeses, stirring until melted. Add pimiento. Serve hot over broccoli, cauliflower, or asparagus. Makes 2 cups.

**For the Farm Wife and Family**



**Ladies, Have You Heard? . . .**

**A Do And Don't For Pesticides**

Protect your skin with suitable washable or disposable covering when using a pesticide. If you spill a pesticide concentrate on skin or clothing, wash with soap and water and change clothing at once.

Don't let a pesticide come in contact with your skin for any length of time.

**Good To Know Any Time**

It there's no room in the vegetable crispener in your refrigerator, buy produce in polyethylene bags or wrappings. Such produce doesn't need the added protection of a crispener to stay fresh. But be sure the plastic bag or wrapper is ventilated before putting the produce in the refrigerator.



THOMAS

Never use steel wool or other abrasives on an enameled pan. Instead, to loosen food burned on enamelware, add two teaspoons of soda to one quart of water and bring to a boil, and let boil for a short time. This will loosen the food so you can easily remove it with a rubber scraper or a damp cloth and soda.

In making omelets and souffles, fold the heavy mixture into the beaten egg whites—not the whites into the other mixture.

**For Safety's Sake**

It's not a good idea to put a television set behind paneled walls, or in an enclosed

area. A television set generates considerable heat, and if enclosed, it could become hot enough to start a fire.

**A Tip on Egg Storage**

Eggs must be kept cool and covered to preserve their quality. Always keep eggs in the refrigerator. Store in the cartons they came in or transfer them to the egg storage unit of your refrigerator. Place the eggs so the large end is up.

**Worth Knowing About Carrots**

Carrots are now packaged and packaged water produced. Because you can't see them without tops, you less. And this is the cost of shipping has been reduced.

Packaged in see-through film bags, carrots stay fresh longer and there is less waste and spoilage losses.

(Continued on Page 18)

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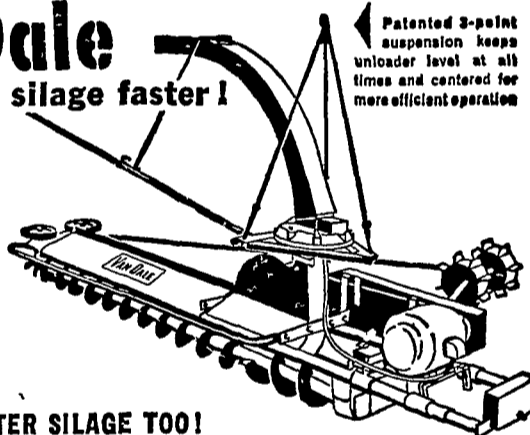
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**TWO SIZES:**

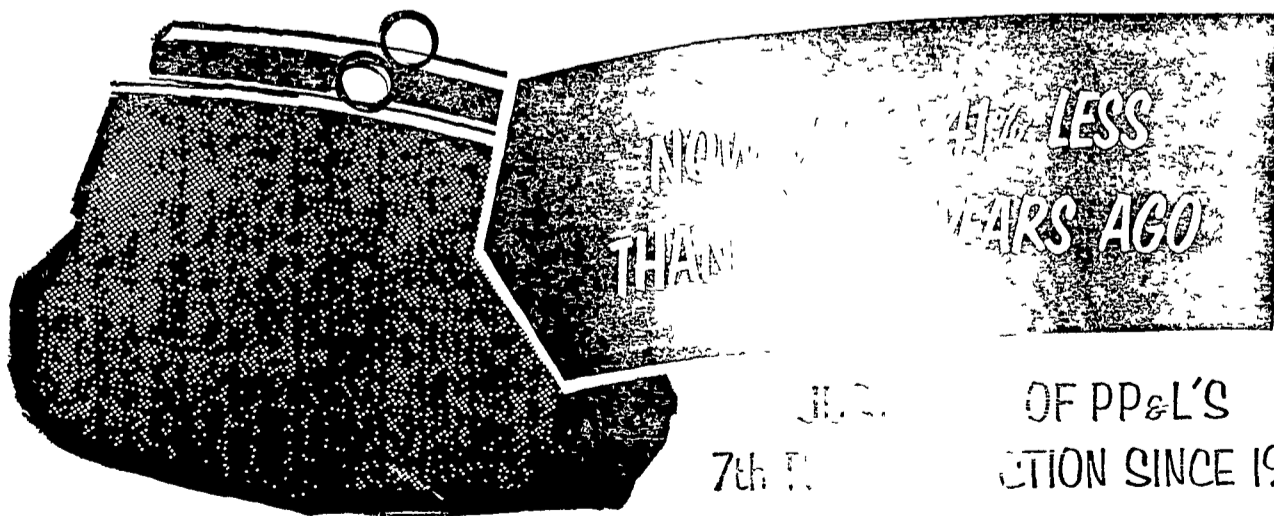
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