

● For The Farm Wife

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- 1 29-ounce can fruits for salad
- 1 tablespoon brown sugar
- 2 teaspoons soy sauce
- 1 tablespoon cornstarch
- 3 oranges, peeled, cut into bite-size pieces

Place paprika, ginger, seasoned salt and flour in a small paper bag; drop each piece of chicken in bag, shaking until well-coated. Heat shortening in large skillet; brown chicken on both sides. Cut 6 pieces aluminum foil 12x28-inches; fold each piece in half to make 12x14-inch pieces. Place a thigh and drumstick on each piece of foil; turn up ends slightly to hold liquid. Drain fruits for salad, reserving syrup. Divide the fruit among the 6 servings of chicken. Place 1 cup of drained syrup in small saucepan; add brown sugar, soy sauce and cornstarch; blend well. Bring to boil; reduce heat and simmer 2 to 3 minutes. Spoon sauce over chicken and fruit in foil. Fold foil over food, envelope

style; double fold edges to form tight packets. Place packets in shallow pan; bake at 425 degrees one hour to 1 hour and 15 minutes, or until chicken is tender. Makes 6 servings.

OLD-FASHIONED CHICKEN PIE

- 1/2 cup chopped green pepper
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 1/4 cup butter or margarine
- 1/4 cup all-purpose flour
- 2 cups chicken stock or bouillon
- 2 cups diced cooked chicken
- 1 can (1-pound) cut green beans, drained
- 2 tablespoons chopped pimiento

Topping:

- 2 cups pancake mix
- 1/4 cup shortening
- 2/3 cup milk

Pan-fry green pepper, celery and onion in butter. Stir in flour and cook about 5 minutes. Add chicken stock; cook until thickened, stirring frequently. Add chicken,

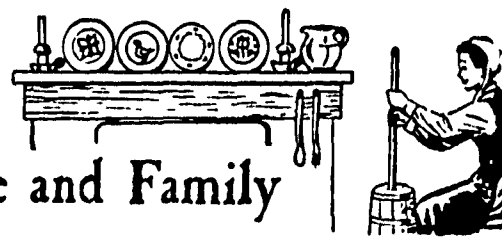
beans and pimiento; simmer until thoroughly heated.

For topping, place pancake mix in bowl. Cut in shortening until mixture resembles coarse crumbs. Add milk, stirring lightly only until mixture is dampened. (If necessary, add a little more milk to make a soft dough.) Turn out on lightly floured board or canvas and knead gently a few seconds. Roll out to 1/2-inch thickness; cut with 3-inch floured round cutter. Place on top of hot chicken base in 1 1/2 quart casserole. Bake uncovered in preheated hot oven (425 degrees) 20 to 25 minutes. Makes 6 servings.

CHICKEN MACARONI SALAD

- 8 ounces elbow macaroni
- 2 cups diced chicken
- 4 ounces process American cheese, cut in 1/4-inch cubes
- 1 cup chopped celery
- 2/3 cup shredded carrots
- 1/2 cup chopped onion
- 3/4 cup mayonnaise or salad dressing
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1/2 teaspoon nutmeg, if desired

Cook macaroni in boiling, salted water until tender, yet firm, 5 to 7 minutes. Rinse with cold water and drain well; place in large bowl. Stir in chicken, cheese, celery, carrots and onion. Blend mayonnaise or salad dressing, lemon juice, salt and nutmeg, if desired. Fold into macaroni mixture, stirring lightly to coat all pieces. Cover and chill at least one hour.



For the Farm Wife and Family

Ladies, Have You Heard? . . .

Safety With Pesticides

Play it safe with pesticides and pets. Don't spray or dust your pets with a pesticide unless it is labeled for such use. This means, don't use a flea powder on your cat just because the label recommends it for dogs. The product may be fine for dogs but cats will lick it off as they clean themselves.

Always check the label to find out the animals on which you can safely use the pesticide, how to apply the product, and what precautions you need to take.

After you have used the pesticide according to directions, put the container in a safe storage place where children can't reach it.



THOMAS

Did You Know That . . .

Without at least two eight-ounce glasses of milk each day, senior citizens will find it difficult to eat enough everyday foods to get the daily recommended amount of calcium.

A cup of shredded American, Swiss, or Parmesan cheese weighs about one-fourth of a pound. When a recipe calls for shredded cheese by cups, look at the weight on the package to judge how much you need to cut off for shredding.

You can consider ice cream a highly nourishing food when planning menus. One and three-fourths cups of ice cream contain about the same amount of calcium as one cup of milk.

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