

● For The Farm Wife

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CHEESE AND CRACKER STUFFED MEAT LOAF

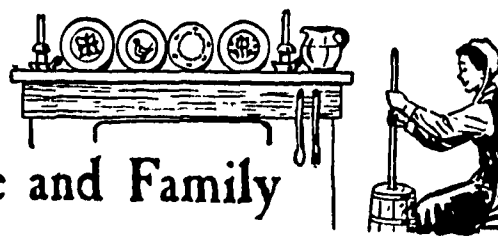
- 1½ pounds ground beef
- ½ pound ground pork
- 2 eggs
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ¼ teaspoon ground nutmeg
- 1 (8-oz.) can tomato sauce
- 1 cup finely rolled onion-flavored cracker crumbs
- 1 (4-oz.) can mushrooms, drained and finely chopped

- 2 tablespoons crumbled Bleu cheese
- 2 tablespoons butter or margarine, melted
- 2 tablespoons prepared spicy brown mustard
- 2 tablespoons light brown sugar
- 2 tablespoons cider vinegar

Combine first six ingredients with ½ tomato sauce. Blend next four ingredients in a small bowl. Place ½ meat mixture on wax paper. Gently pat into 9x7-inch shape. Evenly spoon stuffing mixture over meat. Place remaining meat mixture on a second piece of wax paper.

Gently pat into 10x8-inch shape. Flip meat over stuffing and seal edges. Turn into 13x9x2-inch baking pan. Pat into loaf shape; be sure all edges are sealed. Refrigerate. Blend remaining tomato sauce with mustard, brown sugar and vinegar. Refrigerate. One hour before serving, place meat loaf in a preheated moderate oven (350 degrees).

After 50 minutes pour sauce over meat loaf. Continue baking for 10 minutes. If desired, garnish with sliced mushrooms. Makes 8 servings.



For the Farm Wife and Family

By Doris Thomas, Extension Home Economist

Ladies, Have You Heard? . . .

Worth Knowing Anytime

Dry peas, beans, and peanut butter make hearty and inexpensive dishes. Use milk or cheese in the meal to improve the quality of the vegetable protein.

Keep butter clean, cold, and covered in its original protective wrapping to guard its delicate flavor and texture.

You'll find it easier to get the family to snack on foods that will contribute to good nutrition and health if you put the foods in a handy spot in the refrigerator.

Washing after each use in hot sudsy water and thorough scalding and drying will keep your coffeemaker clean and free from objectionable flavors. Using a percolator brush often will help keep the pump stem or the spout of any percolator clean. A clean coffee maker will give you fresh flavorful coffee every time.

Some Guides to Selecting Readymade Clothing

Choose and patronize a reputable store.

Become acquainted with quality brands and what they mean.

Make a list of your clothing needs before you go to the store, then stick to the list.

Know how much you have in your clothing budget, then keep within that amount.

Extend your present wardrobe. And be sure the items you select combine well in color and design with items in your clothes closet.

Check the fit of each garment you buy and you can eliminate unnecessary alterations.

Consider the cost of upkeep at the time you buy the clothing.

Things to Know About Rice

Each grain of rice, properly prepared, can be easily separated from its neighbor and the texture is tender but not gummy. Follow the directions printed on the package for preparing rice.

One cup of uncooked rice makes about 3 cups cooked rice, enough for 6 servings.

Quick cooking rice has been partially prepared before being packaged and so cooking time is reduced. Read directions on the package for preparing the rice.

Rice is a plant source of carbohydrate and helps to supply our body with energy.

You can use rice in a variety of ways in daily menus.

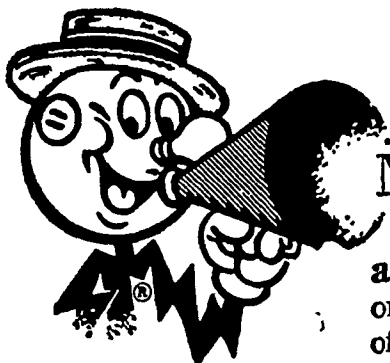
from a cereal served with fruit and milk for breakfast to a baked dish for lunch or dinner.

Don't Pay for Laundering Problems

When you shop, choose your ready-to-wear clothing carefully so you pay only for the garments, not for the problems.



THOMAS



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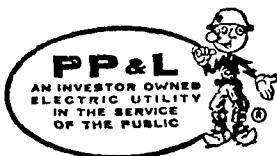
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