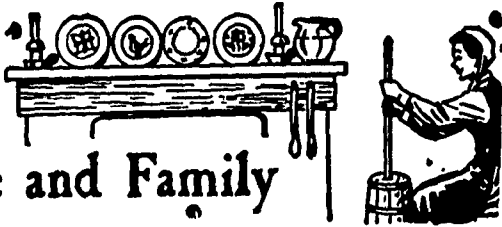


For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor



"Take-It-Easy Cooking"

Here's an easy meal in a dish that's sure to become a family favorite. Butter Fried Pork and Cinnamon Apple Potatoes are definitely different and easy to prepare. For one thing, they're white potatoes, not sweet potatoes you often serve with apples. You brown the potatoes in butter, well-seasoned with cinnamon and nutmeg, for a brand-new flavor accent for butter-sauteed pork steaks. Apples go on top in the last minutes of cooking for a final flavor touch. It's a wonderful way to team some familiar foods for a brand-new family dinner.



SPENCE

BUTTER FRIED PORK 'N SPICED APPLE POTATOES

- 1 egg, beaten
- 1 tablespoon milk
- 1/2 cup bread or cracker crumbs
- 6 pork tenderloin slices
- 1/2 cup (1 stick) butter
- Salt and pepper
- 3 medium potatoes, peeled
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 apple, quartered, cored and sliced

Parsley sprigs for garnish
In shallow bowl or pie plate mix together egg and milk. Dip pork slices in eggs, then coat with crumbs. In skillet melt 1/4 cup butter. Brown meat slowly on both sides, seasoning with salt and pepper. When meat is cooked thoroughly, remove to warm platter and place in preheated 250 degree oven. Slice potatoes in half lengthwise, then cut halves into thin slices. In skillet melt additional 1/4 cup butter, add cinnamon and nutmeg. Brown potatoes, turning occasionally; add more butter, if necessary. When potatoes are tender, place apple slices on top. Cover skillet and cook over low heat 5 minutes. Pile potatoes and apples onto platter with pork slices and serve. Garnish with sprigs of

parsley, if desired. Makes 6 servings.

If you have a "hankering" for fish, try this easy Quick Savory Tuna Loaf. It serves 6 to 8 people.

QUICK SAVORY TUNA LOAF

- 2 6 1/2 or 7-oz. cans, chunk style tuna, drained, flaked
- 2 eggs, slightly beaten
- 3 cups cornflakes
- 1 teaspoon grated lemon peel
- 2 tablespoons fresh lemon juice
- 1 1 1/2-oz. package meat loaf seasoning
- 1 10 1/2-oz. can white sauce (or 1 1/4 cups medium white sauce)

Lightly combine all ingredients in bowl, blending well. Pat into greased 9x5x3-inch loaf pan. Bake at 375 degrees, 45 to 50 minutes. Good served with Creamed Peas or

Creamed Spinach and a crisp green salad.

Here's another spinach and tuna combination — in a tossed salad.

SPINACH AND TUNA TOSS

- 1/4 cup olive oil
- 1/4 cup tarragon vinegar
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1/2 teaspoon tarragon leaves
- 1/8 teaspoon ground black pepper
- 2 cups crisp spinach leaves, bite-size pieces
- 1 cup chicory, bite-size pieces
- 1 small Spanish onion, thinly sliced into rings
- 1/4 pound mushrooms, thinly sliced
- 2 (7-oz.) cans tuna, chilled, drained and separated into chunks
- 1/2 pound Swiss cheese, cut into 2-inch strips

Combine first six ingredients in a covered jar. Shake and chill. Toss spinach and chicory in a large salad bowl. Arrange onion rings and sliced mushrooms around the sides. Heap tuna in the center; surround with cheese strips. Just before serving, shake salad dressing and toss with salad. Makes 1 cup salad dressing and 6 to 8 servings.

Here is a golden gelatin salad chock-full of crisp, fresh vegetables. Sour cream and horseradish with a sprinkling of parsley make a savory, "snowy" frosting.

SUNNY GARDEN SALAD

- 2 (3-oz.) packages lemon flavor gelatin
- 2 cups boiling water
- 1 1/2 cups cold water
- 3 tablespoons lemon juice

- 1/2 teaspoon salt
- 1/2 teaspoon celery seed
- 1 cup cooked green beans, cut in 1-inch pieces
- 1 cup small cauliflowerets
- 1/2 cup shredded carrots
- 1/2 cup sliced celery
- 1/4 cup sliced radishes
- 1/4 cup sliced cucumber rounds, cut in half
- 2 tablespoons sliced green onions
- 1 cup commercial sour cream
- 1 teaspoon horseradish, drained
- 1 tablespoon finely chopped parsley

Dissolve gelatin in boiling water; add next four ingredients and stir well. Chill until the consistency of unbeaten egg whites. Stir in vegetables. Pour into 1 1/2 quart ring mold. Chill until firm (about 4 hours). Unmold. Blend sour cream and horseradish; spread evenly over molded salad. Sprinkle with parsley. Serve to 8 people.

There is nothing like a fresh citrus dessert to top off a summer meal.

TROPICAL FRUIT WHIP

- 1/2 cup cold milk
- 1 3/4-oz. package lemon whipped dessert mix

- 6 tablespoons cold water
- 1/2 teaspoon grated lemon peel
- 2 tablespoons lemon juice
- 3 oranges, peeled, cut into bite-size pieces
- 2 bananas, sliced
- 1/2 cup flaked coconut

Combine milk and dessert in small, deep bowl, blending well. Beat at highest speed of electric mixer 1 minute. Blend in water, lemon peel and lemon juice. Beat at high speed about 2 minutes. Fold in orange pieces, banana slices and coconut. Refrigerate at least one hour before serving.

(Continued on Page 9)

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