

For The Farm Wife
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- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 bay leaves, crushed
- 1/4 teaspoon thyme
- 1 pound frozen haddock, thawed and cut into bite-size pieces
- 1/4 teaspoon monosodium glutamate
- 1 cup milk
- 1/2 cup regular all-purpose flour
- 1 cup light cream
- 1 can (7 1/2 ounces) minced clams
- Parsley

In a saucepot melt butter. Sauté onion and leeks. Add 2 cups milk, celery, carrots, salt, pepper, bay leaves and thyme. Simmer about 20 minutes. Add haddock and monosodium glutamate and cook

additional 20 minutes or until fish and vegetables are tender. In a small bowl, gradually add 1 cup milk to flour, stirring until smooth. Pour slowly into stock, stirring constantly. Add light cream. Continue to cook, over medium heat, stirring occasionally until thickened. Stir in clams, with liquid; heat to serving. Garnish with sprigs of parsley.

FILLET OF SOLE, HAWAIIAN

- 4 large sole fillets, (about 1 to 1 1/2 pounds)
- 1 teaspoon grated lemon peel
- 2 tablespoons fresh lemon juice
- Salt and pepper
- Flour
- 1/4 cup butter or margarine

- 1/2 cup light cream or undiluted evaporated milk
- 1 large avocado, peeled, sliced
- 1/2 cup coarsely chopped macadamia or cashew nuts
- Lemon quarters

Place fillets in shallow dish and sprinkle with grated lemon peel, one tablespoon of the lemon juice and salt and pepper. Let stand 10 minutes. Coat fillets on all sides with flour. Melt half the butter in large skillet; sauté fish until well browned on one side, about 3 minutes. Turn; add remaining butter, and continue cooking just until fish is browned and tender, about 3 to 5 minutes longer. Remove fish to heated serving platter and sprinkle with remaining lemon juice. Add the cream to skillet and bring to a boil, scraping the browned particles free from the pan. Spoon over fish. Top with avocado slices and sprinkle with nuts. Serve at once with lemon quarters.

The reason why worry kills more people than work is because more people worry than work.

For the Farm Wife and Family

By Doris Thomas, Extension Home Economist

Ladies, Have You Heard? . . .

Be On Lookout For Apple Flakes

One of these days you may find apple flakes on the shelf in your grocery store or supermarket. The flakes mix instantly in water to make applesauce. Also you may find cake and dessert mixes and ready-to-eat cereals containing apple flakes.

The flakes have already been tried commercially in dessert and cake mixes. The flakes help keep cakes moist and give them a delicious apple flavor. Apple flakes may be used later in apple butter, confections, and baked foods.

The flakes are made by drying thin films of applesauce, collecting the dry materials in a moisture-free area, and crushing it through a screen to make flaky powders that retain good apple flavor and color. Scientists of the United States Department of Agriculture developed the process for making the flakes.

A Few Facts About Rice

For most Americans, rice is not the key to survival. Instead, it is part of our heritage of plenty and multiple choices for breakfast, lunch and dinner.

Popular forms of rice on grocery shelves include white milled rice, precooked rice,

drying thin the dry materials in a moisture-free area, and crushing and rice seasoned with spices and herbs.

Enriched rice must have thiamin, niacin and iron added. And to avoid wasting nutrients in rice, food authorities recommend not washing rice before or after cooking.

A total of 200 million acres of land is cultivated in rice but production does not meet the requirements for a good life for millions of people. Improved rice production can mean a better life for one-third of the people in the world.

For about 1 billion 100 million people, rice is practically the whole diet, nearly all of their agriculture, and most of their hopes.

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