

For The Farm Wife

(Continued from Page 14)
 1 cup peanut butter
 1 cup corn syrup
 1 cup salted peanuts
 1 cup corn flakes
 Combine sugar, peanut butter and corn syrup in large saucepan. Cook and stir until mixture begins to bubble (185

degrees). Remove from heat; stir in peanuts and corn flakes. Press warm mixture evenly and firmly into buttered 15x10-inch pan. Cool; frost with fudge icing if desired. Cut into squares when firm.

This family treat goes "flat" to bring you a different

Way of presenting it.

RICE KRISPIES
MARSHMALLOW TREATS
 1/4 cup butter or margarine
 6-10 ounces regular marshmallows OR 4 cups miniature marshmallows
 1/2 teaspoon vanilla flavoring
 5-6 cups rice krispies
 Melt butter in 3-quart saucepan. Add marshmallows and cook over low heat, stirring constantly, until marshmallows are melted and mixture is syrupy. Remove from heat; stir in vanilla. Add rice krispies and stir until well-coated. Turn mixture out onto buttered baking sheets. Press evenly and firmly to about 1/2 inch thickness. Cut into squares when cool.

CHINESE RICE CANDY
 6 cups puffed rice
 1/2 cup sugar

1 cup light corn syrup
 1/4 cup water
 1/2 teaspoon salt
 2 tablespoons sesame seeds, toasted

Heat puffed rice in large shallow baking pan in preheated moderate oven (350 degrees) 10 minutes. Pour into large bowl greased with butter or margarine. Combine sugar, syrup, water and salt in medium-sized saucepan. Stirring frequently, cook to 236 degrees F. or until syrup forms a soft ball when dropped into cold water. Pour over puffed rice; stir until kernels are evenly coated. Sprinkle sesame seed on bottom of greased 8-inch square baking pan. With greased hands, press puffed rice mixture over sesame seed. Cool. Cut in bars.

Have You Heard?

(Continued from Page 15)
 tallest in back . . . shallow in front.

Be very careful of your fine crystal. It can be scratched if you slide it across hard surfaces. If it must be stacked, put a protective pad of soft material, or foam rubber, between the pieces.

It's Worth Knowing

A nutrient is a chemical substance that has its own specific function in the body and works with other nutrients for growth and for regulation of all body processes.

All nutrients the body needs are available in foods. Foods vary in the kinds and amounts of nutrients they contain, however.

Essential nutrients for which needed amounts have been recommended include: protein, calcium, and iron; vitamin A; thiamine, riboflavin and niacin; and ascorbic acid. Other nutrients, such as fat, carbohydrate, sodium and potassium are known to be important to the body, although no specific amounts of them have been recommended.

Some cooking procedures result in much greater nutrient losses than others. The "three R's" of cooking to retain nutrients are: reduce the amount of water used; reduce the length of the cooking period; and reduce the amount of food surface exposed.

Appetite is not a safe guide in choosing a diet. A haphazard diet may lack certain nutrients and supply too much of others.

A fat is described by the chemist as unsaturated if it can combine with more hydrogen and as saturated if it cannot. Generally, unsaturated fats are liquid at room temperature . . . such as the oils from corn, safflower seed, and cotton seed. Most saturated fats are solid at room temperature . . . as beef suet, and hydrogenated vegetable fats.

LABOR-SAVING SNOW PUSHER



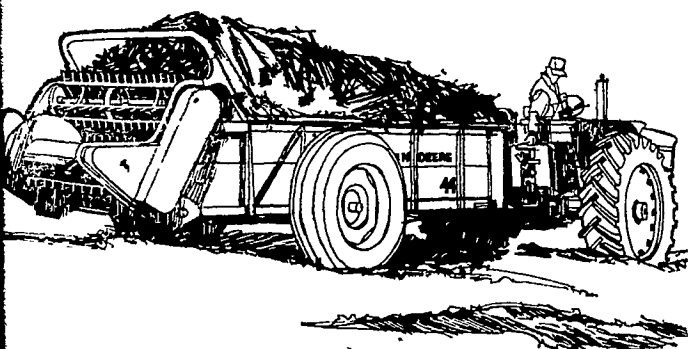
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