

For The Farm Wife
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- 1 7-oz. package fine egg noodles, cooked
- 1 tablespoon poppyseed
- 1/2 stick (1/4 cup) butter or margarine

Pan-fry bacon in large skillet until cooked, but not crisp. Add veal and onion and brown in hot bacon fat. Season with salt and paprika. Add tomato juice, cover, and cook slowly about 45 minutes or until veal is tender. Stir in sour cream. Cook uncovered 5 minutes. Serve over poppyseed noodles.

POPPYSEED NOODLES:

Drain cooked noodles well and toss with poppyseed and butter. 4 to 6 servings.

VEAL CUTLETS & HOT CHERRY SAUCE

- 4 veal cutlets or chops, 1/2 to 3/4 inch thick
- 2 tablespoons fat
- Salt

- 1/4 cup water
- 1/2 cup syrup from cherries
- 1/4 cup water
- 2 tablespoons lemon juice
- 4 teaspoons sugar
- 1/2 teaspoon cinnamon
- 1 teaspoon flour
- 1/2 cup drained, pitted sour cherries
- 1/4 cup slivered, toasted almonds

Melt fat in skillet. Dip veal into salt-seasoned flour. Brown quickly on both sides. Add 1/4 cup water. Cover. Cook slowly about 35 minutes. Remove cutlets from skillet and place on warm platter. Add syrup from cherries, 1/4 cup water, lemon juice, sugar and cinnamon to remaining fat in skillet. Blend well. In a small dish, mix 1 teaspoon flour with small amount of water. Slowly add flour mixture to sauce, stirring constantly. Heat sauce until thickened. Add cherries. Spoon

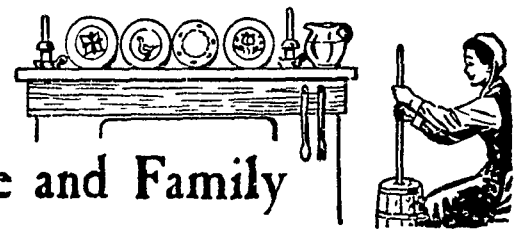
hot sauce onto veal cutlets. Sprinkle with almonds. 4 servings.

VEAL BARBECUE A LA RICE

- 1 1/2 cups cubed roast veal
- 1 tablespoon fat
- 2 tablespoons finely chopped green pepper
- 2 tablespoons finely chopped onion
- 1 bouillon cube
- 3/4 cup boiling water
- 1 cup tomato juice
- 2 tablespoons cornstarch
- 2 tablespoons water
- 1/4 teaspoon cloves
- 1/4 teaspoon thyme
- 1/4 teaspoon oregano
- 1/4 teaspoon rubbed sage
- 1/2 teaspoon salt
- 2 cups hot cooked rice

Melt fat in a large skillet. Add pepper and onion and heat until both become soft. Dissolve bouillon cube in boiling water and combine with pepper and onion in skillet. Add tomato juice and heat sauce to boiling. Make a paste of the cornstarch and water. Stirring constantly, slowly add cornstarch mixture to sauce in skillet. When sauce thickens add cloves, thyme, oregano, sage and salt. Blend well. Add veal. Heat 5 to 10 minutes or until meat is heated through. Serve on hot cooked rice. 4 servings.

There is one thing more exasperating than a wife who can cook and won't. That's the wife who can't cook and will.



For the Farm Wife and Family

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist

Lighting Checklist

- Look for the following characteristics of a well-lighted study area
- Light spread over entire working surface
- No shadows from hand or body on the work
- No direct view of bulb or under-shade brightness
- No glare spot of light bulb through shade
- Light-colored, non-glossy desk surface
- Light-colored back wall or tack board
- Some light thrown up on walls and ceiling.



THOMAS

Some general lighting elsewhere in the room.

Differences In Ice Cream And Ice Milk

The chief difference between ice cream and ice milk is the amount of butterfat each contains. Although this varies from manufacturer to manufacturer, ice milk usually contains three to six percent butterfat while ice cream has ten to eighteen percent.

Because it has less butterfat, ice milk lacks the rich creamy texture of high-quality ice cream.

Ice milk contains more non-fat milk solids which means you get more protein and calcium.

Ice milk has fewer calories than ice cream. One serving of ice milk has about three-fourths the number calories found in the same size serving of ice cream.

Despite the difference, ice cream and ice milk cost about the same.

When Buying A Readymade Garment

Before buying a readymade garment, consider these construction details:

Seam stitching should be straight and even with no missed stitches or hanging threads. An average number of stitches per inch is 12.

Look for an adequate seam allowance, especially at pressure points where the dress fits closely. Seam finishes should

be suited to the fabric to prevent raveling.

Interfacing needs to be of correct weight and quality for the fabric and style of garment. The bulk of the interfacing should be trimmed out of seam allowances.

Check to see if the hem is reasonably deep and straight. Any ease should be evenly distributed with no pleats laid in it. Stitches should be inconspicuous from the right side.

You'll want zippers and pockets to be inconspicuous. Hooks and eyes and snaps need to be sewn in securely. Quality buttons are sewn with shanks when needed. And buttonholes need to fit easily over the buttons.

Any trim should be neatly applied, durable, and require the same care as the garment.

If the dress you like is washable, look for a label that guarantees colorfastness and controlled shrinkage. Also check to see if it is machine or hand washable and dryer safe.

MOLDY CORN

Moldy corn should not be fed to breeding swine, cautions Dwight E. Younkin, extension

livestock specialist at Pennsylvania State University, but it can be fed in limited amounts to grow-closely. Seam finishes should be and finishing pigs.

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