



For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Picnics Can Be Fun!

Planning on a picnic? Whether it's a casual roadside picnic or an outdoor meal for guests, picnicking is fun — even for Mom, the family cook, if you plan ahead.

The first thing to do is to keep menus simple. Choose three or four dishes that pack easily, are easy to eat and easy to clean up after the picnic. Then Mom will have time and energy to enjoy the picnic too. But, take plenty of what you do fix; appetites are heartier out-of-doors.

Naturally, any meal should be nutritious; a picnic is no exception. A meal of hot dogs, buns, potato chips, pickles and pastry may appeal to the children, but it falls short of supplying basic food needs. Add some vegetables,



SPENCE

a fresh fruit dessert and milk or fruit juice to send the nutritional value way up. And the meal will still appeal to outdoor appetites.

Salad vegetables travel well in a crisper pan or plastic bag with ice cubes. Carrot and celery sticks, green pepper strips, onions, tomatoes and cucumbers are a few of the favorite picnic vegetables. Try cauliflower flowerets, avocado cubes, radishes or water cress for something different.

Carry salad dressing in a jar and mix it with vegetables just before serving. Or, bring a jar of your favorite dunk sauce for a salad without fuss or muss.

Sandwiches taste better made on the spot. Butter the bread ahead of time, then let everyone make his own; it's easier on the chief cook. Bring a selection of fillings, and try a different kind of bread occasionally.

Many one-dish meals made ahead of time make good picnic

main dishes. Keep them hot until served or pack them cold and reheat over the picnic fire. For easy spur-of-the-moment picnicking, double the recipe when you're making a favorite casserole. Freeze half, so you'll be ready on that gorgeous day when someone says, "Let's go on a picnic."

For that easy fresh fruit dessert, try apples, cherries, oranges, figs, bananas, pears, plums or peaches. And, when it's in season, what picnic is complete without watermelon? Children agree watermelon is twice as good when they can let the seeds fall where they may.

It's easy nowadays to eat safely at a picnic. New thermal containers help keep hot foods hot and cold foods cold—the secret of safe picnic foods.

If you use a cooler chest, pre-cool it with ice and pre-chill the food in the refrigerator. When you pack, put the beverages and

frozen foods down in the ice. Put meats and salad dressings directly on top of the ice, with breads and those foods that don't have to be quite as cold nearer the cooler top.

Don't use dry ice in a cooler. It's expensive, dangerous to handle and could freeze foods solid.

Keep picnic staples together in a cupboard or kit. It saves time and you won't forget something small but important. For everybody's comfort, include simple first-aid supplies, headache and indigestion medicine, sunburn ointment, soap and plenty of paper towels and facial tissues.

Here are some simplified ways to make vegetables for picnics—either in the oven or on an outdoor grill.

BUTTERED BEETS

Peel a bunch of tender young beets; slice thinly or dice and place in the center of a square of heavy-duty foil. Add 2 teaspoons each of lemon juice and butter or margarine, 1 teaspoon sugar, if desired, salt and pepper. Bring opposite sides of foil together over vegetables and make a double fold — called a drug store fold. Fold ends of packet twice to make a tight package. Bake in 350 degree oven for 1 hour or cook on an outdoor grill about 45 minutes or until done. Pick up each packet at least twice during grilling and shake well — use asbestos gloves or wide spatula, keep side with folds up to prevent leaks. Cook small whole beets the same way but increase cooking time to an hour on the grill and 1 1/2 to 1 1/2 hours in the oven.

GREEN BEANS WITH MUSHROOMS

Cut 1 pound of fresh green beans into 2 inch lengths, wash and drain. Place beans on a square of heavy-duty foil and add a small onion diced and 1/4

pound of mushrooms sliced, add 2 tablespoons each of water and butter or margarine. Sprinkle with salt and pepper. Bring foil up over vegetables and make the double folds at top and ends for a tight package. Bake in 350 degree oven for 40 minutes or cook about 30 minutes on an outdoor grill. Pick up the packet with asbestos gloves and shake at least twice during cooking. Keep fold side up.

BAKED ONIONS

Onions are excellent cooked the same as beets. Allow an hour for small onions and 1 1/2 hours for large Bermudas. Reduce the cooking time on the grill by 15 minutes or more if the coals are very hot.

This cake is great for toting to a picnic—

BUTTERCHOC CAKE

2 1/4 cups boiling water
1 1/2 cups quick-cooking rolled oats
1 cup butterscotch morsels
1 cup granulated sugar
3/4 cup firmly-packed brown sugar
3/4 cup shortening
3 eggs
2 1/4 cups sifted flour
1 1/2 teaspoons baking soda
1 1/2 teaspoons salt
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1 cup raisins
3/4 cup chopped nuts

Combine boiling water and rolled oats in saucepan and let

stand. Melt the butterscotch morsels over hot water and set aside. Combine sugars and shortening in bowl and beat well. Beat in eggs. Blend in the rolled oats mixture and melted butterscotch. Sift together the flour, baking soda, salt, cinnamon and nutmeg; blend into creamed mixture. Stir in raisins and nuts. Pour into greased 13x9x2-inch pan. Bake at 350 degrees for 50 to 55 minutes. Cool in pan and frost with Chocolate Frosting.*

*CHOCOLATE FROSTING

1/4 cup milk
2 tablespoons butter
1/4 teaspoon salt
1 cup semi-sweet chocolate morsels
1 teaspoon vanilla
1 1/2 cups sifted confectioners sugar
1 to 2 teaspoons milk

Combine milk, butter and salt and bring just to boil over moderate heat. Remove from heat. Add chocolate morsels and vanilla at once and stir till chocolate is melted. Blend in confectioners sugar. Stir in 1 to 2 teaspoons of milk gradually, till mixture is of soft, spreading consistency. Spread evenly over cooled cake. Mark surface by running tines of fork lengthwise, in wavy lines. Cut into 2-inch squares. Makes 24 squares.

Cottonseed is one of the most important sources of cooking and table fats.

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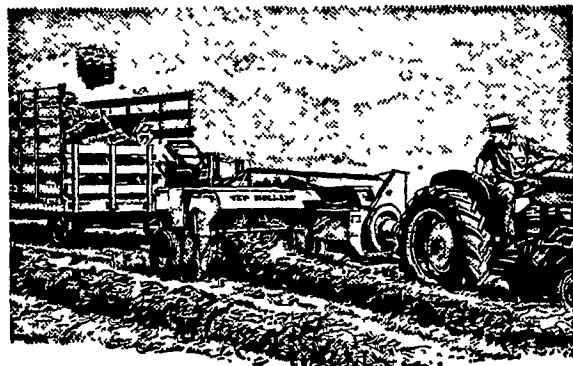


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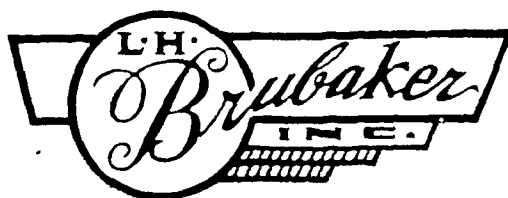
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