

FOR THE
**FARM
WIFE
AND
FAMILY**

Balance The Budget With A Stew

by Mrs. Richard C. Spence

Fall food budgets are often caught in the squeeze between high food prices and new school clothes. Protein usually accounts for a large proportion of any food budget, so economizing on meat and fish is a good way to "ease the squeeze."

High as today's prices are, you can still economize on meat. A little more time spent cooking and a dash of spices — and imagination — can turn less tender, less expensive cuts of meat into a family-pleasing dinner.

Slow, gentle cooking in moist heat is a requirement for those less tender cuts of meat. This means either braising, stewing or cooking in water. In braising, the meat is first browned, then seasonings and a small amount of liquid are added and the meat is cooked, covered, until tender.

Small pieces of less tender cuts of meat are used for stewing. It is necessary to add more liquid than for braising and vegetables are added during the last part of cooking.

Larger pieces of meat can be cooked in water as the first step

in making soup. If you want to, you can brown the meat before adding water, seasonings and vegetables.

Medium priced cuts include shoulder and arm cuts, round steaks and roasts, breast and shank meat and frozen fish. Combine less meaty cuts such as short ribs and shank with beans — limas, navy or pea beans — to boost the protein content of the main dish.

If you are expecting company make a guest occasion out of a family meal by changing the name, not the content of a recipe. How about ragout or pot au

feu — doesn't that sound more adventurous than plain stew? Actually they are just different names for the same delicious, economical dish.

When you make a stew — whether you call it ragout or not — be adventurous. Try a new seasoning; use either curry powder, ginger, mace, rosemary, chili powder or dry mustard to add new taste. Sliced black or green olive also add to flavor and appearance.

Seasoning is particularly important for meat-extending dishes that use bland foods such as macaroni, rice or potatoes. Give them a little zip with parsley, chives, green peppers, celery, sour cream, buttermilk, lemon or smoked cheese.

Other seasonings your family may enjoy with meat are bay leaf, garlic, marjoram, sage, soy sauce, sweet basil, tabasco sauce, thyme and Worcestershire sauce. Because these are used in small quantities, they add little to the cost of food.

Maybe you could try a different vegetable too. Your family might enjoy a stew with eggplant, Chinese cabbage, yellow turnip or parsnips added to the usual carrots and tomatoes. In fact, stews are a good way to introduce a new vegetable to the family since the flavors are so well blended together.

Take advantage of another (Continued on Page 15)

Farm Women

SOCIETY #7

Society of Farm Women #7 met Saturday, October 12 at the home of Mrs. Charles Lichty, Paradise. Mrs. Jacob Mowery was co-hostess. President, Mrs. Samuel Wenger presided. Mrs. Lichty led in devotions. Her grandchildren, Billy and Annette Lichty, sang a duet.

The Society is planning a bus trip to King of Prussia shopping center in November. An offering was taken for the Needlework Guild.

The following new officers were elected to serve for the next two years: Mrs. Harold Eby, president; Mrs. Barbara

Denlinger, vice president; John Shirk, secretary, and Milton Landis, treasurer.

The members spent the afternoon sewing cancer dresses. The next meeting will be the form of a birthday luncheon at Willow Valley Restaurant, 116 Willow Street Pike, on November 9 at 12:30 p.m. Rev. Wood Mehle will be the speaker.

Buy Ornamentals Carefully

Don't buy ornamental plants merely because the price is low and they are readily available. Homeowners should consider the form, texture, and color when purchasing ornamentals, says J. Robert Nuss, extension ornamental horticulturist at Penn State.

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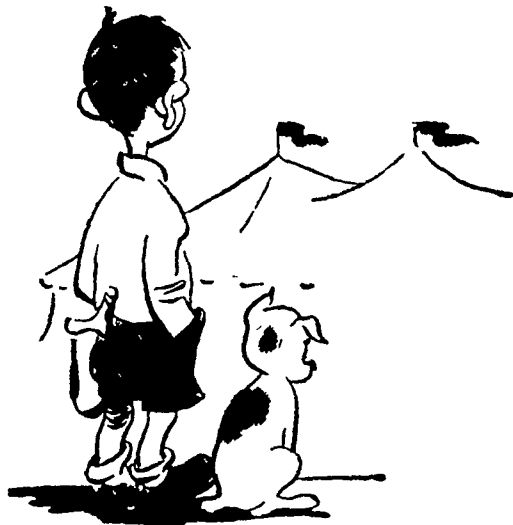
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