

For The Farm Wife
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characteristic of meat, spice and vegetable combinations. Cook them a few hours ahead of time so the flavors have a chance to blend well. Many dishes seem to taste best after standing cooked for a few hours in the refrigerator. It also gives a working wife a chance to prepare meals ahead of time.

Pressure cooking is another "working wife-saver." Pressure cooking, or cooking with steam, brings about the same changes in meat as do other forms of cooking with moist heat. Its unique quality is the shorter cooking time. Pressure cooked meat will lack the color and flavor of browned meat, but this can be added with vegetables and spices. No matter what spices or vegetables you prefer, or which less-tender cut of meat you use, the principles of moist cookery are the same. And the results are the same, too — a delicious, nutritious main dish that's easy on the budget!

And now for some stew recipes—

HEARTH-SIDE STEW

- Stew:
- 1/4 cup all-purpose flour
 - 2 teaspoons salt
 - 1/4 teaspoon pepper
 - 1 1/2 pounds beef stew meat, cubed
 - 1/4 cup shortening
 - 1 can (1 lb.-12 oz.) tomato puree
 - 3 cups water
 - 1 teaspoon dill weed
 - 1 pound fresh green beans, or frozen
 - 1 tablespoon sugar
 - 6 large carrots
 - 2 medium-sized onions, quartered

- Dumplings:**
- 3/4 cup corn meal
 - 3/4 cup sifted all-purpose flour
 - 1 tablespoon baking powder
 - 1/2 teaspoon salt
 - 3 tablespoons shortening
 - 1 egg
 - 1/2 cup milk
 - 1 can (8 3/4-oz.) cream style corn

For stew, combine flour, 1 teaspoon of the salt and pepper. Dredge meat in flour mixture. Brown in hot shortening in large kettle. Add tomato puree, water, dill weed, beans, remaining 1 teaspoon salt and sugar. Bring to boil; cover and simmer over low heat about 45 minutes. Halve carrots lengthwise, then crosswise. Add carrots and onions to stew. Cover; simmer about 45 minutes.

For dumplings, sift together corn meal, flour, baking powder and salt into bowl. Cut in shortening, until mixture resembles coarse crumbs. Add egg, milk and corn, stirring only until dry ingredients are blended.

Drop by tablespoonfuls onto boiling stew. Cover and cook about 18 minutes without lifting cover. Serve immediately. Makes 6 servings.

CHICKEN WITH ORANGES

- 1 broiler-fryer, 3-3 1/2 pounds, fresh or frozen
- 1/4 cup flour
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 2 tablespoons unsalted fat or oil
- 2 tablespoons butter or margarine
- 4 oranges
- 1 tablespoon soy sauce
- 1 tablespoon brown sugar

Cut chicken into pieces. Combine flour, salt, pepper, cinn-

amon, and cloves in paper bag; shake chicken in this mixture. Heat fat and butter in heavy 9-inch skillet or Dutch oven; brown chicken slowly until a golden brown. While chicken fries, peel the oranges and cut them into sections. Save all the juice. Measure the juice and add enough water to make 1/2 cup. Add soy sauce and brown sugar; pour over chicken. Cover tightly and cook over low heat for 15 to 20 minutes. Add the orange sections and the juice that leaks out as you section oranges. Continue cooking 5 to 10 minutes longer or until fleshiest part of the bird is fork tender. 4 servings.

BEEF STEW CASSEROLE

- 1 can (1 1/2-lb.) beef stew
- 4-oz. can mushroom stems and pieces, drained
- 10 3/4-oz. can cream of celery soup
- 1/2 teaspoon chili powder
- 1 1/2 cups chow mein noodles

Combine first four ingredients; pour into 1 1/2 quart casserole. Sprinkle chow mein noodles over top. Bake in 375 degree oven 30 minutes.

Weekend Food Specials

Weekend specials or features in foods are foods equal in quality to that of usual produce and products, says Harold E. Neigh, Penn State extension consumer economics specialist. These foods are priced near cost to hold old customers and attract new ones to the store in hopes they'll buy other products. Studies show that devoting an extra 30 minutes a week to studying food ads and buying specials, shoppers can cut food costs by 15 percent.

**Ladies,
Have You Heard? . . .**

By Doris Thomas, Extension Home Economist



Snacks Part Of Day's Meals

Simple, nutritious snacks can be good for you. Snacks help satisfy hunger.

Emotional upsets and fatigue can be prevented by eating snacks

Fruit, rather than high-calorie foods, eaten between meals won't spoil the appetite.

Give Upholstery Fabrics Proper Care

Remove all spots promptly. Vacuum thoroughly to remove dust from stuffing. Only one side of the fabric can actually be cleaned properly. It's impossible to remove dirt from a cover you can't remove. The stuffing material in upholstered furniture may collect dust and dirt, which makes thorough cleaning that much more difficult.

Whatever the fabric type or fiber combination in the upholstery fabric, give upholstery regular care and clean it often. If the fabric becomes stained, be sure to test any cleaning solvents on an inconspicuous area before using it on the stain. Follow directions on the solvent container for proper use.

Children's Play Valuable

Helps children understand activities around them — they learn by doing.

Helps develop personality traits cooperation, sharing, fair play, dependability, neatness and orderliness, alertness, resourcefulness, initiative.

Develops physical abilities. Gives opportunity to find out about physical environment —

When You Shop for Shoes —
Allow plenty of time to shop. (Continued on Page 16)



THOMAS

size, shape, color, weight, textures

Play is a channel for expressing thoughts and feelings.

Develops a sense of ownership and property rights.

Develops joy in creative ability — to make, to do, to create, to take apart and remake brings satisfaction and happiness.

Helps solve problems. By trying various solutions, the child learns to concentrate, to think with a purpose, and to make decisions.

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