



**FOR THE
FARM
WIFE
AND
FAMILY**

FALL PLENTIFULS

by Mrs. Richard C. Spence

When you use two plentifuls in the same recipe you can feel double thrifty, and when it makes a fast, easy meal that's an extra reward. Here is a recipe for 6 servings; you'll recognize the Fall plentifuls: pork and potatoes.

HAM PATTIES

- 2 cups ground cooked ham
- 1 cup mashed potatoes
- 1 tablespoon chopped onion
- ¼ teaspoon dry mustard
- ¼ teaspoon salt
- 1 tablespoon milk
- 1 egg, beaten
- ½ cup fine dry breadcrumbs
- 3 tablespoons fat or oil

Combine ground ham, mashed potatoes, onion, mustard and ¼ teaspoon salt. Chill about 1 hour. Shape into patties. Blend milk into beaten egg. Dip patties in egg mixture and then in crumbs. Fry patties in hot fat until golden brown. Serve plain or with your favorite sauce.

MENU SUGGESTION: Serve with asparagus, molded fruit sal-

ad, cheese biscuits and peanut butter cookies.

Turkey souffle is a fluffy, light main dish designed to please people who are fastidious about their food. Both the turkey and eggs are plentiful. With today's modern kitchen appliances and condensed soup you can whip up this souffle in a few minutes. The secret of success—controlling food temperature by placing the baking dish in a pan of water as explained in the directions.

TURKEY SOUFFLE

- 1 can (10½ oz.) condensed cream of chicken soup
- 2 cups cooked, finely diced or ground turkey
- ¾ teaspoon poultry seasoning
- 6 egg yolks, beaten
- ¼ cup chopped parsley
- 6 egg whites, stiffly beaten

Preheat oven to 350 degrees. Grease a 2-quart casserole. Combine soup, turkey and poultry seasoning; heat. Stir the hot mixture slowly into beaten egg yolks. Fold the turkey mixture

and parsley into egg whites. Pour into casserole. Set casserole in a pan of hot water. Bake 35 to 45 minutes. Calories per serving: about 200, based on 6 servings of ¼ cup each.

MENU SUGGESTION: Serve with asparagus and lettuce wedges. Have a fruit bavarian cream for dessert.

Looking for sandwich fillings to fill the lunch pail or eat out-of-hand at snack time? Here's a wide choice of favorites to try while peanuts and peanut products are plentiful. Each recipe makes a cup of filling.

PEANUT BUTTER SANDWICH FILLINGS

DATE — One-half cup peanut butter, ½ cup chopped pitted dates, 1 teaspoon lemon juice, ½ cup thick salad dressing. Mix lightly.

PINEAPPLE — ½ cup peanut butter, ½ cup drained crushed pineapple. Mix lightly.

PRUNE — One-half cup peanut butter, ½ cup chopped prunes, 2 teaspoons lemon juice, 2 teaspoons prune juice. Blend well.

APRICOT — One-half cup peanut butter, ½ cup chopped cooked apricots (sweetened), 2 tablespoons thick salad dressing. Mix lightly.

CRANBERRY SAUCE — One-half cup peanut butter, ½ cup cranberry sauce. Mix lightly.

RAISIN — One-half cup peanut butter, ½ cup chopped raisins, 2 teaspoons lemon juice, ½ cup milk or cream. Mix lightly.

PICKLE RELISH — One-half cup peanut butter, ½ cup pickle relish, 2 tablespoons thick salad dressing. Blend well.

CARROT & RAISIN — One-fourth cup peanut butter, ½ cup shredded carrots, 2 tablespoons chopped raisins, 2 tablespoons thick salad dressing. Mix lightly.

VEGETABLE — One-half cup peanut butter, ½ cup chopped

celery stalks with leaves, ½ cup grated carrots, 2 tablespoons French dressing, ½ teaspoon salt. Blend well.

Peanut Pie has the crunchy texture of chopped unsalted peanuts in its smooth molasses-mellow filling.

PEANUT PIE

- 3 eggs
- ¾ cup sugar
- 2 tablespoons flour (all-purpose)
- ¾ cup milk
- ¾ cup molasses
- ¾ teaspoon vanilla
- ¾ cup finely chopped unsalted peanuts
- 9-inch unbaked pastry shell

Beat eggs with rotary beater in mixing bowl until fluffy. Add sugar and flour and beat until light and fluffy. Add milk, molasses and vanilla; beat until blended. Stir in peanuts. Carefully pour into prepared pastry shell. Bake in 450 degree oven, 10 minutes. Reduce heat to 350 degrees and bake 35 to 40 minutes longer.

CABBAGE

Fall is the peak harvest season for cabbage. You can expect cabbage to be one of the best



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