

**For The Farm Wife**  
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can be prepared, covered and refrigerated overnight. Bake in preheated moderate oven (350 degrees) about 40 minutes or until piping hot.

- TURKEY-GREEN BAKE**
- 1 3/4 cups green beans, trimmed, fresh or frozen
  - 1 1/4 cups boiling water
  - 2 1/2 cups turkey, cooked, diced
  - 1 can (10 1/2 ounces) mushroom soup
  - 1/4 teaspoon salt
  - 1/8 teaspoon pepper
  - 1 cup packaged precooked rice
  - 3 1/2 ounces onion rings, french fried (1 can)
  - 6 tomato slices

Cook green beans in boiling water 5 minutes. Preheat oven to 400 degrees. Add turkey, sauce, and seasonings to green beans; simmer 2 minutes. Stir in the rice and half of the onion rings. Pour into a 2-quart casserole. Top with remaining onion rings and tomato slices. Bake 20 to 25 minutes. Makes 6 servings of 1 cup each, with about 420 calories per serving.

VARIATION: Omit the mush-

room soup. Increase the water to 1 3/4 cups. Add 5 chicken bouillon cubes, 1/4 cup diced celery, and 1/4 cup finely diced onion with the turkey and seasonings. Omit the onion rings. Calories per serving will drop to about 250.

- MIDCET SWEDISH MEAT BALLS**
- Meat Balls:
- 3/4 cup rolled oats, quick or old-fashioned
  - 1/2 cup milk
  - 1 egg
  - 1/4 cup grated onion
  - 1 teaspoon salt
  - 1/4 teaspoon pepper
  - 1/2 teaspoon ground mace
  - 2 teaspoons Worcestershire sauce
  - 1 pound ground beef
  - 1/2 pound ground pork

Sauce:

- 2 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups milk
- 1 teaspoon Worcestershire sauce

For meat balls, combine all ingredients thoroughly. Shape to form small meat balls, using about 1 tablespoon meat mixture for each. Brown in small amount of shortening in large skillet, turning frequently until browned on all sides. Add 1/4 cup water. Cover; simmer 30 minutes. Remove from heat.

For sauce, remove meat balls and drain off all but about 2 tablespoons drippings from pan. Add flour, salt and pepper to drippings in pan; mix well. Add milk and Worcestershire sauce. Simmer about 5 minutes or until thickened, stirring frequently. Add meat balls. Heat thoroughly.

Sprinkle with snipped parsley. Makes 48 meat balls.

Here's a frosted chocolate cake that will freeze well—

- "RED" CAKE**
- 1 1/2 cups sugar
  - 1/2 cup shortening
  - 1 1/2 teaspoons vanilla extract
  - 1 teaspoon cherry extract, if desired
  - 2 tablespoons red food coloring
  - 2 1/4 cups enriched flour
  - 1 teaspoon baking soda
  - 1 teaspoon salt
  - 1 cup buttermilk
  - 1 teaspoon vinegar

Cream sugar and shortening until light and fluffy. Beat in eggs, one at a time. Add vanilla, cherry extract and food coloring. Stir together flour, baking soda and salt. Combine buttermilk and vinegar; blend into creamed mixture alternately with flour, beginning and ending with flour. Pour into two greased 9-inch round pans. Bake in preheated 350 degree oven 30 to 35 minutes, or until done. Cool 10 minutes before removing from pans. Cool completely. Frost with Creamy White Frosting.

- CREAMY WHITE FROSTING**
- 1 1/4 cups milk
  - 1/2 cup flour
  - 1 1/4 cups sugar
  - 1 1/4 cups butter
  - 1 1/2 teaspoons vanilla extract
  - 1/2 teaspoon almond extract

Gradually add milk to flour; cook over medium heat, stirring constant until thick white sauce forms. Cool. Cream sugar and butter until light and fluffy. Add cooked mixture gradually, beating until smooth. Blend in flavorings. Frosting should be consistency of whipped cream.

A doctor advises "To become beautiful, get a lot of sleep". Fine, Doc, but some of us have only 24 hours per day.

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

By Doris Thomas, Extension Home Economist



**What's In Canned Meat?**

Federal and state laws require that ingredients be listed on cans of meat.

The label will give you an indication of the proportion of the product that is meat. The ingredient in the can in the largest amount is listed first. Ingredients in the least amount are at the bottom of the list.

If you look at the list of ingredients on a can of beef stew, you know there's more gravy and potato in that can of beef stew than there is beef.

When you buy a canned meat mixture, be sure to read the label carefully so you know what you're getting for your money.

**Don't Hurry**

Wage a war on hurrying, the cause of two thirds of accidental deaths that occur in the home in the United States each year.

Keep stairway and passageways clear of clothing, tools, and toys.

Anchor rugs securely.

Avoid loose scatter rugs.

The more you polish waxed floors, the harder and safer the wax becomes.

Between waxings use only a dry mop for further safety.

Keep stepladders in good repair and use them properly.

Wipe up all spills immediately.

Provide adequate lighting in halls and on stairs.

Prevent falls in bathtubs and showers by installing grabbars and using rubber suction-type bathmats.

**Perfect Soft-Eggs**

Use enough water to cover the egg and use same amount each time you soft cook eggs.

Be sure water is at same temperature or rate of boil each time.



THOMAS

Keep eggs at constant temperature in the refrigerator.

Eggs equal in size should be done at the same time. The larger the egg, the longer it should be in the water.

Vary the 3 1/2 minute cooking time by 15 to 30 seconds to suit individual preference.

**Sponges and Snows**—are light gelatin puddings with the delicate texture their names imply. These puddings are clear, basic gelatins to which you add egg whites after the gelatin has partially set, then beat the mixture until stiff chill until firm and ready to serve. To vary a snow or pudding, serve it with a custard sauce garnished with sliced fresh or canned fruit; add crushed or mashed fruit, such as bananas, berries, or peaches to the gelatin mixture; or fill a prepared pie shell with a sponge mixture and garnish with dabs of whipped cream.

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