

● **For The Farm Wife**
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ing and canning and that's no small job with a family of 7 or 8 to cook for. They have practically all of their own meat and

vegetables. She likes to promote their own products as evidenced by her

CARROT CAKE

Sift together:
2 cups sifted flour
1 teaspoon baking powder



WHEN SPRING BREEZES BLOW, the little cape keeps you covered. Its easy-going shape fits over everything in your wardrobe and packs neatly into a suitcase. It is designed with a softly rolled collar and two buttons down the front. It is knitted of worsted yarn; a variation of the seed stitch creates a fabric-like texture. Free instructions are available by sending a self-addressed, stamped envelope to the Needlework Editor of this newspaper along with your request for Leaflet PK 2413.

- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 or 1 teaspoon nutmeg
- 1/4 teaspoon salt

Combine:
1 1/2 cups salad oil
2 cups sugar
Mix well, add, one at a time:
4 eggs
Beat well after each addition. Gradually add dry ingredients, mixing well. Add:
2 cups finely grated carrots
Mix well. Turn into 3, 8 inch layer cake pans which have been greased and floured. Bake in a moderate oven (350 degrees) for 50-60 minutes. When completely cool frost with nut icing.

NUT ICING

Combine:
1/2 cup butter or margarine
1 package (8 oz.) cream cheese
Beat until light. Gradually add, while beating:
1 package (1 lb.) confectioners sugar

Add:
1 teaspoon vanilla extract
1 cup chopped black walnuts
Mix well.
(If using loaf pan use 1/2 ingredients for nut icing)

Here are two choice meals in a one-pot preparation in oven or top of range

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PORK CHOPS WITH RICE AND TOMATOES

- 1 pork chop per person
- 1/2 cup rice
- 1 pt. tomatoes
- 1 qt. tomato juice

Brown chops on both sides. Remove from pan. Add raw rice and slightly brown in fat. Stir. Add tomato juice and 1/2 teaspoon salt. Place chops on top of rice and add tomatoes.

Use pressure pan at 10 lbs pressure for 20 minutes or a

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

By Doris Thomas, Extension Home Economist



Before Calling A Repair Man For Your Dryer

Check the lint trap. The purpose of the lint trap is to trap lint that comes from the clothes as they are dried.

To operate efficiently, the lint trap must be kept clean.

Follow the instruction book for removing accumulated lint. When drying heavy clothing, check the lint trap after each load.

Sometimes lint collects in other parts of the dryer. This is a fire hazard if it builds up. So, inspect the dryer from time to time and keep it clean and lint free.

When You Buy Salmon

Red salmon or Sockeye salmon has deep red meat, a considerable amount of oil, firm texture, and is the most expensive of all salmon.

Chinook or King salmon is very soft in texture, rich in oil, and separates into large flakes. Use it in salads, sandwiches, or scalloped dishes.

Choo or Silver salmon is large flaked red salmon. It's a wise choice for salads and open-face sandwiches.

Pink salmon is light to deep pink in color. You'll like it for soups or scalloped dishes. It costs less than the other kinds.

Check Your Shopping Courtesy

Avoid taking advantage of a clerk's time and free her to help someone else if you are slow to reach a decision.

State clearly what you want to buy and give some indication of price, style, color, and size.

If you aren't sure what you



THOMAS

want, shop around to find what's available before you decide on a purchase.

Refrain from interrupting a salesperson is waiting on you one else.

Avoid chattering with friends about unrelated matters while a salesperson is waiting on you.

Handle merchandise only when you intend to buy.

Avoid shopping when you have a cold or some other infection.

Shop alone or with one or two others—not a large group.

Be careful with the merchandise. Make sure your hands are

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