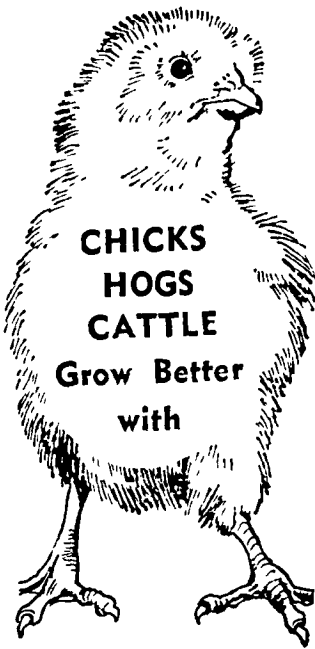


● **For The Farm Wife**
(Continued from Page 21)

roast pan in oven at 375 degrees for 1 1/2 hours

III
BEEF STRAGANOFF
1 1/2 lbs. of round steak
Cut in chunks and brown



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Cook in pressure pan at 15 lbs pressure for 10 minutes or cook in oven at 375 degrees until cooked. Add salt and pepper to taste. Add 1 small can of mushrooms and brown.

Prepare a sauce of:

- 3 tablespoons of flour
- 1 cup milk
- 1/2 teaspoon Worcestershire sauce
- 2 teaspoons of sour cream solids
- 1 teaspoon of dehydrated vegetables (you can use some that come in a tomato vegetable noodle soup mix and add parsley or parsley flakes).

Put sauce over meat and 4 oz enriched broad egg noodles which were precooked or place 2 1/2 cups boiling water over meat and raw noodles. Cover immediately and bake 15 minutes at 325 degrees. Stir before serving and sprinkle with a garnish of browned bread crumbs and parsley flakes. Serves 7.

Here is a versatile salad. You can garnish with water cress and serve on lettuce or serve it as a dessert with a marachino cherry on top.

POLYNESIAN SALAD

- 1 can of Mandarin oranges
- 1 1/2 cups pineapple tidbits
- 1 cup cocoanut
- 1 1/2 cups miniature marshmallows
- 1/2 cup sour cream and 1 cup whipped cream blended

Indeed this writer can vouch for the Polynesian Salad and the Carrot Cake because Mrs. Wivell, in her hospitable manner, served it together with hot tea with honey for sweetening. Then to take along home she gave samples of her jams and jellies.

Don't Wash or Rinse Rice

Rice is packaged clean and needs no washing before cooking and no rinsing after cooking, reminds Mrs. Ruth J. Buck, Penn State extension foods and nutrition specialist. Use only the amount of water that rice will absorb in cooking because excess water takes valuable nutrients in the rice with it.

**Correspondence
Courses**



LEARN HATMAKING

Would any of you like to make your own hats? All the information you need for making hats is available in a home study course from The Pennsylvania State University.

Directions are given for designing and making hats from fabrics, leathers, flowers, ribbons, straws and felts. Supplies needed and where to buy them are given. Illustrations show hat contours suitable for different shaped faces.

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directions, given in the hat-making course, are all you need to make a new hat or to freshen last year's hat or veil.

The complete course is yours by sending \$175 in check or money order made out to The Pennsylvania State University. Send to Hatmaking, Box 5000, University Park, Pennsylvania 16802.

● **Have You Heard?**
(Continued from Page 21)

clean, no lipstick smears, and no rough fingernails.

Did You Know That

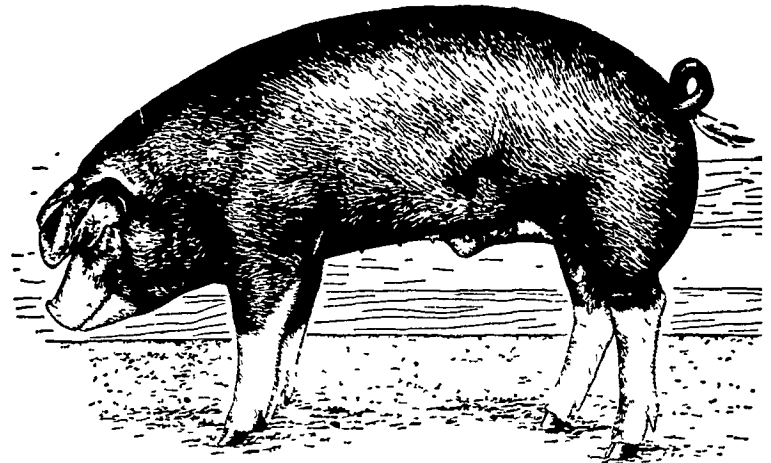
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