

● **For The Farm Wife**

(Continued from Page 16)

1 **teaspoon prepared mustard**
 ¼ to ½ **teaspoon leaf oregano**
 Overlap salami, folded in half with rounded side up, and biscuits alternately around outside of 9-inch pie pan. Use remaining biscuits and salami to make inner circle. Combine remaining ingredients and sprinkle mixture over top of salami-biscuit wheel. Bake in a hot oven (400 degrees) 12 to 15 minutes. Pull apart or cut into wedges to serve. 6 servings.

CHEESE MEAT LOAF

2 **slices bread**
 ½ **cup milk**
 ½ **onion**

2 **eggs**
 ¼ **pound ground beef**
 ½ **cup cut-up cheese**
 1 **teaspoon salt**

Soak bread in milk. Chop onion. Beat eggs. Mix all ingredients well. Shape into a loaf in a baking pan. Bake at 375 degrees for 1 hour.

Larger Pots For Plants Outdoors

Extension flower specialists at The Pennsylvania State University suggest when moving growing house plants outdoors, double-pot them in larger clay pots lined with peat moss. This gives them a topple resistant base and helps them to hold constant moisture during the summer months.

Women Can Use Leisure Time As An Opportunity

For most women, household automation is here. It is releasing them from drudgery and giving them some time to call their own. For some women, the newly found freedom brings boredom and frustration instead of pleasure, says Helen E. Bell, extension home management specialist of The Pennsylvania State University.

Leisure need not be a burden. Take time now to reorient yourself about leisure, she advises. Leisure can be an opportunity to develop strong interests in community affairs, to read, and to enjoy friends.

When a woman has been released from some of her household duties and there is time for other activities, why is there frustration? It's because many Americans still believe that work is what chiefly counts in our society. As time off from work and free time increases so does a woman's sense of guilt and uneasiness.

Everyone has some freedom from work. That's what leisure is, reminds Miss Bell. But the thought of leisure time is frightening to too many housewives and they fear boredom. Perhaps without even knowing it, they avoid leisure.

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist



All About Olives

Americans eat about 85 million pounds of green olives each year.

Most of our domestic olive industry is in California.

Most of the crop is canned as ripe olives. There are basically two types of olives — canned ripe olives and green stuffed olives.

To be edible, all olives must be treated to remove characteristic bitterness.

A new process of making flavorful olives consists of innoculating green olives with a pure culture of lactic acid-producing bacteria to cause fermentation. This speeded-up modern way will simplify the fixing of the olive crop.

Look for olives in many forms — green, black, stuffed, pitted, home cured, sliced, chopped, or in a salad pack.

Keep Grill Clean

If meat sticks to your outdoor grill, you'll find your problem solved if you keep the grill clean at all times. Rub the grids with a piece of suet before placing the meat on the grill or apply a light application of fat to the hot grids. Meat doesn't stick

as much to a clean grill as it does to one covered with burned residue.

Outdoor Cooking Tip

Here's a rule that outdoor chefs and indoor cooks alike will want to remember. When broiling a steak, salt each side.

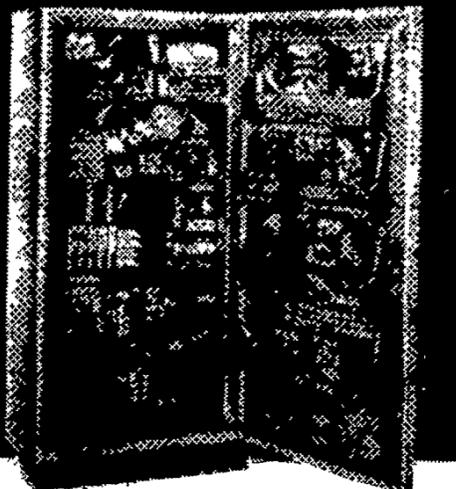
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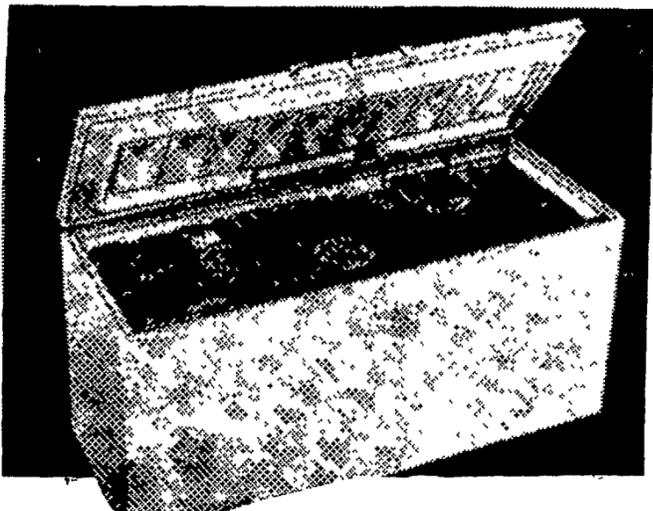
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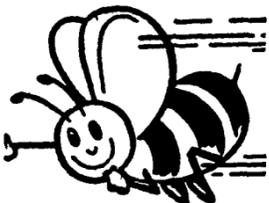


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