



**FOR THE  
FARM  
WIFE  
AND  
FAMILY**

*It's The Time For A Picnic*

By Mrs. Richard C. Spence

This is the time of the year when the men like to show off their skill as the family chef. For the man who thinks he's the king of the charcoal grill we have this recipe for Caribbean Barbecued Chicken. When the gang gets to eating this chicken they'll think he's great too!

**CARIBBEAN BARBECUED CHICKEN**

- 1/4 cup molasses
- 1/4 cup butter or margarine
- 1 tablespoon vinegar or lemon juice

- 2 teaspoons salt
- 1/4 teaspoon pepper
- 3 broiler-fryer chickens, halved

Combine all ingredients in saucepan, except chicken. Heat to melt butter and blend flavors. Place chicken skin side up, on grate set 6 to 12 inches from heat. Brush with this barbecue sauce and grill slowly, until tender, turning and brushing frequently. Allow 1 to 1 1/4 hours total cooking time. To test for doneness, leg should twist easily out of thigh joint, and pieces should be fork tender. 6 servings

**NOTE:** Chicken may be baked in a foil lined baking pan. Arrange chicken halves, skin side down, and brush barbecue sauce over cut side. Bake in 400 degree oven 30 minutes, turn and brush with barbecue sauce. Bake 20 to 30 minutes more, or until chicken is tender.

The subtly seasoned Chinese

Pork Shoulder Steaks make good use of the well-liked economy meat—pork arm or blade steaks. The recipe is sure to find its place among your list of family meal favorites.

**CHINESE PORK SHOULDER STEAKS**

- 4 to 6 pork arm or blade steaks, cut 3/4-inch thick
  - 1 beef bouillon cube
  - 1/4 cup hot water
  - 1 teaspoon ginger
  - 2 teaspoon sugar
  - 1/4 cup honey
  - 1/4 cup soy sauce
- Dissolve bouillon cube in hot water. Combine ginger, salt, sugar, honey and soy sauce and add to bouillon. Marinate steaks in the soy sauce mixture in refrigerator for 2 hours turning them occasionally. Remove steaks from marinade and place on grill over glowing coals 3 inches from heat. Grill 30 to 45 minutes. Brush frequently with marinade. Turn after grilling 15 minutes and continue cooking until done. 4 to 6 servings

A hot bread is always a special treat at a picnic and this moist skillet corn bread made from enriched corn meal is as nourishing as it is tasty.

**CAMP FIRE CORN BREAD**

- 1 cup enriched corn meal
  - 1/2 cup sifted all-purpose flour
  - 1/4 cup sugar
  - 2 teaspoons baking powder
  - 1 teaspoon salt
  - 1 cup milk
  - 1 egg
  - 2 tablespoons vegetable oil
- Sift together corn meal, flour, sugar, baking powder and salt into bowl. Beat together milk, egg and oil, add to dry ingredients. Stir just enough to moisten (Do not overmix). Pour batter into hot, lightly greased 10-

inch skillet. Cover and cook over hot coals about 20 minutes or until bottom is brown and top is set. To turn corn bread over, place plate over top of skillet and invert. Return corn bread to pan and cook, covered, about 15 minutes on other side. Makes 8 servings.

Baked Beans are a must for a picnic. These can be baked in the oven or over hot coals on a grill.

**QUICK MOLASSES BEANS**

- 1/4 cup molasses
  - 1 tablespoon vinegar
  - 1 tablespoon prepared mustard
  - 1/4 teaspoon Tabasco
  - 2 cans (1 pound each) baked beans
  - 3 bacon slices, halved
- Combine molasses, vinegar, mustard and Tabasco; mix well. Add to beans. Spoon into 6 individual bean pots, if desired. Top each serving with 1/2 strip uncooked bacon. Bake in 425 degree oven 30 minutes.

**NOTE:** If desired, mixture may be turned into a skillet and heated on top of range, 10 to 15 minutes. Omit bacon 6 servings

Here is a good salad for summer eating. This salad includes most of the "Basic Four" in one dish.

**"SOCCER-TO-ME" SALAD**

- 1 package (7 ounces) enriched elbow macaroni

- 1 medium head lettuce, washed and torn into bite-size pieces
- 1 medium carrot, shredded
- 3 small radishes, sliced
- 1 can (8 ounces) diet pack green beans, drained
- 2 hard-cooked eggs, sliced
- 1 can (13 ounces) water pack tuna

**Orange Dressing\***

Cook macaroni in boiling, salted water until tender, yet firm, 7 to 8 minutes. Drain; cool with cold water. Drain again. Toss with remaining ingredients.

**ORANGE DRESSING\***

- 1 cup orange juice
  - 1/2 teaspoon oregano
  - 2 teaspoons minced onion
  - 1 teaspoon seasoned salt
  - 1 teaspoon cider vinegar
  - 1/8 teaspoon pepper
- Blend together ingredients. Toss with above salad. Salad recipe will serve 10 people.

Another salad that goes well with charcoal grilled meats —

**CALICO SLAW**

- 1/2 small head cabbage
  - 1 medium-sized turnip
  - 2 medium-sized carrots
  - 1 apple
  - 1/2 green pepper
  - 1 green onion
- Clean and wash vegetables and apple. Shred or chop cabbage, turnip and carrots. Core and chop apple. Chop green pepper. (Continued on Page 17)

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