

For The Farm Wife
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When gingerbread is done, turn off heat and remove cover. Let stand two to three minutes, then invert onto serving plate or tray. Spread pineapple mixture over top and sprinkle with toasted coconut. Serve warm. Makes 12 servings.

- CARIBBEAN SPICE CAKE**
1 (1-pound, 1-ounce) package pound cake mix
1 (14-ounce) package gingerbread mix
1 1/4 cups milk
2 eggs
3 tablespoons grated orange rind
1/4 cup flaked coconut
21 whole blanched almonds, optional

Combine the two mixes in large mixer bowl. Blend in 3/4 cup milk; beat at medium speed for 1 minute. Add eggs, blend, beat 1 minute. Blend in remaining milk; beat 1 minute. Stir in orange rind. Turn into a greased 13 x 9 x 2-inch baking dish. Sprinkle with coconut, arrange almonds over top. Bake in a preheated slow oven (325 degrees) about 45 minutes or until done. Cool completely in dish on wire rack. Makes 24 squares.

Ladies, Have You Heard?...

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you will not be compromising on nutritive value, because these foods have essentially the same protein value as meat.

Convenience foods as prepared potatoes, pre-chopped onions or frozen specialties save time at the expense of money. You must decide if you are willing to exchange time for savings.

According to the U.S. Department of Agriculture, about 10 per cent of food calories the average family buys ends up in the garbage. So if your family is not eating everything you dish out, serve less and buy accordingly.

Baking Soda's Uses

Do not pass up the opportunity for further sizable savings by substituting multi-use baking soda, for a wide assortment of single use products. Inexpensive soda, for example, can replace such costly grooming staples as dentifrice, mouthwash, deodorant, after-shampoo rinse, foot powder, such medicine cabinet essentials as acid indigestion remedy, sunburn and poison ivy lotions, and sore throat gargle.

And when it comes to cleaning, baking soda used either in solution or dry as a scourer offers certain unique advantages over the specialized and costlier compounds. It ousts odors, gets at the source and kills them rather than camouflaging them beneath a floral fragrance. And baking soda is pure, not a conglomerate of un-

pronounceable chemicals... so that when cleaning, particularly around food areas, you are not haunted by fears of harmful residue.

Take Care

Many women firmly believe that the safest and cleanest place for their family to eat is at home. Yet, even though you take great pride in your gleaming kitchen, you may neglect a few sanitary measures that are vital safeguards for your family's health.

For example, too many women are content with taking a hasty damp cloth swipe at their meat cutting board before storing it away for future use.

Consequently, small pieces of meat are sometimes left imbedded in the wood to provide an excellent breeding ground for bacteria. The next piece of meat cut on the board will be contaminated.

Be certain to scrub the wooden cutting surface thoroughly with hot suds after each time you use your board. Rinse immediately and wipe dry.

Food poisoning in home kitchens may also result from careless use of insect spray or other household chemicals by placing it in a tightly-closed cabinet or refrigerator. Wash your hands thoroughly after using and wash all utensils containing such chemicals.

Even though the National Safety Council has done a great job of cutting down on our country's preventable accidents, the home is still at the top of the list of danger areas. But with a few simple safeguards, you can do much to keep your home a healthy place to live.



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