

Good Solid Budget Helpers

More dash than cash your problem? Most of us are faced with meal planning on a budget at some time. Appealing menus, the result of careful planning and creative imagination, do not require a champagne budget. Some of the most flavorful and popular cuts of meat are the least expensive ones. Combine them with pantry-shelf ingredients for tempting new dishes.

FANCY FRANKS

1/4 cup butter or margarine
1 clove garlic, crushed
1/4 cup chopped green pepper
2 tablespoons brown sugar
1/4 teaspoon ground ginger
1 pound frankfurters, sliced crosswise
1/2 cup raisins
1 8 3/4-oz. can pineapple tidbits, drained
1 cup apple juice
1/2 cup cider vinegar
1/2 teaspoon salt
1 tablespoon cornstarch
1/4 cup cold water
Melt butter or margarine and saute garlic and green pepper. Stir in brown sugar and ginger. Add frankfurters and cook until tender, about 10 minutes. Add raisins, pineapple, apple juice, vinegar & salt. Mix well. Stir cornstarch into cold water. Add to frankfurter mixture. Simmer, stirring occasionally, 15 minutes or until raisins are soft. Serve on crackers.

GINGER STEAK STRIPS

2 tablespoons prepared mustard
1 tablespoon salt
1 teaspoon ground black pepper
1 teaspoon chili powder
1 teaspoon sugar
1 tablespoon lemon juice
1/2 cup salad oil
1 clove garlic, sliced
1 onion, sliced
2 cups water
1 1/2 cups cider vinegar
2 pounds bottom round of beef
16 to 18 small white onions, peeled
3 green peppers, cut in strips
1 cup finely rolled ginger snap crumbs (about 15 cookies)
1/2 cup water

Mix first 11 ingredients in a large bowl. Add beef, cut in strips about 1/2x1x2 inches. Marinate 5 to 6 hours. Boil onions and green peppers together 10 minutes. Remove meat from marinade. Drain. Place meat in shallow pan and broil in preheated broiler, about 5 inches from heat, 15 minutes, turning frequently. During last 10 minutes of cooking add onions and green peppers. To two cups of marinade add ginger snap crumbs and water. Heat to boiling, stirring constantly. Pour over meat and vegetables before serving. 4 to 6 servings.

BRAISED SHORT RIBS

1 tablespoon salt
2 teaspoons ground black pepper
2 cups flour
4 pounds short ribs of beef
1 tablespoon salt
1 tablespoon Worcestershire sauce
1/2 teaspoon ground black pepper
1/4 teaspoon Tobasco sauce
2 Bay leaves
1/2 teaspoon basil
1/2 teaspoon marjoram
1 clove garlic, sliced
1 medium onion, sliced
6 carrots, peeled and cut in pieces
2 cups small white onions, peeled
Mix 1 tablespoon salt, two teaspoons ground black pepper and flour in a large paper bag. Add short ribs and shake to coat well. Brown ribs well on all sides in a little melted shortening in a large heavy kettle or Dutch oven. Add next nine ingredients and water to almost cover ribs. Simmer covered until tender, about 2 hours. Add carrots and onions during last 20 minutes of cooking time. Remove ribs and vegetables to a casserole. Remove fat from broth left in kettle. Thicken broth by adding two tablespoons flour mixed with 1/4 cup water for each pint of broth. Cook, stirring until mixture thickens. Pour over ribs and keep hot in a moderate oven (350 degrees) until serving time. Makes 6 to 8 servings.

Our idea of a mean husband is one who sends candy to his wife when she's on a rapid-reducing diet.

What wives don't tell their husbands and what husbands don't tell their wives would not be printable.

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Suggests Serving Liver Often

Serve liver once a week or several times a month and you can help children learn to like and accept this nutritious food, suggests Louise W. Hamilton, extension nutrition specialist at The Pennsylvania State University.

Preparing and serving liver in different ways lends variety to meals, she points out. Besides frying, liver may be baked in a casserole, stewed or braised. Any one of these cooking methods will give a tasty and delicious dish.

Liver offers a concentrated package of food value. It supplies vitamin A and the whole range of B vitamins. Also it provides the minerals, iron, phosphorus, and copper.

Calf and lamb liver are in flavor, but pork and beef liver are less expensive, says Miss Hamilton. Because calves liver is mild and limited in supply, it commands a higher price than other kinds of liver which are more readily available.

Pork and beef liver are equally satisfactory for most dishes. Calves liver cooks quickly because it is tender, but all liver needs slow cooking at a low temperature, she adds.

PINCH THAT MUM

If your chrysanthemums were long and spindly last fall, you probably didn't pinch the plants last spring and summer. Lynn Smith, extension flower specialist at Penn State University, recommends pinching mums to remove the young growing tips; this makes the plant branch out. It does not get so long and leggy and produces more flowers. The job isn't difficult; just remove the top half inch of each shoot, until about July 15th when flowerbuds start to form.

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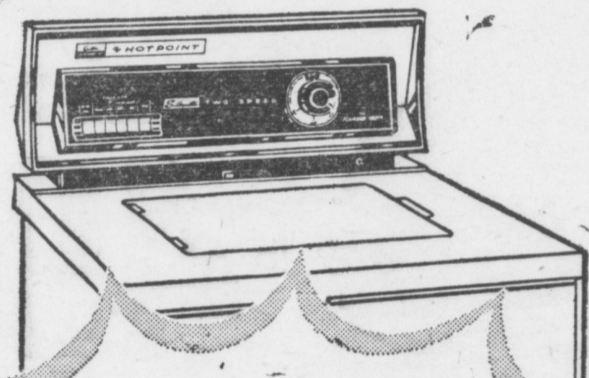
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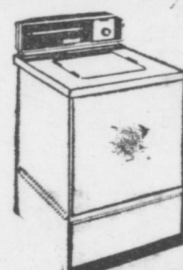
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