

FOOD FORUM

DOROTHY JOHNSON

Cooking with Commodities

BUDGET SAVING RECIPES

Storage Tips: (a.) Keep cereal, crackers and other crisp foods on a cool, dry shelf. Fold down the inner wrapping of cereal packages before closing boxtop to keep cereal fresh and crisp. (b.) Keep potatoes and onions, in a cool dark place in the kitchen or pantry where air can circulate around them. Do not keep potatoes and onions under the sink because it is too warm and damp. (c.) Keep sugar, flour, corn meal, rice, spices and other dry foods in a dry place at room temperature. Always use the oldest foods first when you have a new supply. For example, empty the flour can completely before filling it again. If possible, keep coffee in the refrigerator. (d.) Keep foods like jelly, pickles, peanut butter and mustard in the refrigerator only if the label says "refrigerate after opening." Otherwise they take up refrigerator space you could use for something else.

CORN MEAL TORTILLAS

3/4 cups Enriched Corn Meal
1-1/4 cups sifted-all purpose flour
1 tsp. salt
2 tablespoons shortening
1 cup boiling water

Combine cornmeal, flour and salt. Stir in shortening and boiling water, mixing well. Shape into 12 balls. Roll out or press each ball between 2 sheets of waxed paper or pat out by hand to form a 5 inch circle.

Bake on a hot, lightly greased griddle until lightly browned on underside. Turn and bake on other side.

MEAT LOAF

1-1/2 pounds canned chopped meat,
3/4 cup oatmeal
2 Tbsps. egg mix
1 cup canned milk
1/4 cup chopped onion
1/4 cup green pepper chopped
1-1/2 tsp. salt
1/4 tsp. pepper
1/8 tsp. oregano

Combine all ingredients thoroughly and pack firmly in loaf pan or pan of similar shape. Bake in preheated modern oven (350 degrees) about 1 hour and 10 minutes. Let stand 5 minutes before slicing.

TAMALE PIE WITH CORN MEAL MUSH

Meat Filling:

1/2 cup chopped onion
1/3 cup chopped celery
1 tablespoon butter, margarine or drippings-
1 pound canned chopped meat or pork
1 pound can tomatoes
12 oz. can whole kernel corn, drained
1 (8 oz.) can tomato sauce
1-1/2 tablespoons chili powder
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon oregano

Corn Meal Mush:

2 cups boiling water
1 cup corn meal
1 teaspoon salt
1 cup cold water

For meat filling, lightly brown onion, celery and chopped meat in margarine or butter in large pan. Stir in remaining filling ingredients simmer 5 minutes, stirring occasionally. For cornmeal mush, heat 2 cups water to boil in large pan. Mix together cornmeal, salt and 1 cup cold water. Pour corn meal mixture into boiling water, stirring constantly cook until thickened, stirring frequently. Cover; continue cooking over low heat 10 minutes. Spread evenly over bottom of greased 8 cup baking dish. Spread meat filling over mush. Bake in preheated moderate oven (350 degrees) about 30 minutes.

REDDY KILOWATT'S

For The Homemakers

GUIDELINES FOR KITCHEN PLANNING



--The work triangle for range center to sink to refrigerator center should be between 13 and 22 feet in total length.

--A minimum of 24 inches of work space on each side of the sink is recommended.

--Put the sink between the refrigerator and range if possible, 4 to 7 feet from the refrigerator and 4 to 6 feet from the range.

--Allow minimum of 18 inches next to the refrigerator, with the refrigerator door opening toward it in this space and door opening should be toward the sink.

--If two lines of cabinets face each other allow at least 4-1/2 to 5 feet between them.

--Vary the height of cabinet shelves as they are to be built on the job, with different spacing in different sections. Select stock cabinets with adjustable shelves.

--Avoid putting a range or wall oven at the end of a line of cabinets where a traffic pattern comes around it, avoid putting the dishwasher at right angles to the sink.

--Avoid placement of a refrigerator in a corner; many models require more than 90 degree door opening for the shelves and crispers to be pulled out.

--Avoid putting a range top directly next to a wall oven.

--Provide plenty of outlets for portable appliances at the areas where they will be used, allowing for rechargeable knives, can openers, and certain others to remain plugged in.

CURRENT NEVADA POWER COMPANY BILLS MAY BE PAID AT FOOD FAIR IN THE WEST OWENS SHOPPING CENTER

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NEVADA POWER COMPANY

TAMALE PIE WITH CORN BREAD TOPPING

Prepare meat filling from above recipe. Sift together 3/4 cup corn meal, 1/4 cup sifted all purpose flour, 1/2 tsp. salt and 1-1/2 tsps. baking powder. Add 2 Tbsps. egg mix, 1/2

cup milk and 2 Tbsps. melted shortening. Spoon over top of hot meat filling. Bake in preheated hot oven (425) 15 to 18 minutes.

Try the mush or corn bread topping with canned turkey.



VA FACTS

Interest rates on home loans guaranteed by VA were reduced from 7.5 to 7 per cent on Feb. 18, the third reduction in recent months.

Any veteran who financed his home with a VA guaranteed loan before May 1968, still has a \$5,000 or \$8,500 loan entitlement available depending upon when he received his loan.

Needy veterans who served during America's border conflict with Mexico are now eligible for disability pension benefit from VA on the same basis as other wartime veterans.

Veterans and servicemen who have used their GI home loan guaranty and, through no fault of their own are forced to sell their homes for reasons of health, employment, condemnation proceedings, or other compelling reasons now may have their guaranty privileges restored by VA.

Veterans benefits such as compensation and pension, educational assistance, subsistence payments to vocational rehabilitation trainees, and grants for homes or autos to severely disabled veterans are exempt from taxation, and need not be reported as income on tax returns. GI insurance dividends also are not taxable. However, the interest earned on these dividends is considered earned income.