

Pork for Every Purse

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tiff dough—about one cup a board until all the flour is in and the dough is as thin as paper. Dry. Roll it and cut across, in fine fifteen minutes in boiling in.

WITH DRESSING. Wipe spare-ribs crosswise in two places. read-crumbs dressing in the 3 over the two sides. Tie to string or use skewers or stake in a moderate oven—about forty-five minutes.

WITH RUTABAGA AND POTATO. One pound of spareribs with and cook fifteen minutes. d each of rutabaga and potato add to spareribs. Cook es are done. Remove spare-vegetables. Place spareribs h rutabaga and potato.

SPARERIBS WITH RICE

5 Spareribs 1 1/2 Teaspoonfuls of Salt
1/2 Cupful of Water 1/2 Teaspoonful of
Pepper

Place in boiling salted water in of double boiler. Cook for Add spareribs cut in pieces. minutes or until rice and done. Serve with stewed

PICKLED PIGS' FEET

5 Pounds of Pigs' Feet 2 Cupfuls of Vinegar
1 1/2 Quarts of Water 1/4 Cupful of Whole
Allspice

COOK pigs' feet in salted water for one and a half hours, or until very tender. Remove feet and let liquor stand until cold. Remove fat, add vinegar and spices, and heat to boiling. Cut the meat in medium-small pieces and pour the spiced liquid over them. Let stand two days before serving.

BRAISED HEART. Wash the heart in warm water; remove veins, arteries and clotted blood. Simmer in salted water—two teaspoonfuls of salt to each quart of water—one and a half to two and a half hours. Fill with bread-crumbs dressing and tie with string. Sear outside in frying pan or baking pan. Add one-quarter of a cupful of water. More water may be needed. Cover tightly and cook at a low temperature until tender. It may be cooked on top of stove or in the oven at 325° F. Vegetables may be added.

Hearts may be simmered in water until tender, cut in thin slices and served hot or cold with horseradish sauce.

LIVER PATTIES. Grind liver which has been simmered for about five minutes in salted water. Season, make into patties and roll a piece of bacon around pattie. Bake in a moderate oven—375° F.—until bacon is crisp.



"Take a tip, folks—"



Casserole Cookery

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of time than when baked at erature. are handy for cooking many ch as casserole dishes, espe- fowl cooked with vege- fruits and deep-dish pud- ape of the pot utilizes much of "down" space not made use of aking dishes. When meat is e oven, soup or chowder can the same time in the bean aral habitat for some soups is g potter's product and it is a y to make a substantial dish n the refrigerator, the bean an ideal space-saving ons, heads of lettuce or cabbage. ng a soufflé it is advisable to n in a pan of hot water on the e soufflé is done when it tly and is brown, but it removed from the oven until ed. Then it should be placed covered, in the dish in which

4. Are the surfaces smooth, nonabsorbent, and easily cleaned? (Watch for blemishes or small cracks.)
5. Does the cover fit well?
6. Does the dish stand firmly on a flat bottom?
7. Will it conveniently fit into the oven space with other utensils likely to be used at the same time?
8. Is the cost justified by the number of purposes it will serve?

Care

THERE are a few simple rules that, if followed, will give you a lifetime of service from your casseroles—provided, of course, that they are not accidentally broken!

PRECAUTIONS. Ovenware is intended for oven use—not for cooking on top of the range or next to a flame. Handle with a dry cloth while the dish is hot. It should not be subjected to sudden changes of temperature. Avoid pouring cold water into a hot dish or placing a hot dish on a wet table top or in water.

CLEANING. Should foods stick, fill the dish with warm water and a dash of washing powder and soak. Of course all oven utensils should be well greased before the food is put in to bake. This minimizes sticking and discoloration.

Aluminum often becomes discolored from the boiling of water or from foods containing iron or alkali. This reaction is not harmful and there is no need for removing it except for the sake of appearance. An aluminum utensil washed with hot water and soap is clean and sanitary even though it may remain stained. Generally speaking, cleansers that do not injure the hands will not injure aluminum. Avoid soaps and cleaning compounds containing free alkalis. Sal soda, caustic soda, potash, lye and ammonia are all harmful to the metal.

"drown 'em in Vermont Maid Syrup"

—SAY LUMBERJACKS

LUMBERJACKS have got to get a husky breakfast "under the belt" before they hanker to chop down trees.

Up in the North Woods they demand—and get—flapjacks—dozens of them, to put them in trim for a day's battle with cold, wind, blizzard and forest.

Flapjacks with a big "F" . . . tender enough to melt in the mouth . . . with crisp edges . . . steaming hot . . . swimming in the golden-brown deliciousness of Vermont Maid Syrup!

No wonder "the boys" come on a run when cook shouts, "Come and get it!" Vermont Maid Syrup was discovered by lumberjacks and they spread the fame of this perfect flapjack companion from camp to camp.

Old-time Vermonters make Vermont Maid up in Burlington. Skillfully they blend maple and

cane sugars to get just the right flavor, the perfect velvety smoothness.

City wives soon find that their husbands, like the lumberjacks, come on the run when there are flapjacks "drownin' in Vermont Maid Syrup."

Start your husband out right tomorrow morning—with a North Woods breakfast. Watch his shoulders square, watch him smile as Vermont Maid flows over and around his flapjacks!

Your grocer has Vermont Maid Syrup in convenient glass jugs that can go right on the table. Penick & Ford, Ltd., Inc., Burlington, Vermont.



CANE AND MAPLE SUGAR

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Send 10¢ for Generous Sample

Penick & Ford, Ltd., Inc.
Dept. L-3, Burlington, Vermont

I enclose 10¢ for generous sample bottle of Vermont Maid Syrup and recipe folder.

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by Vermonters