

**Pork a Versatile Meat for Budgeteer**

There's a pork cut to fit every budget and pork shoulder steaks are a smart choice for the budgeteer. Like pork chops, they may be prepared in a variety of ways; should not be fried or broiled in the usual manner. Family will like them like this.

**FRUITED PORK STEAKS**

4 pork shoulder steaks  
Flour, salt, paprika  
2 cups apples  
Raisins  
Brown sugar  
Trim fat from edge of pork steaks and fry out in large skillet or Dutch oven. Remove pieces. Flour pork steaks and brown on both sides in hot fat. Sprinkle each side with salt and paprika. Pour off excess fat.

Core apples but do not pare; cut into thick slices. Top each steak with one or two apple slices and fill centers with raisins. Sprinkle with brown sugar. Pour 1/4 cup water around steaks; cover and cook over low heat for 45 minutes or until steaks are tender. Baste once during cooking, using liquid in pan. Add more water if needed. Pork steaks, if you like, may be baked with fruit in large covered baking dish in 350 degrees oven for same time.

**Avocado in Salads**

There are several ways you can use avocados in molded gelatin salads. To give a rich avocado flavor to the entire salad, mash or sieve the avocado and combine with the gelatin mixture. Or, cut the fruit into cubes or balls, and fold into a partially thickened gelatin base. Use avocados often while they're in season.

**Eggs Cheaper, Use Often**

Few desserts have more appeal for the entire family than has custard pie. Plentiful eggs at reasonable prices encourage us to make custard puddings and pies more often. From the dietitians standpoint, an egg is a combination of proteins, vitamins and minerals all wrapped up in one of the neatest food packages ever designed.

**Fine Custard Pie**

Pastry for 9-inch pie  
4 eggs  
cup sugar  
1/4 teaspoon salt  
1/2 teaspoon vanilla  
1/2 teaspoon almond extract  
2 cups scalded milk  
Nutmeg

Line 9-inch pie plate with pastry. Be sure there are no bubbles under pastry and no holes in centers. For best results, have pastry slightly thicker than usual. Place in refrigerator while preparing filling. Blend eggs with sugar, salt and flavorings. Slowly pour scalded milk into egg mixture, stirring constantly. Pour custard mixture into pastry-lined pie plate. To avoid custard spilling over edges while transferring pie to oven, pour in last cup of filling after pie is in position for baking.

**Chili for Quick Meal**

When the question arises, "What shall I serve?" chili con carne makes a notable answer. Accompany chili with a large bowl of potato chips and a tray of assorted relishes. Complete your meal with wedges of apple pie and cheese.

1 No. 2 can kidney beans  
1 No. 2 can tomatoes  
1 teaspoon salt  
1 clove garlic, if desired  
Brown beef and onion slowly in lard or drippings. Add remaining ingredients. Stir well and simmer 1 hour or until flavors are blended. Water may be added if desired and the seasonings can be adjusted to taste. 4 to 6 servings.

**Onions and Country Fried Steak Tops**

They call it fried steak, but it really is not fried after all.

**Country-Fried Steak**  
On a winter's day you'll please the family when you serve a platter of country-fried steak and onions. It's named "country-fried" and goes in the frying-pan, but actually the steak is cooked by a braising and frying combination. This produces juicy steak with a crisp coating.

To prepare country-fried steak, purchase either round or chuck steak cut about 3/4 inch thick. Divide the steak into individual serving pieces. Before cooking, dredge the steak with seasoned flour. This helps give it a golden brown coating. Then brown the steak in lard or drippings. When well browned, cover closely, reduce the heat and let the steak cook slowly for about 45 minutes. Next, remove the steaks from the pan. Stir into the drippings 2 tablespoons of flour and 2 cups of milk. Stir until smooth. Return steaks to gravy, cover and simmer about 20 minutes or until tender. Prepare onion rings by marinating them in French dressing. Complete your menu with hash-browned potatoes, lima beans, a tossed salad, hot biscuits and cherry nut cake.

**Vegetable And Meat Ring Good**

For an interesting way to use vegetables and extend the meat, try this vegetable ring:

**Vegetable-Beef Ring**  
2 lbs. ground beef  
2 cups soft bread crumbs  
1/2 cup milk  
2 eggs, slightly beaten  
3 teaspoons salt  
3 cups catsup  
1 medium onion, grated  
1/2 cup diced celery  
1/2 cup diced green pepper  
Oil large ring mold and dust with dry bread crumbs. Pat meat mixture into mold and bake at 350 degrees about 40 minutes. Turn out on hot chop plate and fill center with Green-Gold Carrots.

**Green-Gold Carrots**  
Pare and slice 8 medium sized carrots. Cook in a small amount of boiling, salted water about 10 minutes. Season with pepper, butter or margarine and more salt, if necessary. Sprinkle with 3 tablespoons minced, fresh parsley just before serving in Vegetable-Beef Ring. Makes 6-8 servings.

Don't fret if you don't have a ring mold. The meat-vegetable mixture can be baked in a loaf, and the Green-Gold Carrots arranged around the loaf on a platter.

**Using the Blender**

Put your electric blender to use for chopping jobs. It's a quick way to chop both almonds and walnuts. The length of time it takes depends on how fine or coarse you want the nuts to be.

**For Fruit Salad**

Try this honey marshmallow dressing on your favorite fruit salad. Combine 1 beaten egg yolk with 1/4 cup honey, 2 tablespoons lemon juice and a dash of salt. Cook over hot water until thick. Then add 4 cut-up marshmallows and stir until melted. Remove from heat and chill. Before serving fold in 1/2 cup whipped cream.

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