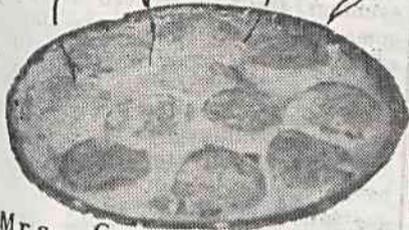
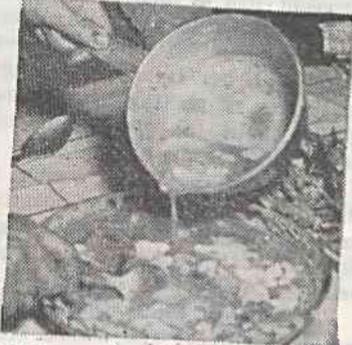




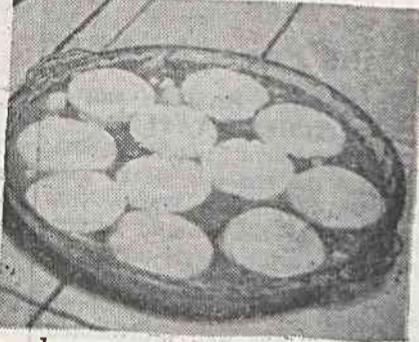
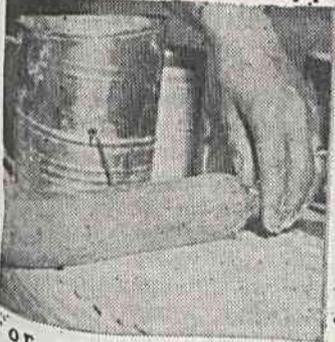
MRS. HASSIE GARREN
BAKES A CHICKEN
PIE.



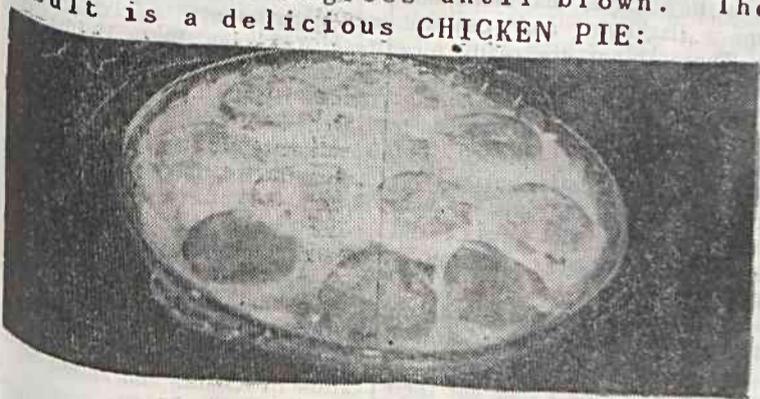
Mrs. Garren leaves a chicken in her ice-box overnight which makes it very tender and in preparing a chicken pie, she cooks chicken in inset pan (on rack) in a pressure cooker, allowing 15 min. per lb. at 15 lbs. pressure. She uses no water in cooking the chicken.



She slices desired amount of chicken in a casserole or pie dish, adding broth, thickened with flour, and containing two boiled eggs chopped.



For pastry she uses: 1 cup flour, $\frac{1}{4}$ tsp. salt, 2 tsp. baking powder, 2 tblsp. shortening, and ice cold sweet milk. She sifts all dry ingredients together, and cuts in shortening, adding enough milk to make soft dough. Then turns onto a floured board, rolls to about $\frac{1}{2}$ -inch thickness, and cuts out biscuits. These she places on top of chicken and bakes in oven of 450 degrees until brown. The result is a delicious CHICKEN PIE:



Mrs. Garren is in the Finishing department and she is just one of the many excellent cooks employed here. The Echo is anxious to publish your best recipes. If you have a good one, bring it to the Echo office and we'll let you illustrate it for us. Bring in your good recipes—other housewives will be glad to get them.



When Things Go Wrong . . .

If you get up and can't find the right dress to wear; if you don't feel like a cheery "Good Morning"; if you find it difficult to keep your mind on your work; or if you think the whole world has turned against you and no one has as many troubles as you, YOU NEED A VACATION!

Maybe your children tend to get on your nerves and your temper is easily aroused; then is when you need something to lift the weight off your mind and ease your nerves. When Junior playfully puts a frog in your face powder and you feel like beating him for it, you need something that will restore your sense of humor and make you laugh it off. And that something is a nice rest or vacation; or a suitable diversion to your routine.

Wherever you do your hardest work—at home or factory—you need at least one vacation a year. You should go to some quiet, restful spot where you can relax and rest your mind. You will ease your nerves, and your sense of humor while enjoying a nice vacation. Take your vacation and then if Junior puts a frog in your powders, you can scold him properly, and then enjoy his joke yourself.

Quality And Uniformity Is Important In Canning

From the various comments made by the ladies who judged the Canned Fruits and Vegetables in the 1947 Harvest Festival, we would like to pass on to everyone interested some advice about your entries:

On the canned vegetables such as beans, squash, peas, and corn

they judged the following items (in order of importance): (1) quality of canned product, (2) cooking time (must not be overcooked), (3) uniformity of size, (4) liquid or juice covering canned product, (5) color. Tomatoes must be canned in their natural juice, no water whatsoever.

In canned fruits the main points were: (1) quality of product, (2) cooking time, (3) color.

Children Will Be Human



Children will be human like everyone else and crave long tall drinks, but sometimes their choices can be unwise for healthy youngsters. Here's a good substitute: Buy their favorite canned orange or grapefruit juice. Fill glass 2-3 full with juice, add sparkling water and flavored (lime, orange, grape, etc.) ice cubes, and serve at once with cookies. The kiddies will certainly ask for more!