Meatless Loaf contains wheat, spinach, eggs and peanuts. Liquid pepper sauce adds an agreeable nippiness.

NUTRITIOUS MAIN COURSE

Nature's meatless loaf

Food economists say, yesterday's housewife had a single-minded interest in food: she just wanted it to taste good.

Today's homemaker demands the same but she has a second desire as well. She wants the food she serves her family to be as fresh as possible. Health food stores are doing a booming business all over the country because of the strong, continuing interest in natural foods.

Today we know that quality nutrition can determine how people look, act, and feel. The homemaker knows the foods she feeds her family can make the difference between ending the work or school day with listlessness, or with the vitality which insures enjoyment at evening time.

The fuel that goes into the body determines the energy level, quality of health, and zest for life — not just for today but the future as well.

Meatless Loaf — rich in protein — turns up for dinner or lunch as a most delicious meatless main course. It's economical, too. Wheat, spinach, eggs and peanuts all go into the blender with a dash of liquid pepper sauce. The liquid pepper seasoning adds an agreeable nippiness, keeping blandness at bay.

With this nutritious Meatless Loaf, serve Parsley Mayonnaise as a most delicious accompaniment. It's a snap to make in the electric blender. The recipe offers the fine quality that comes only with dishes you prepare yourself from fresh ingredients.

Meatless Loaf

2 tablespoon peanut oil
1 onion, chopped
1 cup cracked wheat, uncooked
2 cups water
2 teaspoons salt, divided
1 pound spinach, cooked (approximately 2 cups)
1 cup unsalted peanuts
2 eggs
½ teaspoon liquid pepper sauce
Heat oil in medium saucepan. Add onion and cracked wheat and cook until onion is transparent. Add water and ½ teaspoon salt. Bring to boil, cover, reduce heat and cook over a very low heat 15 minutes, until all water is absorbed.

Place spinach, peanuts and eggs in container of electric blender. Cover and process at high speed until pureed and smooth. (It may be necessary to turn the blender on and off at first, pushing contents down with a spatula.)

Turn spinach mixture into a large bowl. Stir in cooked cracked wheat, liquid pepper sauce and remaining 1½ teaspoons salt.

Turn into a 9 x 5 x 3-inch loaf pan that has been lined with well oiled aluminum foil. Bake in 350 degrees F. oven 55 minutes. Remove from oven and let stand 5 to 10 minutes before removing from pan. Slice with serrated knife for best results. Serve with Parsley Mayonnaise.

YIELD: 6 servings.

Parsley Mayonnaise

1 egg
2 tablespoons lemon juice
½ teaspoon salt
½ teaspoon dry mustard
⅛ teaspoon liquid pepper sauce
1 cup peanut oil
¼ cup chopped parsley

Combine egg, lemon juice, salt, mustard, Tabasco and ¼ cup oil in electric blender container. Cover, turn to high speed, remove feeder cap or cover and immediately begin pouring remaining oil into mixture in a slow steady stream. Process until thoroughly blended and smooth. Stir in parsley. Chill.

YIELD: About 1¼ cups.

Would you like to do business with the government? The U.S. Small Business Administration reports that small businesses were awarded $15.5-billion dollars in federal prime and subcontracts — For information on other SBA programs, write SBA, 7800 York Road, Towson, Md. 21204; 962-2233.

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U. S. GRADE NO. 1

Consumers can use USDA standards

Ever make a mail order purchase — and find out that you and the catalogue writer had a different idea as to the meaning of certain words?

Then you know why standards are needed — It's not enough to call something "Grade A" — both buyer and seller must know exactly what Grade A means if they are to trade at a distance.

And that's just what USDA grade standards for food do: give definition and meaning to each of the terms — grade names — used to describe food quality. In fact, the standards set the requirements, (for example: color, shape, ddgree of maturity) that a food must meet to be labeled as a particular grade.

The standards make it possible for wholesale traders in food — producers, packers, processors, retailers — and consumers, to speak the same lanugage — to know that they have the same idea of what U. S. Grade A means in describing eggs, for example.

Establishing these standards, with the participation and help of members of the food industry and consumers, is one of the major functions of the U. S. Department of Agricultural Marketing Service.

AMS standardization specialists study a food product to determine its range of quality. Their study includes production, processing, and marketing of the product . . . and consumer preference and views.

No Federal law requires that the USDA grade standards for food be used, but anybody who wants to can use them. Many wholesalers, processors and packers do use them as aids in trading and in their quality control programs. The grade standards can be applied officially by Federal and Federal-State grading services. A fee is charged for this service, which is only to qualified applicants.

Even if a food doesn't have a grade on it, you can use your own knowledge of the grade standards to be your own judge of quality. USDA has published a series of booklets which explain the quality grades in simple language.

The booklets carry the running title "How To Buy . . ." and they cover subjects from beef steaks to beans, peas and lentils. A listing will be sent on request for "Keys to Quality" — (AMS-542) a folder that also includes some tips on the grades. Write, Information Division, AMS, USDA, Washington, D.C. 20250.

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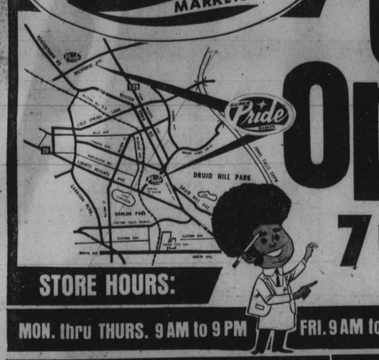

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