

Women's Page

(continued from page eight)

CHEESE BAKE

Three well beaten eggs
one-fourth cup flour
two tablespoons sugar
two cups grated sharp American cheese
four cups whole kernel corn, drained
10 slices cooked bacon, crumbled
Combine eggs, flour and sugar
Beat well. Add cheese and corn
in three-fourths of bacon
Pour into a greased casserole
Top with remaining bacon. Bake
in an oven 350 degrees for 60 minutes

Should you care to put this recipe in the paper, please omit my name, writes a Millersville housewife, who adds.

I am enclosing a recipe from Mother's Cook Book, which Mother used many years ago. She called it "Mock Mince Pie," liked it even better than the regular mince pie, and I thought some of the other subscribers of Lancaster Farming might also like it.

"I have tried several of the recipes in your Household Page and liked them very much.

"MOCK MINCE PIE"

One cup cold water
One-half cup molasses
One-half cup brown sugar
One-half cup cider vinegar
Two-thirds cup of melted shortening
One cup chopped raisins
One well beaten egg
One-half cup of bread crumbs
One teaspoon each of cinnamon, ground cloves, allspice and nutmeg
A dash of salt and black pepper

Put pan on the stove with the water and raisins in, let that boil a few moments, then add the sugar and molasses then the vinegar, and the other ingredients. Lastly add a wineglass of brandy or wine, put in a two crust pie shell and bake in a hot oven, (about 400 degrees F.) 35 to 40 minutes, or until crust is a golden brown. Serve hot.

This will make two small pies or one large one.

Ascorbic acid, which is one of the main nutrients provided by fresh fruits and vegetables, has a very prominent part to play in therapeutic nutrition. It has an important function in the healing of wounds.

Prolonged ascorbic acid deficiency leads to increased fragility of blood vessel capillaries, and impairment of the tissue reparative powers. It is very important to maintain adequate body stores of ascorbic acid at all times.

Other vitamins and minerals play an important role in healing. Improvements in the mortality rates and in the time required for convalescence can be achieved by attention to the nutritional requirements of patients. It is true that good nutrition is important for the maintenance of optimum health in all normal individuals. It is all-important in the restoration of good health in the sick and wounded. The type diet you eat affects the resistance you have to disease and the capacity of tissue repair.

Other than general nutritional needs of the sick, many fruits and vegetables contribute specific substances that are used in treatment of specific illnesses. The following are interesting examples. Watermelon juice has been used for treating certain kidney ailments. Raw cabbage juice has been tried to speed up healing of peptic ulcers. Bananas are used for various therapeutic diets, soft diets, gland diets and in the diabetic treatment disease. Apple pulp is used in the treatment of diarrhea. Various fruits and vegetables are recommended in the treatment of constipation. Fruits and vegetables provide pectin which is beneficial in digestion.

It's The Law

"It's the Law" with simple answers is offered by LANCASTER FARMING in cooperation with the Pennsylvania Bar Association. General interest questions are welcomed, and will be answered as soon as possible. Letters must be signed. Answer will not be published on a specified requested day. Questions cannot be answered by mail, and LANCASTER FARMING will reject any inquiry which is not of general public interest. Address all inquiries to "It's the Law," LANCASTER FARMING Quarryville, Pa.

Q What is the law in Pennsylvania on the amount of a man's estate that he must leave to his wife and child or children? J.E.

A Pennsylvania law does not require a father to give his children any part of his estate, so long as his will shows a clear intention to disinherit them. However, children born after the date of the will may claim the share to which they would be entitled if the parent died without a will, unless the will makes provision for afterborn children, or contains a statement specifically disinherit them.

Wives cannot be disinherited, and a wife may elect to take against her husband's will if it does not make satisfactory provision for her. Upon such election, she will receive one-third of her husband's estate if more than one child, or issue of deceased children survive, or one-half the estate if there is only one surviving child or no children.

Q How long must a landlord hold articles left by tenant? The tenant left dishes, books, etc., and owes over a month's rent. M.K.

A. The most orderly procedure would be to contact a justice of the peace (or alderman or magistrate) and have a levy placed upon the goods. Sales notices will then be posted and the goods sold by the constables at public sale. The proceeds of such sale will be paid to you for credit toward the unpaid rent. You may thereafter obtain a judgment against the tenant before the magistrate for any balance still owed you.

Q If a mother and daughter have the deed to a house in their names, can the other children make claims to the home after the mother dies? The mother left no will, but there was an understanding that the one daughter should have the house.

A If the deed stated that the mother and daughter were "joint tenants with right of survivorship," then title vested exclusively in the daughter upon the mother's death. Otherwise, the daughter is the owner of an undivided one-half interest in the property, and all of the children, including the daughter, are the owners of the other half, by operation of the interstate law. An "understanding" as to the descent of property after death is not valid unless it is put in writing and signed by the owner.

Presumably the mother's husband is dead or divorced; otherwise, he would also have an interest in the property.

The average person needs to eat more fresh fruits and vegetables. Estimates have been made that people should be eating an extra hundred pounds of fresh fruits and vegetables a year. Some doctors rate this figure as conservative.

Since what we eat determines to a very large extent whether or not we are healthy and happy, proper nutrition should be taught throughout the school period. Educators say instruction should begin in the home and be continued in the lowest grades.

That's about it for this week — keep those recipes and household hints rolling into — Lancaster Farming, Household Page, Quarryville, Pa., and we'll See you next week.

Q A girl was married when 16. She lived a short time with her husband in the State of Maryland. Several months after the wedding the father of the husband started an annulment proceeding. She returned to Pennsylvania where she has been living for more than a year. The proceedings are going through in Maryland. When she is free can she remarry in Pennsylvania without a waiting period? If a waiting period is necessary, how long is it? R.T.

A. When a final decree is entered by the court in Maryland in annulment proceedings, the girl to whom you refer is free to remarry in Pennsylvania immediately as there is no "waiting period" in Pennsylvania.

Know the true value of time, snatch, seize, and enjoy every moment of it. No idleness, no laziness, no procrastination — Lord Chesterfield.

True!

"What does your husband like for dinner?" asked the young bride, who was looking for advice.

Experienced housewife, "Most anything I haven't got in the pantry."

To everything there is a season, and a time to every purpose under heaven.—Ecclesiastes 3:1

WORK CLOTHES

PENNEY'S
ALWAYS FIRST QUALITY!



Heavy Duty work suit. Durable Big Mac quality in proportioned sizes, with action back, 2-way zipper, many extras Completely Sanforized even the pockets!

Sizes 34-46 \$4.49

TOP QUALITY PAY DAY HEAVY DUTY OVERALLS

Comfortable full cut in extra heavy 11 1/4-oz. denim—equally rugged construction to cope with the roughest jobs! Completely Sanforized even the pockets! Super Penney quality!

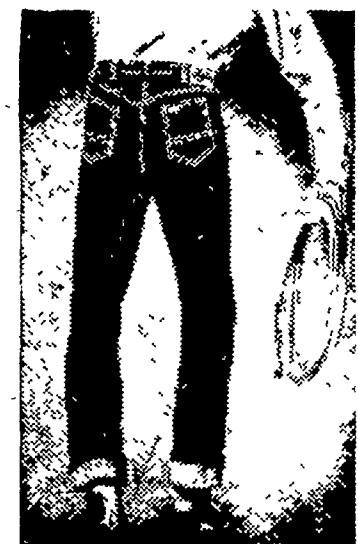
2.98

Sizes 32-50



Men's all-purpose work shoes of tough retan cowhide, double tanned for extra long wear! Flexible, slip-resistant Vulcork soles and heels Sanitized. Sizes 6-12.

\$7.50



Low, tight and slim Foremost Western jeans for men! Durably built from the heaviest denim made! Zipper front. Sanforized

Size 29-36 \$2.79

PENNEY'S TOBACCO COVERS

RUST PROOF GROMMETS 2 YDS X 50 YDS OR
EXTRA WIDE TAPE SELVAGE 3 YDS X 33 1/3 YDS
CLOSE DOUBLE STITCHING

\$10.90 Bolt