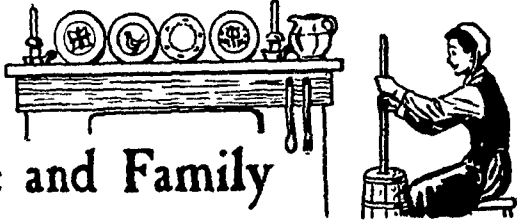


For the Farm Wife and Family



The New Year has arrived and with it comes all the hopes and resolutions we always have for a new year

We hope 1957 will be a most happy and prosperous year for all of you. To start out this New Year, we have a poem for you. It is entitled "The Happy Farmers' Wife" and was sent in by Mrs. E. L. Rice of Rt. Kinzer.

THE HAPPY FARMERS' WIFE

Although 'tis claimed that city life
Contains more pleasures rare
Is more free from hardship, toil
and strife
From unremitting care,
Yet I ever believe that she who
leads
The happiest, truest life
Throughout this great broad land
of ours
Is the model farmers' wife.

'Tis true she has her many cares
And duties to attend;
But when they are performed in
love
It does a pleasure lend.
On Monday morning early even
Before a roaring rain
She is up preparing breakfast
For the steady working men.

She glides about with gentle
steps
She's here and then she is there.
The clear toned bell in the signal
rings
For breakfast the men prepare.
The meals now o'er she's out in
the yard
Among the chicken coops
Arranged in rows along the fence

At each one stops and stoops.
Removes the door and liberates
The anxious birds enclosed.
Throws them their feed, takes
the pail.
To the barnyard then she goes.
There Cherry, Red, and Brindle
comes;
Each entreats as best she can
To be the first one called upon
To take the milking stand.

Now the milk pail filled, the gate
swung back
The cows may now go free
To revel in clover, sweet and
clear
'Mid the humming of the bee.
The milk is strained in the dairy
cool
The milk pails washed with care
Are placed on the bench in the
sun's warm rays
To freshen up and air.

The breakfast table then is
cleared
Placed back against the wall
The dishes washed and set away
The skillets, pots and all.
Upstairs and down the beds are
made
Arrayed in robes so white,
Each window raised throughout
the house
The fresh air to invite.

The dining room and kitchen
floors
Are swept, the clock is wound,
The furniture is dusted off
And chairs are placed around.
The canary bird then next she
feeds
And hangs the cage aloft

In the shady porch amidst the
vines
Where the air is balmy and soft:
E'er the clock strikes ten her
washing done,
Hung on the line to dry.
Then she proceeds to bake and
boil
To stew, and nicely fry.
At half past eleven the dinner
bell
Rings out its summons clear
To the hungry men in the har-
vest field
Who greet the sound with cheer.

And hasten to obey the call.
With many a merry jest
They're seated and partaking of
A bountiful repast.
In the afternoon she reads or
sews
Or likely tends her flowers
Till supertime has come again.
How swiftly speeds the hours.

With skillful hands she has pre-
pared
The evening meal and when
The harvesters have eaten and
Resumed their work again
She trips about with elastic steps
As she hums a merry ditty —
As happy as a lark perched high
O'er the gay bell in the city,

While she washes up the dishes
And does up the evening work
Nothing in the line of duty
Is she ever known to shirk.
When night has let her curtain
down
And the stars bestud the dome
At the piano there she seats her-
self
Sings and plays "Home, Sweet
Home."

And he tired and weary hus-
band
Who reclines on the sofa near
And enjoys that soul refreshing
song
By one he holds so dear.
Thus ends the day, all its duty
done
Of the farmer and his wife
Who leads, beyond all doubt by
far
The happiest, truest life.

What is better on a cold winter day than a steaming cup of coffee and some homemade bread or rolls? Here is a recipe for Sticky Rolls that you might like to try one of these days.

STICKY ROLLS

Two potatoes cooked and
mashed
One package yeast softened
in a little warm water
Two cups flour
One cup sugar
One-half cup butter or marg-
arine
Two eggs well beaten
Raisins
Nuts
Chopped citron
Add yeast to almost cool pota-
toes. Mix well and allow to stand
overnight in the morning add
flour and let rise one hour.
Then add sugar, butter and
eggs. Knead in enough addition-
al flour to make dough not quite
as stiff as for bread. Let rise one
hour.
Roll out the dough fairly thin,
spread with softened butter,
sprinkle with raisins, nuts and
citron. Roll into a roll. Cut off
pieces about 3 inches long.
Place in a pan buttered and
sprinkle with brown sugar. Bake
in an oven 400 degrees for 5
minutes, then reduce heat to
350 degrees and cook 15 min-
utes.

Here are ingredients for a fruit salad plate that would be nice to serve for a luncheon or a Saturday night get-together.

FRUIT SALAD PLATE

Lettuce
Pineapple slices
Cottage cheese
Whole sections of orange
Whole sections of grapefruit
Seedless grapes
Cherries
Melon Balls
Ripe Olives
Celery hearts
Mayonnaise
Fruit salad dressing

Arrange a large lettuce cup on each serving plate. Add a pine-
apple slice and top with cottage
cheese.

Alternate section of oranges
and grapefruit, slightly overlap-
ping the cheese mound. Add clus-
ters of grapes, cherries and mel-
on balls. Garnish each plate with
a ripe olive and celery.
Pass mayonnaise and the clear
fruit dressing.

Here is a delicious dessert that
is begging to be served to some
special company.

CHARLOTTE RUSSE

Seven egg whites
One pint whipped cream
One cup sugar
Two tablespoons unflavored
gelatin
One-half cup milk
Lady fingers
One teaspoon vanilla extract
One-half teaspoon almond extr-
act

Beat egg whites stiff and add
to the whipped cream which has
been sweetened with the cup of
sugar. Soften gelatin in the milk
until dissolved. Add slowly to
the cream mixture. Add flavor-
ing.

Line mold with lady fingers,
pour in half of mixture, then a
layer of lady fingers. Pour in the
rest of mixture.

This dessert may be made any
color by adding vegetable color-
ing.

We would like to acknowl-
edge all the recipes for Christ-
mas cookies which arrived too
late to be printed before
Christmas. This column is
written several weeks in
advance so that is the reason
you did not see the recipes
you may have sent in, even
though they were mailed to us
before Christmas. We will use
them from time to time as
Cookies are not necessarily
delegated to Christmas eating
alone.

Several weeks ago a reader
asked for a suggestion—how to
make tomato soup without curd-
ling. We have another answer
to that problem from a reader
who wishes that her name be
withheld. She says:

We put about a teaspoon of
butter, more or less as it suits,
in a kettle, let it brown. Then
add about a pint of tomato
juice (or whole tomatoes). Let
it boil about dry, then add one-
fourth teaspoon of soda. Add
two quarts of milk while it
forms.

(Continued on page 9)

4-H Alumnus

The 4-H Alumni Recognition
award for 1956 was given to an
outstanding person who has car-
ried 4-H ideals into his home,
community and profession. A
former Pennsylvania 4-H Club



Dr. James M. Gwin

member, he was selected by the
Extension Service of Pennsyl-
vania State University for this
honor.

He is Dr. James M. Gwin, 185
North Wabash Ave., Chicago 1,
Illinois. A handsome inscribed
burnished copper plaque was
presented to him by the Olin
Matheson Chemical Corporation,
donor of awards in this program.

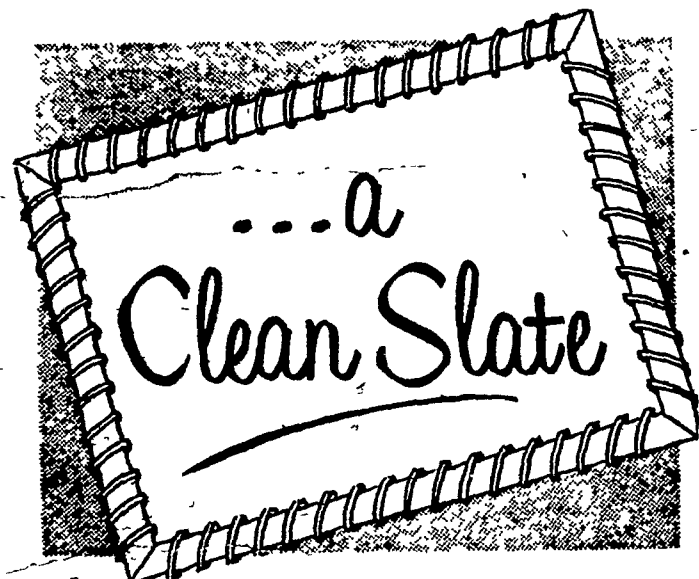
Dr. Gwin, as a 4-H member
and local leader, helped sponsor
4-H work in Blair County. He
later became Director of Exten-
sion in Maryland, sponsoring
many 4-H projects on a state-
wide basis. He was president of
the first 4-H summer camp at
Pennsylvania State. Dr. Gwin is
general manager of the Poultry
and Egg National Board. He was
an officer in the U. S. Army dur-
ing World War II.

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