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one ounce melted chocolate and one teaspoon vanilla to egg whites and beat until stiff.

Put the first mixture in two 8-inch pie shells which have previously been baked. Spread the egg white mixture on top and brown in oven.

If you struggle with packing daily lunches, here are ideas to help you.

Try preparing the week's supply of sandwiches in advance and freezing them. Frozen sandwiches will keep well about 2 weeks. Wrap each sandwich in moisture-vaporproof material. Tuck the frozen sandwich in lunch box in the morning — by noon it will be thawed, ready to eat.

The best fillings for frozen sandwiches are peanut butter, cheddar, American or cream-cheese mixtures, sliced or cooked ground meat, fish, or chicken.

Avoid using these fillings for frozen sandwiches as they do not freeze well: egg salad or sliced eggs, raw vegetables, fruit jellies, and mayonnaise.

For quickness, use a pancake turner to slide sandwiches into moisture-vaporproof bags.

William L. Henning Tells Wives They Have Stake in Farm Business

HARRISBURG—Modern farming is an important business and farm wives could have as big a stake in running the business as their farmer-husbands, State Agriculture Secretary William L. Henning said Monday while addressing the 38th annual convention of the Society of Farm Women of Pennsylvania at their opening session at the 1957 Farm Show.

The business ability of many farm women frequently spells the difference between successful and mediocre farm operations, he said.

He urged all farm women to look beyond their own farm boundaries to events informational services and other activities that will make them better business partners with their husbands and aid them in raising their families.

"Many farm women," he said, "keep tabs on daily market reports through newspapers, radio and TV when their husbands are

busy. Through such channels they keep in touch with prices, marketing volume and related facts which enable them to suggest times to buy or sell to advantage. Three of every four Pennsylvania farms now have TV sets.

"Farm wives should be interested in everything that affects farm income. They need to know about those things which may bring unexpected changes to our economy and must look beyond their own community, state and nation."

Well-informed farm women keep posted on local, state and national government activities and keep in touch with international affairs, Secretary Henning continued. Purchases and shipments of grain and other foods to foreign countries and their effect on local markets also are important things to know, he said.

"Learn all you can about consumer demands for food, when they want it, how they want it, and how much they want," he urged the farm women. "Make every effort to see that consumers get the best quality available and that each product is kept in the best possible condition."

Proposed expansion of marketing advisory services through the State Bureau of Markets and its Pennsylvania farm foods promotion plan was outlined by the speaker.

New Officer Installation Held By Farm Women 1

New officers have been installed for Farm Women's Society 1. They are President, Mrs. Howard Wolf, vice president, Mrs. Clayton Sangrey, and second vice president, Mrs. Henry Burkholder.

The installation ceremony was conducted by Mrs. Robert Nolt.

The following committee chairmen were appointed by Mrs. Nolt. Program, Mrs. Leon Ulrich, membership, Mrs. Amos Shenk; nominating, Mrs. Cullen Carpenter, auditing, Mrs. Viola Marvel; ways and means, Mrs. Roy Brubaker, sunshine, Mrs. Willis Bucher, social, Mrs. Clinton Rohrer; and cancer dressings, Mrs. Christ Nisley.

Mrs. Bucher, Mrs. Abram Bollinger, Mrs. Daniel Brubaker, Mrs. Marvel and Mrs. Niel Clark received perfect attendance awards.

The meeting was held at the home of Mrs. Clark, Spruce Villa. Mrs. Clark, Mrs. Wolf and Mrs. Benjamin Shaeffer attended the annual Farm Women's Societies convention this week at Farm Show.

Saves time and patience!

These production-line methods are timesaving when making a quantity of sandwiches to freeze:

First make several kinds of sandwich fillings. Then line up bread in rows of 4 across, placing the 2 adjoining slices of bread side by side. Using softened butter, spread all slices of bread to edge so fillings won't make bread soggy. Spoon about 1/3 cup filling on the two middle rows of bread; spread evenly to the edge with a spatula.

Working with both hands, pick up outside slices and place on top of inside slices to complete sandwiches; stack two or three sandwiches and cut all at once with a sharp bread knife. Wrap or put in individual moisture-vaporproof sacks. Label sandwiches with day of week or kind of filling to assure day-to-day variety.

Lettuce does not freeze well, but it can be wrapped and sent along with the lunch to be inserted in the sandwich just before eating. Or roll lettuce leaves around carrot or celery sticks and fasten with toothpicks, wrap

We hope you'll try some of these recipes we've had for you today. We'll be back with more next week.

HEAR

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Norristown WNAR 8:00 A. M.
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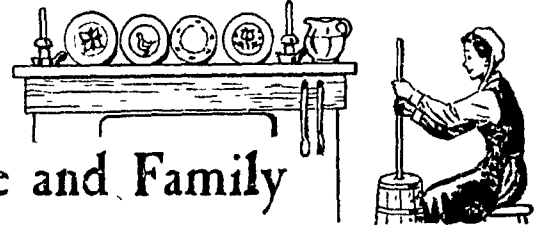
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For the Farm Wife and Family



MRS. DOROTHY K. HUMMEL holds a wool jumper made by Linda Stehman, Hempfield High School, which won fifth in a class of 24 in the vocational home economics division of Farm Show. Mrs. Hummel is state treasurer of the Future Homemakers of America. (Staff Photo)

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