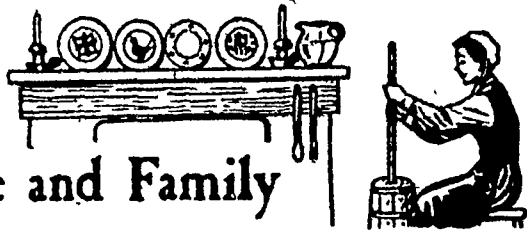


For the Farm Wife and Family



Thrifty cuts of meat take the limelight during the next two months especially for those homemakers recovering from the strain of an expensive holiday or the desire to keep a New Years resolution of "living within a budget."

Among the many meats that will provide nourishing meals for hungry families, pork and beef lead the list. Among the thriffter cuts of pork, you'll find these make flavorsome main courses: fresh shoulder butt, blade bone and boneless shoulder steaks, pork hocks, sausage meat and links, end-cut loin roasts and chops. Beef economy cuts include short ribs, stew meat, ox joints, brisket, chuck steaks and roasts. You'll find that stew

steaks from lamb and veal are easily included in budget meals, too. And, of course, canned meats are not only popular as economy meats, but they are one of the most inexpensive convenience foods available today.

We most often associate bacon and eggs and forget the many ways it can be used as a sandwich filling. Fry some extra bacon at breakfast time to use in sandwiches for school or work lunchboxes. Crisp-fried, well-drained bacon makes a hearty sandwich filling, either in strips or crumbled with a filling mixture. Here are some suggestions for using bacon in sandwiches:

1. Place bacon strips between slices of cracked wheat bread

- spread with apple butter.
- Mix crumbled bacon with chopped egg and salad dressing and spread on rye bread.
- Place bacon strips between buttered slices of Vienna bread with chili sauce or catsup.
- Mix crumbled bacon with peanut butter and mayonnaise and spread on whole wheat bread.
- Place bacon strips on cracked wheat bread spread with butter or mayonnaise. Place a leaf of lettuce in a separate wrapper for adding at lunch time.

This recipe for franks, Italian style, is the kind homemakers should keep tucked in an easy-to-reach place, for it is a quickly prepared main dish that both the youngsters and the adults of the family will enjoy.

FRANKFURTERS, ITALIAN STYLE

- 6 frankfurters
 - 1/4 cup onions
 - 2 tablespoons bacon drippings or fat
 - 3 medium potatoes, pared and diced
 - 1 can tomato paste
 - 1/2 tomato paste can of water
 - 1 tablespoon salt
 - 1/4 teaspoon pepper
- Cut frankfurters lengthwise into quarters. Cook onions in hot fat five minutes, then add potatoes, tomato paste, water salt and pepper. Cover and cook over low heat 20 minutes or until potatoes are tender. Add franks and cook until heated through. Serve immediately! Makes four servings.

Have you ever tried Barbecued Frankfurters? There are very few people who do not like their franks "dressed up" a little bit when they eat them in a roll. Try this barbecue recipe for some extra special flavor

BARBECUED FRANKFURTERS

- 1 1/2 pounds frankfurters
- 2 tablespoons butter or margarine
- 1/3 cup minced onion
- 1/4 cup water
- 2 tablespoons vinegar
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons prepared mustard

- 1 tablespoon brown sugar
- 1 teaspoon Worcestershire sauce
- 1/3 cup catsup

Place frankfurters in a metal casserole dish. Melt butter in a saucepan, add onion, and cook until tender but not brown. Add remaining ingredients and simmer for 25 minutes. Pour over frankfurters. Cook, covered, over moderate heat for 20 minutes, basting several times with sauce.

You can "dress up" frankfurters in this special way too. Split frankfurters lengthwise, being careful not to cut all the way through. Fill the "split" with slices of cheese and wind a slice of bacon around each; secure with toothpicks. Broil about six minutes, split side down first, turning once. Franks made this way have real "melt-in-the-mouth" goodness.

You can make many good-tasting one-dish meals with frankfurters that are delicious as well as nourishing. This recipe for a Top-Stove Skillet Dinner uses macaroni as an additional ingredient.

TOP-STOVE SKILLET DINNER

- 1/2 cup elbow macaroni
- 1 1/2 tablespoons salad oil or fat
- 6 franks
- 1/2 cup minced onions
- 1/4 cup water
- 1 1/2 tablespoons vinegar
- 1 1/2 tablespoons sugar
- 1 tablespoon cornstarch
- 1 teaspoon salt
- Dash pepper
- 2 tablespoons snipped parsley
- 2 tablespoons prepared mustard

Cook macaroni as label directs; drain. Meanwhile, in hot salad oil in large skillet, saute franks and onions until golden brown.

In bowl, thoroughly combine water, vinegar, sugar, cornstarch, salt, pepper, chili sauce, parsley, mustard; add to frank mixture;

Farm Women 15

Farm Women-15 met last week at the home of Mrs. Abram Herr, R1 Kirkwood. Assistant hostesses were: Mrs. Robert Reath, Mrs. Conrad Swinehart and Mrs. George Reinhart.

Devotions were given by Mrs. Jack Ferguson and roll call was answered with quotations of Benjamin Franklin.

Mrs. J. Chester Collins gave the annual reading of the by-laws. Reports of the state convention were given by Mrs. Abram Herr, Mrs. Edwin Westman and Mrs. Glenn Ressel.

Mrs. Robert Weitsel, former president, led group singing. The new president, Mrs. Bernard Jackson, presided over the meeting.

In business the society voted to give \$5 to the March of Dimes and \$5 to the American Bible Society.

The next meeting will be at the Cecil Hines home on Feb. 21.

cook, stirring constantly, until thickened. Add macaroni; heat thoroughly. Makes 6 streamlined servings.

Awhile back we told you about the popularity of canned meats, (Continued on page 7)

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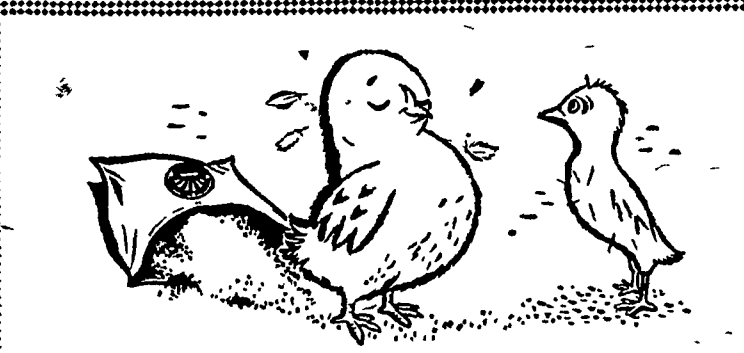
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23RD ANNUAL MEETING

OF THE

LANC. CO. FARM BUREAU

CO-OPERATIVE ASS'N.

Wed. Feb. 6 10:00 A. M.

Guernsey Sales Pavilion

(Lincoln Highway East — 6 miles from Lancaster)

Report of Year's Operations — Election of Directors
Report by County Agent, M. M. Smith
Question and Answer Period
Special Music and Entertainment
Free Lunch will be served at noon

Everybody's Welcome — Bring the Family

Adjournment — 3:15 P. M.