

(Continued from page eight)

means that vitamins and minerals have been added to the product after it was milled. Whole grain or enriched cereals and bread promote good digestion, prevent constipation, furnish energy, and help keep nerves steady.

One ounce of cereal is considered an average-size serving, but the volume of that amount varies greatly; one ounce uncooked, two-third cup cooked; flakes, one cup; whole bran, 1/2 cup, puffs, two cups; kernel, 1/4 cup, shredded one biscuit.

Serving cereals frequently provides another means of including milk in the diet. To find the cost per serving, divide the number of ounces the cereal package contains into the price. The smaller the package the higher the cost per serving.

A friend from Pequea sends us the following recipes for Pineapple Dressing and Soft Molasses Cookies. She says in her letter

I certainly like your paper

HEAR

The Mennonite Hour
Each Sunday

Lancaster WLAN 12:30 P. M.
Norristown WNAR 8:00 A. M.
Hanover WHVR 1:00 P. M.

and hope it will always be a clean paper. Thank you for your kindness.

PINEAPPLE DRESSING

2 cups pineapple juice
2 tablespoons cornstarch
1 lemon
1/4 cup sugar
2 eggs
Mix this together and bring to a boil. When cold, beat this into a quart of whipped cream

SOFT MOLASSES COOKIES

4 1/2 cups sifted flour
2 teaspoons soda
1/2 teaspoon salt
2 teaspoons cinnamon
1/2 teaspoon ginger
1/2 teaspoon cloves
Sift the above ingredients together
Cream
1 cup lard
1 good cup brown sugar
2 eggs
Then add 1/4 cup N O molasses
Add dry ingredients alternately with 3/4 cup warm water.
Add 1/2 cup raisins and 1/2 cup or more of nuts
Drop and bake

The following recipe for barbecued fish makes use of the frozen fish fillets. This recipe does not require the fish to be thawed

BUTTER BARBECUED FISH TASTY

1/2 cup butter
1/2 cup minced onion

2 tablespoons chopped green pepper

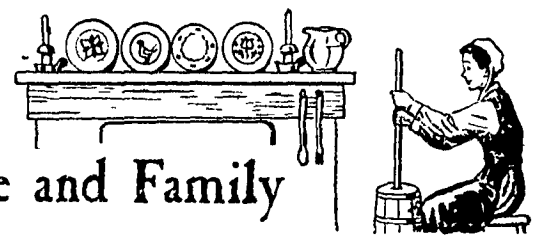
1 tablespoon Worcestershire sauce
2 tablespoons catsup
2 teaspoons vinegar
2 slices lemon
1 teaspoon prepared mustard
2 pounds frozen fish fillets (2 boxes — use unthawed)

Saute onion and green pepper in butter in large skillet. Add Worcestershire sauce, catsup, vinegar, lemon slices, and prepared mustard. Simmer for five minutes. Cut each package of fish fillets while still frozen hard into four equal pieces. Place them in skillet, cover, and simmer for 10 minutes. Turn. Simmer 10 to 15 minutes more or until the fish is done and can be flaked with a fork

HINT FOR COOKING frozen steaks and chops. Thick frozen steaks or chops should be broiled more slowly than unfrozen ones in order that the meat is cooked to the desired degree of doneness in the center without its being too well done on the outside. For that reason, partial thawing before cooking is desirable. Frozen steaks and chops to be breaded must be completely thawed before cooking, or the coatings will not readily adhere to the meat.

FISH: In the above recipe for barbecued fish you were told to use the fish unthawed, but as a rule fish is easier to handle if

For the Farm Wife and Family



it is partially thawed before cooking. Cook it at a lower than usual temperature and for a longer time

Mrs. Jonathan R Weaver tells us how she makes

SMEAR CASE

Mrs. Jonathan R. Weaver,
R1 Gordonville

Take your cottage cheese. Add salt and mix with a fork or mash it as the common saying is. Then add milk or cream till it is right to spread. Don't use a whole box at first until you have mastered it. Then let us know how you like it.

Mrs Weaver adds in her letter

Here is another recipe some just make at Christmas time but you can make it any time

DATE AND NUT LOAF

Mrs. Jonathan R. Weaver,
R1 Gordonville

1 pound dates, after seeding
1 pound English walnut meats or 2 cups
1 cup flour
2 teaspoons baking powder
1/2 teaspoon salt
1 cup granulated sugar (if on a diet, take 1/4 cup sugar and the rest in equal

amount of Sucaryl, the liquid, to the amount of sweetening needed

4 eggs, separated
1 teaspoon vanilla
Mix dry ingredients to dates, which I cut in fourths, and nuts, then add yolks and beaten whites of eggs
It is very good!

Shoo-Fly pies we all like but have you ever tried a Chocolate Shoo-Fly Pie. A friend from Gordonville sends us this one.

CHOCOLATE SHOO-FLY PIE

2 eggs
2 teaspoons soda
2 teaspoons cinnamon
2 level tablespoons cocoa
5 cups flour
2 cups brown sugar
2 cups hot water
2 cups molasses
1 cup lard

Cream lard and sugar, add beaten eggs, add water and then molasses. Mix thoroughly. Mix together cocoa, flour, cinnamon and soda, add last. Put in unbaked pie crusts. Makes six pies. Bake at 375 degrees for 45 minutes. When cool put chocolate frosting on top.

(Continued on page 10)

SHOP - SAVE 12 HOURS A DAY

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SAT. 9:00 TO 5:30

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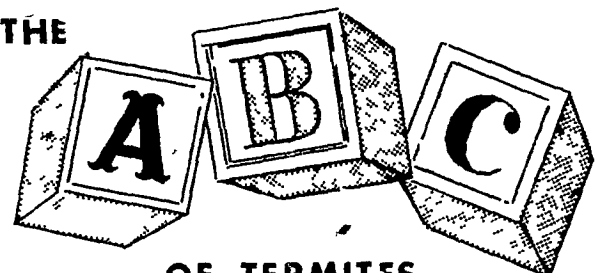
LANCASTER, PA.

BUG of the MONTH



TERMITES

THE



OF TERMITES

A The reproductives are winged insects (2 pairs of wings of equal size) which swarm in great numbers in early spring.

B Immediately after swarming the insects kick off their wings, mate and try to get back into the soil.

C It is cheaper to have the soil treated against termites before the house is built. If you missed out on this, it is cheaper to have the house treated this year than to wait until next year. Termites eat while you sleep and they fancy the timbers of your house as much as an old fence post, just as long as it is good, tasty — CELLULOSE

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