

For the Farm Wife and Family

Serve a Fresh Fruit Salad Plate With Tasty Hot Yeast Breads

The way once "seasonal" fresh fruits and vegetables now whiz to market, it's simple to serve a Summer menu even though the calendar still tells you it's spring. For a sort of "summer preview" luncheon why not make the center of attraction a fresh fruit plate — a colorful and piquant combination of cantaloupe slices, small clusters of sugar-frosted grapes, whole strawberries, tart pineapple chunks and peach halves. Pass a platter of boiled ham slices for an accompaniment.

Nothing else equals the appeal of tasty hot breads with spring or summer salad meals. You'll like these tempting Cheese Sticks — not only with this menu but with many other favorite salads throughout the warm months. Easy to make, they consist of flaky pastry strips layered with sharp Cheddar cheese. Serve them piping hot.

CHEESE STICKS

2 cups sifted enriched flour
1 teaspoon salt
 $\frac{1}{2}$ cup shortening
4 to 6 tablespoons water
Melted butter or margarine
and $\frac{1}{2}$ cups shredded sharp Cheddar cheese (6 ounces)

Sift together flour and salt. Cut or rub in shortening until mixture is crumbly. Sprinkle with water, mixing lightly until dough begins to stick together. Roll pastry into 12 x 18-inch rectangle. Brush with butter or margarine. Sprinkle cheese over pastry. Carefully fold one third of pastry over center

third. Then fold remaining third of pastry over center portion, so rectangle now measures about 4 x 18 inches. Cut into strips about $\frac{3}{4}$ inch wide. Place on ungreased baking sheet and bake in moderately hot oven (400 degrees) 20 to 25 minutes. Makes about 2 dozen Cheese Sticks.

Here is a delicious bread recipe — Filled Egg Bread has both a richly fragrant dough and a surprise poppy seed-almond filling. This bread goes well at breakfast time, either plain or toasted.

FILLED EGG BREAD

2 packages yeast, compressed or dry
 $\frac{1}{4}$ cup water (lukewarm for compressed yeast, warm for dry)
1 cup milk
 $\frac{1}{2}$ cup butter or margarine
 $\frac{1}{4}$ cup sugar
2 teaspoons salt
5 and $\frac{1}{2}$ cups sifted enriched flour (about)
1 teaspoon vanilla extract
4 eggs
 $\frac{1}{2}$ cup poppy seeds
 $\frac{1}{4}$ cup milk
1 tablespoon melted butter or margarine
 $\frac{1}{2}$ cup finely chopped almonds
2 teaspoons grated lemon rind
Soften yeast in water. Scald milk. Add butter or margarine, sugar and salt. Cool to lukewarm. Add two cups flour and beat well. Add softened yeast and vanilla extract. Add eggs one at a time

and beat thoroughly. Add enough more flour to make a moderately stiff dough. Turn out on lightly floured board or pastry cloth and knead until smooth and satiny. Place in greased bowl. Cover and let rise in warm place until doubled (about 1½ hours). Meanwhile, add poppy seeds to milk. When dough is doubled, punch down. Divide dough into two equal portions and let rest 10 minutes. Add butter or margarine, almonds and lemon rind to poppy seed mixture. Mix well. Roll each half of dough out to rectangle, 6 x 18 inches. Spread with about half of filling. Roll up into loaf shape and press edges together securely to seal. Place in greased loaf pans $4\frac{1}{2}$ x $8\frac{1}{2}$ inches. Let rise until doubled (about one hour). Bake in moderate oven (375 degrees) about 40 minutes. Makes two loaves.

FIVE WAYS TO BETTER MAYONNAISE — Everyone knows that the best mayonnaise is rich and velvety. But how do you make it that way?

A home economics student asked this question, worked on it in an experimental foods class and came up with these answers.

First she found that the faster she beat mayonnaise, the thicker it became. And when she rested between beatings, it got even thicker. Her study showed that mayonnaise beaten at low speed without rest period was too thin, and beaten at high speed was too stiff. Medium speed was the best. With one-minute rest periods, the product was beat at low speed, was too thick at medium speed and was like a stiff gelatin product at high speed.

Second, the mayonnaise became thicker when more egg yolks were added up to a certain point, after that it became thinner. From one to three yolks thickened the emulsion, but more yolks made it thinner.

Third whole eggs made a thinner mayonnaise than egg yolks. And the more whole eggs that were added, the thinner the product.

Next she found that fats affected the thickness and taste of mayonnaise differently. In this experiment cottonseed oil gave the best

product. A semi-solid fat and melted butter were both satisfactory at first but hardened upon refrigeration.

Fifth, a very stiff mayonnaise tended to separate more than a thinner one when stored in a refrigerator. The student found that oil and air bubbles formed on the top and outside of a thick product, but did not form on a thinner one.

We've been asking you for rhubarb recipes that you especially like. We hope you'll try this one for Rhubarb Bread Pudding. Crowned by a generous meringue, it is one of the prettiest desserts you can serve. Use just a few drops of red food coloring to lend a gentle pink hue.

RHUBARB BREAD PUDDING

4 cups fresh rhubarb (1-inch pieces)
 $\frac{1}{2}$ cup crushed pineapple
 $\frac{3}{4}$ cup sugar
Red food coloring (if desired)
2 cups milk
 $\frac{1}{2}$ teaspoon salt
3 cups enriched bread cubes
2 eggs, separated
 $\frac{1}{2}$ teaspoon salt

Combine rhubarb, pineapple and one-fourth cup of the sugar. Bring mixture to boiling, reduce heat and simmer about five minutes. Stir in red food coloring. Cool to lukewarm. Meanwhile, scald milk. Stir in one-fourth cup sugar and one-half teaspoon salt until dissolved. Pour over bread cubes.

Cool to lukewarm. Blend in slightly beaten egg yolks. Stir in rhubarb mixture. Turn into buttered two-quart casserole. Bake in moderate oven (350 degrees) about 30 minutes. Add cream of tartar and salt to egg whites. Beat until foamy. Add remaining sugar gradually and continue beating until stiff peaks are formed.

Remove casserole from oven. Spread meringue evenly over rhubarb mixture. Bake in moderately hot oven (400 degrees) eight to ten minutes longer. Serve pudding either warm or chilled. Makes eight servings.

These are busy days — housecleaning, planting the garden, cleaning up the yard, etc.; here is a casserole recipe for one of those busy days. It is easy to make and so delicious. Buttered green peas would go well with this casserole. Serve cloverleaf rolls, and wind up the menu with fresh fruit shortcake.

BEEF 'N MACARONI BAKE

4 ounces elbow macaroni
 $\frac{3}{4}$ pound ground beef
 $\frac{1}{2}$ cup enriched bread crumbs
1 and $\frac{1}{2}$ teaspoons salt
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{2}$ cup tomato sauce
2 tablespoons water
1 teaspoon Worcestershire sauce
1 and $\frac{1}{4}$ cups condensed tomato soup (10½ ounce can)
 $\frac{1}{3}$ cup water
1 cup shredded American cheese (four ounces)

Add two teaspoons salt and macaroni three cups boiling water. Boil rapidly, stirring constantly, for two minutes. Cover, remove from heat and let stand 10 minutes. Meanwhile, combine meat, onion, bread crumbs, salt, pepper, tomato sauce, water and Worcestershire sauce. Rinse macaroni with warm water and drain well. Heat soup and water in saucepan. Remove from heat and blend in cheese, stirring until cheese is completely melted. Add soup mixture to macaroni and mix thoroughly. Press about one-third of meat mixture into bottom of greased 1½-quart casserole. Cover with macaroni-soup mixture. Top with a layer of remaining meat mixture. Bake in moderate oven (50 degrees) about one hour. Makes four servings.

For a dish with savor as fresh as Spring itself, serve Noodles Orientale. The distinctive, well-mated flavors of ham and pineapple dominate the sauce, which suggests the oriental theme.

NOODLES ORIENTALE

6 ounces broad noodles
1 cup drained pineapple chunks
 $\frac{1}{4}$ cup butter or margarine
 $\frac{1}{4}$ cup enriched flour
1 teaspoon sugar
 $\frac{1}{2}$ teaspoon salt
Dash pepper
2 cups pineapple syrup and water
1 teaspoon vinegar
1 cup cubed cooked ham
 $\frac{1}{4}$ cup melted butter or margarine
 $\frac{1}{2}$ cup golden seedless raisins
Add one tablespoon salt and noodles to 4½ cups boiling water. Boil rapidly, stirring constantly, for two minutes. Cover, remove from heat and let stand 10 minutes. Drain pineapple and reserve syrup. Melt butter or margarine in saucepan. Blend in flour, su-

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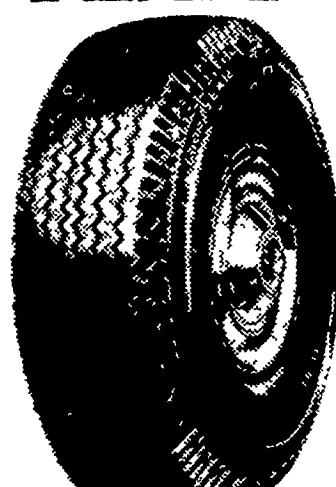
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