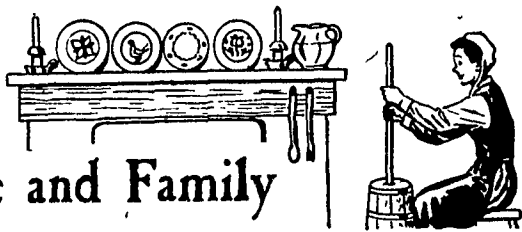


For the Farm Wife and Family



(Continued from page nine)
 recipes for you today The first from Violet Preston.

RHUBARB CREAM PIE

Violet Preston,
 621 E. Lincoln Highway
 Coatesville

1 1/2 cups sugar
 1/4 cup enriched flour
 1/4 teaspoon nutmeg
 3 slightly beaten eggs
 4 cups 1-inch slices rhubarb
 2 tablespoons butter
 Blend sugar, flour and nutmeg. Add to eggs. Beat smooth. Add Rhubarb. Pour into 9-inch pastry lined pie plate and dot with butter Top with crust. Bake in hot oven 400 degrees 50 to 60 minutes and cool This is very good.

Another reader who does not want her name used send us a recipe for

RHUBARB CUSTARD PIE

1 1/2 cups sugar
 3 cups rhubarb, sliced in 1/4 inch pieces

1 tablespoon butter
 2 tablespoons flour
 2 eggs

Beat eggs, then add rhubarb, sugar, flour, and butter. Stir until well mixed. Pour into unbaked pie shell and bake at about 350 degrees until done

This reader also requested a recipe for Rhubarb Crumb Pie but as we have printed several of these in the past few weeks she has probably found one by this time

POTATOES IN THE DIET

Do you groan when you glance at the bathroom scales? If you do, and are trying to cut down on calories, don't be afraid of the potato Eat it and enjoy it as often as you like, preferably undressed It's the trimmings that run up the calorie count.

Baked, boiled, or pressure-cooked, a potato doesn't have to upset your dietary plans. In fact, this vegetable deserves its popularity. It is both versatile and gives a high return in food value for money spent. A medium-size potato can supply 1/5 of the recommended daily amount of vitamin C, as well as worthwhile amounts of the B-vitamin — thiamin and niacin, and the minerals, — iron, phosphorous, and potassium

If you like potatoes but don't want them to interfere with weight reduction, follow these tips

If you're boiling potatoes, cook them in their skins to preserve the nutrients Use as little water

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Farm Women's Society News

Farm Women 10 Shown Movie About Africa

A movie of the great wild animal preserve 300 miles from Johannesburg, South Africa, was seen by Society 10 at a meeting Saturday at the home of Mrs. H. Landis Shank, New Danville Pike.

Mrs. Richard Warfel, a native of Johannesburg, told the women of her home She said that the game preserve was founded by Stephanus Johannes Paulus Kruger, most famous of the Boer presidents He is best known as Oom Paul Krueper

Mrs. Ethel Reinhold presided at the meeting Devotions were led by Mrs. Elmer Esbenshade and roll call was answered by reading a verse from the Bible containing the word "Faith"

A vocal solo was sung by Jesse Cutler accompanied by Miss Rosemary Andrews

A contribution of \$5 was sent to the Mental Health Society

A social hour followed with Mrs. C. C. Shoemaker as co-hostess The usual sale of home made products was held

Mr and Mrs. Abram Lefever invited the group to attend open house June 27 when they will celebrate their Golden Wedding anniversary.

The next meeting will be held at the home of Mrs. C. H. Reinhold There will be a "bakeless bake sale" instead of the usual auction.

and short a cooking time as possible.

If you're baking potatoes, choose potatoes of the same size, so they will be done at the same time. Don't pierce the skin to test for doneness, since internal steam helps cook the potato and piercing allows steam to escape Instead, press the potato to see if it is done

Slash each potato across the top as soon as you take them from the oven, then press to force or "fluff up" the potato This allows the damp steam, which has done its job, to escape quickly and keep the potato dry and mealy.

Potatoes are not necessarily fattening, but the gravies and fats that you pour over them definitely are So cut down on the trimmings if you're counting calories Or, try dispensing with them entirely. You may find that you like the potato for its own flavor — better than ever.

Meat Experts List Popular Meat Items

Augie R. Ring, director of the department of merchandising of the National Live Stock and Meat Board, and Reba Staggs, director of the Board's department of their heads together and came up with the following list of meat items that they consider the most popular among America's population of meat-eaters

Ground beef, frankfurthers, bacon, rib pork chops, leg of lamb, boneless beef pot-roast, loin lamb chops, ham, round steak, T-bone steak, veal cutlets and canned and ready-to-serve meats.

The two meat experts point out that no attempt has been made to list these meat products in order of popularity. The list includes not only those items that consumers purchase the most of, but also those that consumers have indicated are their favorites for special occasions, whether they are eating at home or away from home

Ring and Miss Staggs based their meat popularity list on observations they have made in many years of work with the nation's meat retailers, homemakers and restaurateurs as part of the Board's extensive program of research, education and information on meat.

Farm Women 24 Plan July Picnic At New Holland

Society of Farm Women No. 24 met Wednesday evening in the home of Mrs. Arthur Gamber New Holland Pike

Mrs. Landis Myer, the president, presided and Mrs. Isaac Wenger conducted the devotions. Members answered the roll call by naming their favorite flower.

Three new members, Mrs. Elvin Zimmerman, Mrs. Annie Good and Miss Jennie Hoover, were welcomed.

A report was given on the visit to the Lancaster County Home last month, and plans were made for a picnic and a bus trip in July

The picnic will be held Wednesday, July 31, in the New Holland Community Park The bus trip to Atlantic City is scheduled for Wednesday, July 17

Mrs. Gilbert Gotshall, will be hostess for the next meeting scheduled for 8 p. m. Wednesday June 26, at her home in Bareville

USDA Approves Horse Meat From Mexico

Amendment of Federal meat inspection regulations to recognize the horse meat inspection system of Mexico was announced Saturday by the US Department of Agriculture.

This action means that horse meat and horse-meat products of to the United States provided the products are accompanied by the required Mexican inspection certificate and found to be otherwise satisfactory.

Notification of the change in the regulations is scheduled for publication in the Federal Register.

10,480 Cancer Dressings Made Since Sept. 1

LANCASTER — The mid-year activities report issued today by the cancer society revealed that 10,480 cancer dressings were given to patients since Sept. 1.

"Dressings that otherwise might cost a family hundreds of dollars were given free of charge to 44 patients," reported Mrs. Donald Brown, Executive Director

"Cancer patients require many kinds of dressings and large numbers of them. The American Cancer Society is able to provide these dressings for less than two cents each because they are made by volunteers who sew and pack the materials to medical specifications"

Mrs. Brown said that white goods used for dressings are donated by local residents to the Lancaster County Unit. Over 800 women meet in the various homes throughout the year to make them.

"If it were possible to put a dollars and cents value on all volunteer work, I'm sure the figure would be extremely high," Mrs. Brown declared.

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