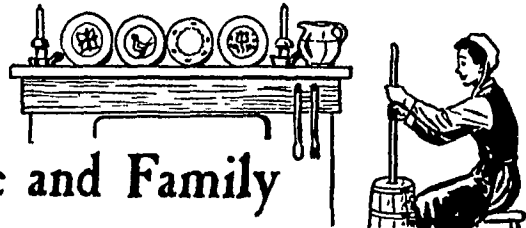


For the Farm Wife and Family



(Continued from page 8)

1-3 cup sugar
2½ teaspoons salt
½ teaspoon saccharine
1 teaspoon mixed pickling spices
Mix above ingredients in saucepan and bring to boiling point. Add small pickles, bring to boiling again. Pack in jars, cover with syrup and seal.

BREAD AND BUTTER PICKLES

6 onions
2 cups vinegar
2 cups sugar
2 teaspoons mustard seed
2 teaspoons celery seed
1 teaspoon ginger
1 teaspoon cornstarch
½ teaspoon pepper
½ teaspoon turmeric
Wash cucumbers thoroughly. Slice cucumbers and onions in thin slices. Let stand two hours in a salt solution, made from two quarts water and one-half cup salt. Bring rest of ingredients to a boil and let boil one minute. Add cucumbers and onions and allow mixture to become thoroughly heated. Pour into sterilized jars and seal while hot.

Chow-Chow is a favorite of everyone. Here is a recipe we can recommend.

CHOW-CHOW

½ peck green tomatoes

2 quarts small onions
15 sweet peppers (red-yellow-green)
2 bunches celery
2 quarts lima beans
1 head cabbage, medium
2 tablespoons mustard seed
2 quarts vinegar
3 pounds white sugar
1 bunch carrots
Green beans

Boil onions and lima beans separately until tender.

Chop tomatoes, celery, cabbage and peppers fine or put through food chopper.

Put ingredients together and salt well with several hands of salt. Mix well and drain in colander for three hours.

Heat vinegar, sugar, and mustard seed. Put all but onions and lima beans in heated vinegar and boil one-half hour. Then add lima beans and onions and stir well together. Put in jars and seal.

Cantaloupe season is here. Try spicing some for a change.

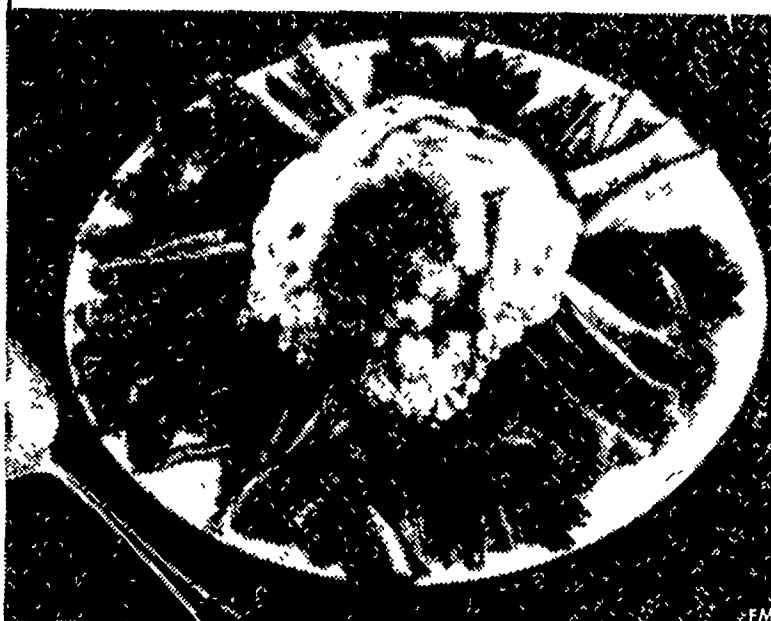
SPICED CANTALOUPE

Mrs. Harold L. Groff,
RD Quarryville

2 cups vinegar
3 cups water
3 pounds light brown sugar
¼ teaspoon oil of cinnamon
¼ teaspoon oil of cloves
Dash of salt

Select firm cantaloupes and remove rind. Cook off in salt water. Mix above ingredients

ENHANCE A VEGETABLE DINNER With A Flavorful Cheese Sauce



Hot vegetable dinners can be really delicious if you feature a flavorful sauce on a well-filled platter. The sauce also gives additional substance and interest to any vegetable plate. Today we are featuring a cheese sauce that is made with new instant cream. This sauce has become a great favorite with good cooks everywhere — because truly it never, never lumps.

Place a head of cauliflower on a platter. Surround the cauliflower with string beans and carrot strips. You'll find this combination is mighty pretty and mighty good.

We are giving the recipes for the three basic white sauces. To make the cheese sauce use the thin white sauce and add 1 cup grated cheese and ¼ teaspoon Worcestershire sauce. Heat until cheese is melted.

CREAM WHITE SAUCE

For 1 cup: Thin—4 tsp. instant cream, 1 tbsp. flour, ½ tsp. salt, 1 cup water, 1 tbsp. butter or margarine.

Medium—4 tsp. instant cream, 2 tsp. flour, ½ tsp. salt, 1 cup water, 1 tbsp. butter or margarine

Thick—4 tsp. instant cream, 3 tsp. flour, ½ tsp. salt, 1 cup water, 1 tbsp. butter or margarine

Method: Mix instant cream, flour and salt in saucepan. Add water; cook and stir until mixture boils and is thickened. Add butter and blend.

and boil a few minutes. Add cantaloupes (sliced) and bring to boiling. Pack in jars, cover with syrup and seal.

Do you have yellow beans that you don't know what to do with? Here is a recipe for making

SOUR YELLOW BEANS

1 quart vinegar
3 cups sugar
Mustard Seed
Cook beans until tender but not too soft. Make syrup of vinegar and sugar. Add some mustard seed to taste. Boil a few minutes. Add beans and bring to boil. Pack in jars, cover with syrup and seal.

Don't throw away that watermelon rind! It is quite a delicacy pickled. Mrs. Charles Gochbauer, Quarryville submits this recipe.

SPICY WATERMELON PICKLE
Mrs. Charles Gochbauer,
RD Quarryville

5 pounds water melon (½ large) rind
1 tablespoon powdered alum
8 cups sugar
4 cups vinegar
4 cups water
10 sticks cinnamon
2 tablespoons whole allspice
2 tablespoons whole cloves
1. Trim green skin and pink flesh from a firm melon — cut in bite-size pieces. Measure about 12 cups.
2. Sprinkle alum over rind in large kettle — cover with water — stir to mix alum with water. Let stand one hour.
3. Drain rind and return to kettle. Cover with fresh water.
4. Simmer, covered, 1½ hours, drain; leave in colander.
5. Blend sugar, vinegar and water in same kettle, tie spices loosely in clean white cloth, add spice bag and rind to sugar mixtures.
6. Simmer, uncovered, about 1½ to 2 hours or until rind is clear and spicy.
7. Remove spice bag — put in jars and seal.

Farm Women 9 Plan Box Lunch For Aug. 17

MARTIC FORGE — Farm Women 9 met on July 20, with Mrs. Elmer Huber, Marticville. Co-hostess was Mrs. Paul Stokes, Mt. Nebo.

Meeting was opened by Mrs. Huber reading the Scripture Roll call was answered by giving members maiden names.

It was announced that all Farm Women interested in singing in the County Chorus should meet at the Farm Bureau Cooperative, Dillersville Road, Lancaster, the evening of Aug. 4.

Mrs. Walter Warfel, Society president, gave a report on Homemakers Week at Penn State.

A contribution of \$20 was given toward the County Project.

The next meeting will be held Aug. 17 along the creek at Safe Harbor. Each member has been asked to bring a box lunch for one person only and will give 25 cents for the box.

The meeting closed with refreshments being served to the 15 members present.

Farm Women 8 Hear Report On Extension

MT. JOY—Society of Farm Women 8 met July 20 at the home of Mrs. Norman K. Garber. Thirty-one members responded to the roll call with "How to Keep Cool"

Mrs. Ellen Garber, assistant state home economics extension leader for southern Pennsylvania spoke to the group concerning her work.

Next month the Society will visit the Jandic Valley Museum and will enjoy a "Dutch Treat"

Co-hostesses with Mrs. Garber were Mrs. Abram Mueger, Mrs. Claude Sumpman and Mrs. Robert Eshleman.

The group voted to contribute \$20 to the County Project.

Mrs. Minnie Kruon was installed as a new member.

Southeastern States Plant More Hybrid Corn

Although the corn acreage planted with hybrid seed in 1957 declined nearly 3.5 million acres, the percentage of total acreage increased to 92.5 per cent compared with 91.1 per cent in 1956, according to the Crop Reporting Board.

The report shows that the greatest increase in the use of hybrid seed from 1956 to 1957 came in the Southeastern states.

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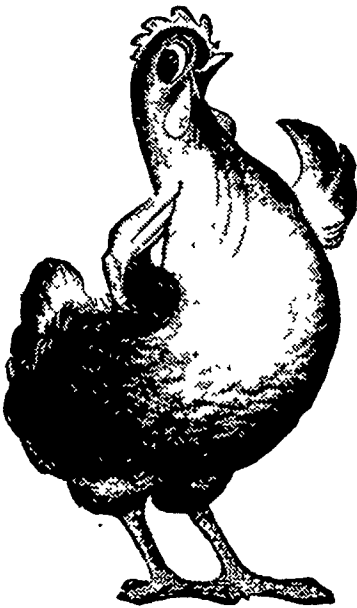
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