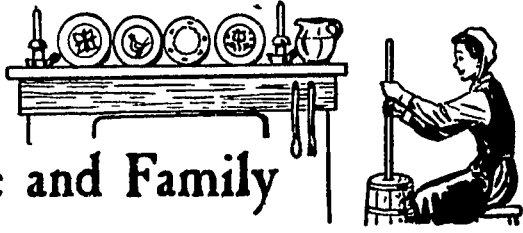


## For the Farm Wife and Family



### Turkeys, Once Holiday Treat, Good Meat Buy the Year Round

Turkeys, long a holiday tradition, are now a good meat buy all year round. Large hatchings plus heavy carry-over in storage, make the once-holiday bird so attractive in price that it is hard to resist by thrifty housewives.

Most plentiful are the 7 to 12-pound family size and the 18 pounds and over size, which is practical for institutions, community affairs and large family gatherings.

Four to 9-pound birds that are young and tender may be prepared as fryers, but because the muscles are large, it is advisable to cut the meat from the leg and thigh before frying. Allow ½ pound per serving in planning the order.

Here is an easy and delicious recipe for Oven Barbecued Turkey that you'll like for these late

summer days. With it you might serve steamed rice, green beans, tomato-cucumber salad, rolls, butter and peach ice cream.

#### OVEN BARBECUED TURKEY

- One 4 to 6-pound turkey
  - ¼ cup flour
  - 2 teaspoons salt
  - ½ cup lard
  - ½ cup lard
  - ½ cup chopped onion
  - 2 tablespoons butter
  - ½ cup chopped celery
  - ¼ cup chopped green pepper
  - 2 tablespoons brown sugar
  - 1 cup catsup
  - 1 cup water
  - 2 tablespoons Worcestershire sauce
  - ½ teaspoon pepper
- Shake the pieces of turkey in a paper bag in which the flour and salt have been placed. Brown in

hot fat, and arrange pieces in casserole. Cook the onion in butter until clear, then add all other ingredients and bring to a boil. Pour sauce over the turkey in the casserole; cover and bake at 350 degrees for about an hour, or until pieces are tender. Serves 8-10.

With dairy products still on the plentiful foods list, now is a good time to get acquainted with cheese.

With so many varieties of cheese to choose from, discovery of their uses can become high adventure. Once you get well acquainted with cheese, it will become as necessary in your refrigerator as flour and sugar are in your canisters.

So many different types of cheese come from one basic ingredient—milk. But when most of us think of cheese, we first think of natural Cheddar cheese, which is also known as American or American Cheddar. This popular cheese, usually made of whole milk, goes to market in colors ranging from cream to orange; flavors from mild to sharp. And, there are many varied uses for it.

It is one of the cheese that melt readily and smoothly. Cheese spreads and cheese foods are softer forms of this cheese. Often they can be found with added non-fat milk solids and flavor ingredients such as olives, pimentos, bacon, and relish.

Take a minute out and read the labels that packaged cheeses wear. They can tell you a lot, according to specialists.

Grated cheese can be purchased in handy shakers. The American type, which melts easily, is better for cookery use. Add the hard Italian type to hot cooked foods, as you serve them. But, both types should be stored in a dry, cool place — they may become lumpy in the refrigerator.

Remember to store perishable soft cheese as carefully as you do your milk — in the refrigerator in a tightly covered container.

These should be purchased in amounts that you can use up in a short time. The other cheese will keep well in a cold place if you have them wrapped so that air is kept from the cheese.

One of the many uses for cheese is to add special flavor to a casserole. This Rice and Egg Casserole is truly spectacular in flavor and appearance with its

#### added cheese flavor. RICE AND EGG CASSEROLE

- 3 cups cooked rice
- 1½ cups cooked green peas
- 2 tablespoons diced pimento
- 2 tablespoons chopped parsley
- 1 tablespoon grated onion
- 1 teaspoon salt
- ½ cup melted butter or margarine
- 1 cup grated American cheese
- ½ cup milk
- 6 eggs

Mix together the rice, peas, pimento, parsley, onion, salt, butter or margarine, and half of the cheese. Spread evenly in a greased baking dish (10"x6"x2"). Pour the milk over the rice mixture. Make six wells in the rice mixture and drop an egg into each well.

Sprinkle the remaining cheese over the top of the eggs and rice. Bake at 350 degrees for 30 minutes, or until the eggs are set. This recipe makes 6 servings.

#### SANDWICHES FOR LUNCHBOX

Ask the children which kind of sandwich they like best in their school lunch boxes, and the answer is usually peanut butter. Fortunately, it is a good body-building food, rich in protein.

For variety, add one of these foods to ½ cup of peanut butter:

- One-half cup drained, crushed pineapple; one cup shredded carrots, one-fourth cup chopped seeded raisins and one-fourth cup cooked salad dressing; one-half cup chopped celery leaves, one-half cup grated carrots, two tablespoons french dressing, one-eighth teaspoon salt; one-third cup pickle relish, two tablespoons cooked salad dressing; one-half cup chopped pitted dates, one teaspoon lemon juice, one-half cup cooked salad dressing.

#### COOKING OUTDOORS

Have a fire built to charcoal-broil a steak, chops, or frankfurters? Put it to use for the rest of the meal too — vegetable, bread, and dessert.

Scrub medium-sized baking

potatoes and wrap in foil. Place directly on the glowing briquets about one hour before serving time, and turn occasionally as they cook. When they are tender to the pinch, they're done. Slit and top with lots of butter, salt, and pepper, or sour cream and chives.

If you prefer little new potatoes, scrub and string them on skewers, then cook in boiling water. Use a tall juice can and toss it away later. Corn is at its best when cooked outdoors. If you want to cook it Indian style, turn back the husks and remove the silk. Bring husks back over corn and wrap with lightweight wire. After 15 minutes on the grill it will be done — the husks dry and brown, and the corn "suffocated." Turn it frequently as it cooks. Foil-wrapped corn is good too; you can leave the husks on or not.

Use foil for frozen vegetables. Place the frozen vegetable block on a large piece of foil. Top with butter, salt and pepper, and wrap securely. Place on the coals 15 minutes before serving. Turn it once. Cook this quick, easy way, vegetables keep almost all their vitamins.

Vegetable shiskabobs are colorful and a delight to eat. Combine fresh tomatoes, green pepper, fresh mushrooms, and zucchini squash. Brush with butter and season while they cook.

Give bread for your outdoor

(Continued on page 9)

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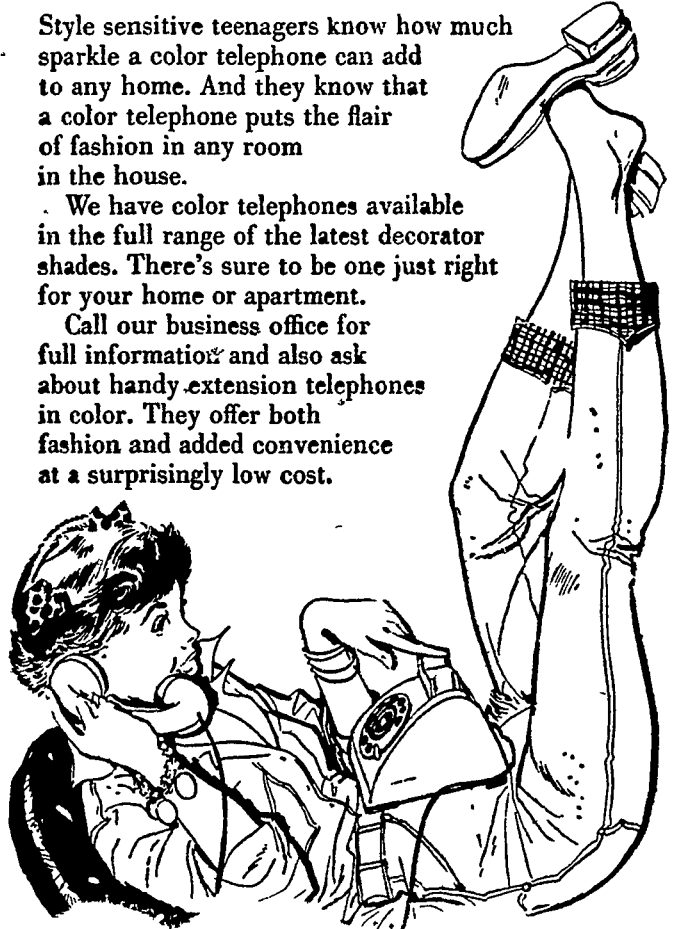
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