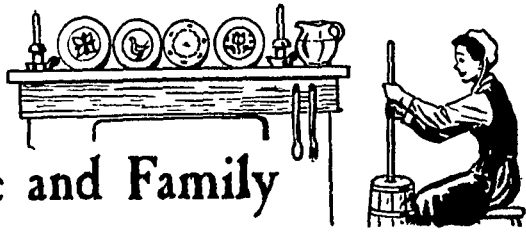


## For the Farm Wife and Family



(Continued from page 9)

are permitted to stand for several weeks before being used.

Cabbage is a good source of vitamin C and right now this vegetable is plentiful. One serving of cabbage furnishes about one-third of the vitamin C a person needs each day, points out Mrs. Ruth K. Kreibich, extension home economist, Lancaster County.

Early green heads are not so solid as those that appear later on the market. More mature heads have white leaves and usually cost two cents less per pound than young green cabbage. When buying cabbage choose heads that are solid and have a fresh, crisp appearance.

Buying in too large quantity means that a stronger flavor develops, but you can keep cabbage for a week or so.

Always cut cabbage with a sharp knife to avoid bruising it. When serving cabbage raw, cut it just before ready to serve. In this way little vitamin C is lost.

When served raw, one pound of cabbage gives seven to eight servings. Cabbage is most nutritious served raw and coleslaw is the universal favorite. To make it classy, mix raw cabbage with French dressing and chopped onions, green peppers and caraway seeds. Or dress it with grapes and marshmallows, and bananas using orange juice for a dressing.

For a main dish, try cabbage bundles. Cook cabbage leaves, one inside the other, then wrap around hot frankfurters brushed with mustard. Or roll partially cooked cabbage leaves around seasoned hamburger and braise.

Great-grandmother baked biscuits by the dozens, but sometimes modern cooks forget how delicious a homemade biscuit can be. In this recipe, we suggest add-

### Society 2 Plans To Sell Food At Two Sales

Farm Women Society 2 held its regular meeting Saturday at the home of Mrs. Carl Brubaker north of Manheim.

The meeting was opened by singing Old Folks at Home. Scripture was read by Mrs. Roy Shelly.

Twenty members answered roll call with household hints. Mrs. Henry Helt, Mrs. John Dourte and Mrs. Henry Hess were named by the president to serve as a visiting committee to visit shut-ins.

Society 2 plans to operate food stands at two sales. One is to-

ing canned dried beef to the biscuit mixture. As this requires only half of a two and one ounce can of dried beef, prepare a double batch of biscuits and freeze some for later use. These hearty biscuits are a tasty accompaniment to breakfast eggs, a luncheon salad, or soup for supper.

#### MEATY BISCUITS

2 cups sifted all-purpose flour  
1 tablespoon baking powder  
1/4 cup lard  
1/2 cup dried beef  
2/3 cup milk

Sift flour and baking powder and with a pastry blender or two knives, cut in lard until mixture resembles coarse crumbs. Crumb dried beef and add to mixture. Stir in milk only until dough clings to fork. Turn out on lightly floured board and knead gently six or seven times. Roll out dough 3/4 inch thick and cut with a two-inch biscuit cutter. Place on a greased baking sheet and bake at 450 degrees 15 to 18 minutes or until a delicate brown. Makes 18 biscuits.

### Farm Women 7 Hear How School Cafeterias Run

Society of Farm Women 7 met at the home of Mrs. Walter Snead, Paradise. Mrs. Emma Denlinger was co-hostess. Twenty-eight members answers roll call by telling what schools they attended.

The address of the afternoon was on how school cafeterias are operated. Three members of the society presented the report.

A contribution of \$20 was given to St. Joseph's Hospital, Lancaster.

The luncheon was served cafeteria style and the money received was given to the Needlework Guild. A total of \$16.49 was realized.

The next meeting will be at the home of Mrs. Jacob Mowrey. Cancer dressings will be sewn at that time.

morrow at the Abe Wolgemuth residence, 201 North Charlotte St., Manheim, and the other at the farm of Harvey Spangler near Mt. Joy.

The Society will also operate a stand at the Manheim Farm Show. They plan to sell turkey barbeque, ham sandwiches, chips and coffee.

A Stanley party climaxed the meeting.

Refreshments were served by the hostess and by Mrs. John O. Snavely, co-hostess.

### Mrs. Habecker New President Of Society 22

Elected president of Society of Farm Women 22 for the next two years is Mrs. Kenneth Habecker. She was elected at a meeting held Sept. 10 at the home of Mrs. Harold Zook, 220 Lampeter Rd.

Other new officers are Vice president, Mrs. Donald Kepner, secretary, Mrs. Donald Esben-shade, assistant secretary, Mrs. Harold Ranck; and treasurer, Mrs. William Weller.

Two new members, Mrs. Melvin Peifer and Mrs. Norman Kolb, were admitted.

During the business session plans were made for a rummage sale and a Hallowe'en Party.

The sale will be Oct. 15 at 20 South Duke St., Lancaster. Husbands will be guests at the Hallowe'en Party to be Oct. 22.

On Nov. 12 Society 23 will be entertained. The meeting will be at 1:30 p. m., but the place is undecided.

Mrs. Willis Rohrer is the retiring president of the society.

### Second Annual Feeders Tour To Be Oct. 8

(Continued from page 1)

The tour will leave from the Conestoga Bus Garage, East C' street, Lancaster, at 7 a. m. All persons making the trip are urged to ride the bus so that the tour will move more quickly. The cost will be \$3.25 per person.

Advance reservations will be required. Feeders are urged to make reservations with M. M. Smith, 202 Post Office Bldg., Lancaster, by not later than Saturday Oct. 5.

Beverages and ice cream will be available at lunch time through the Franklin County Senior Extension Club. There will be little opportunity to buy other food.

In addition to Rohrer, the following assisted County Agent Max Smith in making tour arrangements:

Ralph Breneman, R1 Washington Boro; Melvin N. Eberly, R2 New Holland; J. Harold Frey, R1 Marietta; J. Homer Graybill, R3 Manheim; Mark S. Hess, R6 Lancaster; John M. Hooper Jr., Lancaster.

Milton M. Jurell, R2 Lititz; J. Lloyd Rohrer, R7 Lancaster; Ira L. Rutt, Peach Bottom; and John

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### Farm Women 14 Show Flowers; Society 9 Guests

Farm Women Society 14 met Sept. 11 in the Strasburg Fire Hall with members of Society 9 as guests. The hostesses were Mrs. Clarence Herr, Mrs. Warren Hershey, Mrs. John Hershey, Mrs. Vincent Hershey and Mrs. Walter Himmelreich.

Mrs. Himmelreich presided and conducted devotions. Roll call was answered by "I remember when."

A flower show was held with the following winners: best dining room arrangement, first, Mrs. Arthur Groff, second, Mrs. Esther Horneher.

Best hall table arrangement, first, Mrs. Ross Leaman; second, Mrs. Himmelreich.

Basket arrangement, first, Mrs. Ira Rutt.

Wall pocket, first, Mrs. Arthur Groff.

Monotone, first, Mrs. Burl Osborn.

Miniature, first, Mrs. Harold Groff, second Mrs. Himmelreich.

Fruit and vegetables, first, Mrs. Himmelreich, second, Mrs. Clarence Groff.

Artificial flowers, -first, Mrs. Howard Moore.

Special flower arrangement, first, Mrs. Ira Rutt.

Flowering plant, first, Mrs. Muri Clark.

Special arrangement, first, Mrs. Charles Leaman.

Mrs. Esther Hornsher won first prize for the best reading on flowers. Mrs. Christian Landis' piano solo, The Flower Song, won a prize musical selection.

Judges for the contest were members of Society 9.

During the business session, a contribution of \$10 was given to the Lancaster Branch of the Needlework Guild of America. The next meeting will be held

at 1:30 p. m., Wednesday, Oct. 9, at the home of Mrs. Christian Landis, R1 Ronks. Mrs. Esther Homsher and Mrs. Charles Leaman will be co-hostesses. Officers will be elected and a food sale will be held.

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