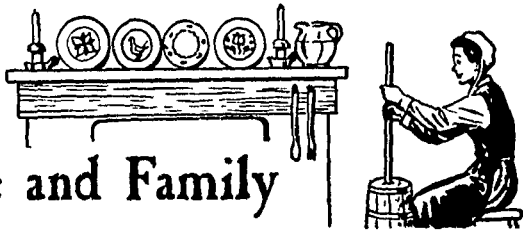


For the
Farm Wife and Family



Poultry Meat that Turns Pink During Roasting Is Safe to Eat

With all the poultry, especially turkeys, on the market these days, homemakers have been asking the U. S. Department of Agriculture for some special information on these birds. One frequent query is: What makes cooked turkey meat pink?

Poultry meat that turns pinkish

during roasting, even when thoroughly cooked, is still safe to eat, and is not changed in flavor or other qualities, say Department scientists.

Research has shown that certain substances in the atmosphere of a heated oven — or in the hot air of an outdoor fire — may react chemically with substances in poultry meat to give it a pink tinge. These are the same substances that give a reddish color to smoked hams and other cured meats.

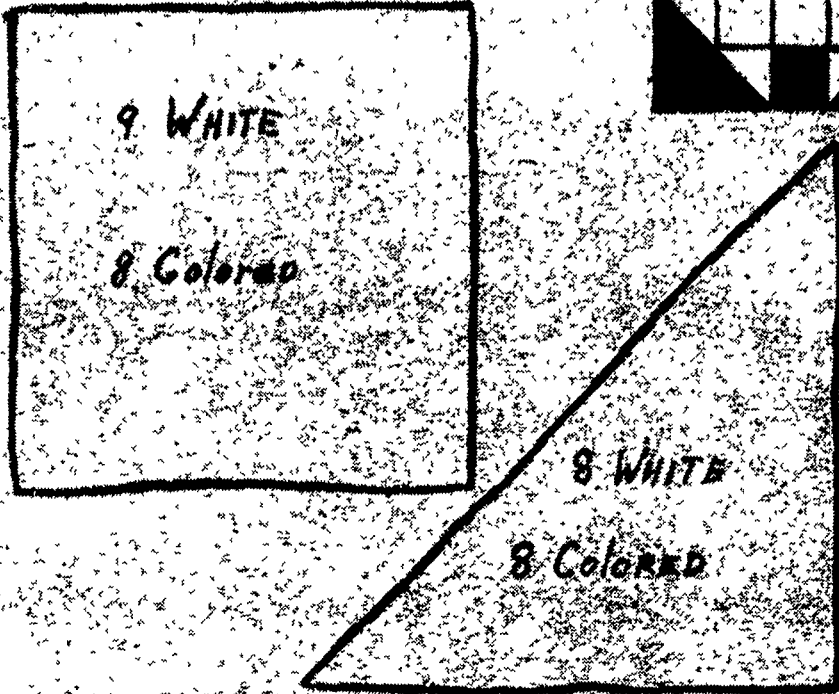
It's often the meat of younger birds that show the most pink, because their thinner skins allow oven gases to get through to the flesh underneath. The amount of fat in the skin also affects this pinking.

Another frequent question is: What makes some poultry bones darkened and reddened? Answer: Freezing and thawing which break down the blood cells of the bone marrow and cause a deep reddish color to show. Studies made showed that the bones that showed this discoloration were those of young birds.

If you're taking advantage of the plentiful supplies of turkeys this month and want to vary your meals by special recipes, consider what you can do with turkey wings. They're meatier than you may realize if the bird is medium-size or larger. Four turkey wings — fricaseed or with creole sauce — are enough for four generous

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THE CHINESE COIN



AN 18 YEAR OLD SEAMSTRESS, Ruth Horning of Ephrata, sends us this pattern for a Chinese Coin quilt. Colors other than white may be used to produce a brighter quilt. Be sure to allow for seams when cutting the pieces. Miss Horning says that

the original pattern was aken from an old farm magazine. Be sure to send in your patterns if you have not yet done so. Address them to: Farm Wife and Family, Lancaster Farming, Quarryville, Pa. (Sketch by Lancaster Farming)

servings. Markets selling turkey parts may offer wings at a special price. Or you may want to cut the wings from a whole turkey, then freeze other parts for roasting later.

Why not try the following recipes for Turkey Wings Fricasee or Turkey Wings Creole?

TURKEY WINGS FRICASEE

- 4 turkey wings
 - 3 tablespoons cooking fat or oil
 - 2½ cups water
 - ¾ teaspoon salt
 - Pepper
 - 2 tablespoons flour
- To make: Brown the wings in the oil. Add water, salt and pepper. Cover pan. Simmer until wings are tender — about two hours, turning once. Add more water if needed. Blend flour with a little cold water and add to cooking water for thickening. Cook about 15 minutes longer. Makes four servings.

TURKEY WINGS CREOLE

- 4 turkey wings
 - Mixture of flour, salt and pepper
 - 3 tablespoons cooking fat or oil
 - 1 cup chopped green pepper
 - 1 cup chopped onion
 - 1½ teaspoons salt
 - 1 bay leaf, if desired
 - Cayene pepper
 - 1 clove garlic, sliced
 - 2½ cups cooked or canned tomatoes
1. wings in flour mixture, brown in hot fat or oil in large fry pan about 20 minutes. Add onion and green pepper and cook these in fat a few minutes. Add other ingredients and cover pan. Simmer about two hours — or until wings are tender. Add a little water if needed to prevent sticking. Makes four servings.

One of our readers sends up a recipe today for a good tomato catsup. Why not give it a try

TOMATO CATSUP

- Mrs. Charles Smith, RD2, Fairland, Lititz
- 1 peck tomatoes
 - 1 quart vinegar
 - 1 handful salt
 - 1 ounce black pepper
 - Dash of red pepper
 - 1 ounce ground mustard
 - ½ ounce whole cloves
 - 2 large onions cut fine in food chopper
 - 1 pound sugar
- Remove core and stem; boil till soft. Strain through colander. The cloves and black pepper in a thin cloth and leave float on top while catsup is boiling. Test when done by putting a spoonful on saucer; if no water

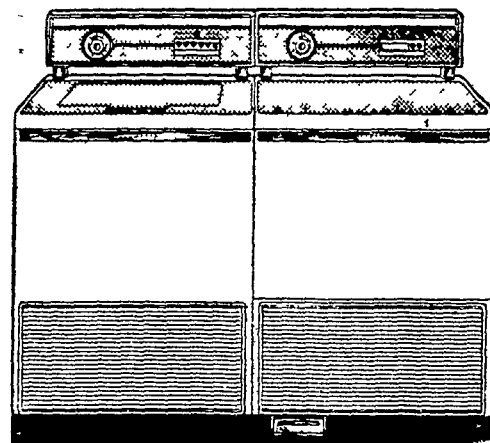
separates from ingredients your catsup is done.

P. S. from Mrs. Smith: I enjoy reading the farm news

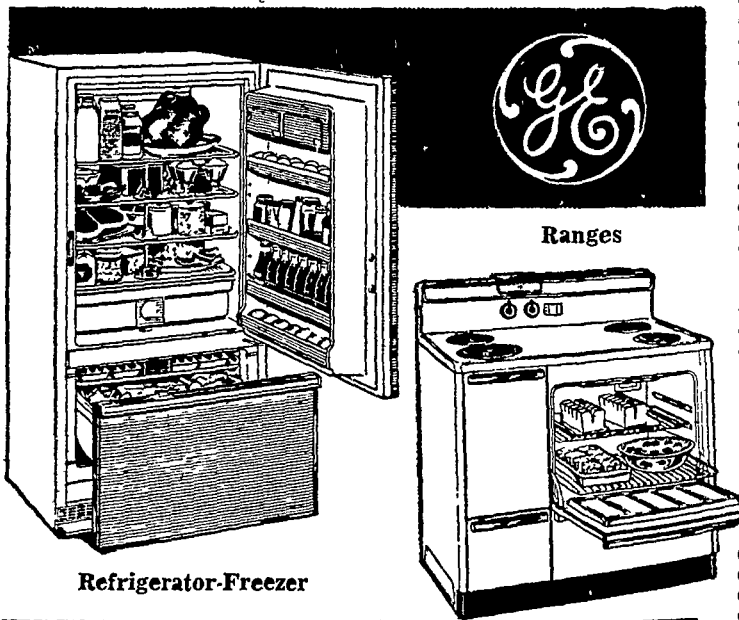
and all the recipes.

A letter from up Manheim brings us this recipe. Says Mrs. (Continued on page 9)

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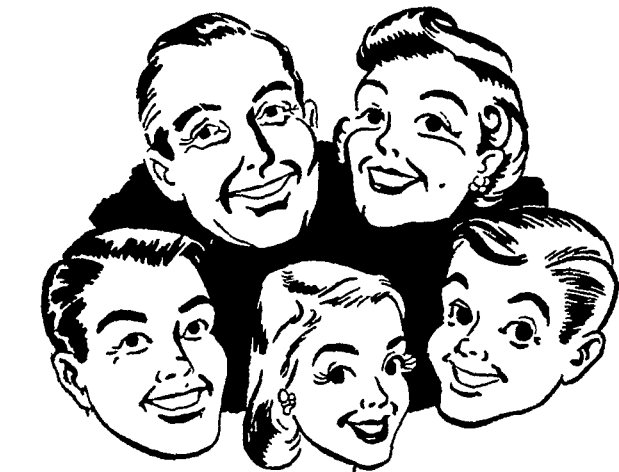
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