

For Farm Women . . .

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early fall vegetable may be prepared in a variety of ways. In prime condition, it has a rich, glossy sheen, is free of blemishes, and is firm to slight pressure. If it is spongy or soft it may have a bitter flavor. An average-size eggplant will weight about 1½ pounds and make five servings. It may be stored for four to five days in the refrigerator if placed in a plastic bag or wrapped in waxed paper.

It isn't necessary to soak eggplant in salt water or to press out juices before cooking. Wash the vegetable, then pare, cube or cut in strips and cook covered in a small amount of salted water until just tender. Do not overcook. Drain thoroughly and serve with chopped chives, parsley or grated sharp cheese.

To fry, dip slices of eggplant in dry crumbs, egg and crumbs, then fry in fat for about 10 minutes until tender and golden brown. Season with salt and pepper and, if desired, a dash of garlic salt.

For a special occasion, parboil the cubed eggplant, drain thoroughly then prepare an au gratin dish, using canned mushroom soup in place of white sauce and top with buttered crumbs. Bake 20 minutes in moderate oven until well browned.

When fresh tomatoes lose some of their appeal after a long sea-

son, they take on new interest if served hot as a baked vegetable. They are simple to prepare and bake quickly.

An easy method is to wash and remove stem ends and core of six medium-size tomatoes, ripe or green. Place in a baking dish, brush with melted butter and sprinkle with buttered crumbs, salt and pepper. Add just enough water to cover the bottom of the baking dish. Bake in moderate oven, 375 degrees, until tender, or about 30 minutes. If tomatoes are placed in large-size muffin tins, they will hold their shape better.

Chopped nuts, ground meat or mushrooms with bread crumbs make a delicious stuffing for baked tomatoes.

BAKED STUFFED TOMATOES

6 medium-size tomatoes
1 cup fine dry bread crumbs
½ cup chopped nuts, cooked
ground meat or mushrooms
2 tablespoons melted butter
1 teaspoon salt
½ teaspoon pepper
¼ teaspoon marjoram
¼ teaspoon thyme

Remove the cores of tomatoes, then scoop out the centers leaving a shell about ¼ inch thick. Chop pulp and drain off juice. Mix pulp with crumbs and other ingredients and refill tomatoes. Place in greased baking dish or muffin tins, with just enough water to cover bottom of pan. Bake in moderate oven, 375 degrees, until tender, or about 30 minutes. Onion, garlic or chives may be substituted for marjoram and thyme.

Suggested menu: Fried smoked ham, lima beans, stuffed tomatoes, congealed salad, hot biscuits, butter and baked pears.

Feel like making cookies today? Try these peanut butter cookies. Peanut butter cookies are a natural for the school lunch box. They rate tops in flavor and they keep well.

This kind of cookie has advantages for the housewife, too. Any shortening on hand may be used with peanut butter, and the cookies may be quickly made into balls for baking, rather than being rolled.

PEANUT BUTTER COOKIES

1¼ cups sifted flour
½ teaspoon baking powder
¾ teaspoon soda
¼ teaspoon salt
½ cup shortening
½ cup peanut butter
½ cup sugar
1 egg
2 tablespoons evaporated milk or cream

Sift together the first four ingredients. Cream shortening, peanut butter and sugar. Add egg and beat well. Stir in evaporated milk or cream, add dry ingredients and mix. Roll dough in one-inch balls, place on greased bak-

ing sheet, and flatten with a fork dipped in flour. Bake in moderate oven, 375 degrees, for 10 minutes. Remove from pan at once. Makes 3½ to 4 dozen.

ICE CREAM OR SHERBET?

When the waitress says, "For dessert we have ice cream or sherbet," we may say, "Sherbet, please," with the idea of cutting down on calories.

If we do, we're only fooling ourselves. Actually, sherbet contains a hidden surprise — it has almost as many calories as ice cream. True, sherbet doesn't have fat in it, but it has more sugar than ice cream. By actual count, sherbet contains 177 calories per serving; not too far from ice cream with 206. Cones with a curl on top are lowest of all — 134 calories per serving.

So, you see, an extra firm hand in dishing up sherbet could give us more calories than an average serving of ice cream.

In selecting foods when you're trying to lose weight, here's an excellent rule to remember: "Eat foods which provide food value (protein, minerals, and vitamins) as well as calories."

Sherbet contains sugar and either fruit juice, pulp, or artificial flavoring. Its liquid may be milk or water or both.

Ice cream and curly cones must contain a legal minimum of solids; hence they always have enough milk to give us important minerals, vitamins, and protein.

Many of us don't get the milk we need every day — three to four cups for children, four or more cups for teenagers and pregnant women, six or more cups for nursing women, and two cups for other adults. Ice cream can help us get that additional milk pleasantly.

For dessert, what'll you have? Make mine ice cream.

Earlier we gave you a recipe for an apple dessert. Here is a salad using apples.

APPLE SALAD

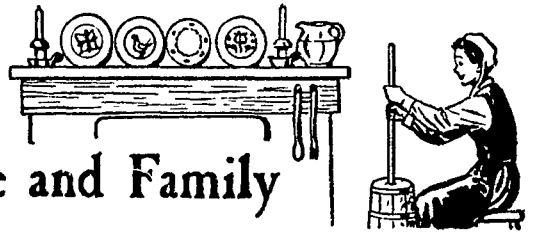
Dice tart apples leaving bits of red peel for color. Dice equal quantity of crisp celery. Combine thoroughly with mayonnaise mixed with equal quantity of cottage cheese. Blend mayonnaise with sour cream if available. Sharpen with lemon juice if desired. Dot with seedless raisins. Add nuts, if available. Serve on lettuce or celery leaves.

Another salad you might like to try —

MOLDED PLUM AND COTTAGE CHEESE SALAD

1 can (No. 303) blue plums
1 package orange flavored gelatin
Plum syrup plus enough water to make one cup
1 cup creamed cottage cheese

For the Farm Wife and Family



½ cup chopped celery
½ cup chopped pecans
2 tablespoons lemon juice
½ cup chilled whipping cream

Drain plums and save syrup. Cut plums in halves. Remove pits. Place plum halves fairly close together in the bottom of an 8-inch ring mold or in 8 individual molds. Empty gelatin into medium sized bowl. Heat syrup and water to boiling. Add to gelatin and stir until dissolved. Chill gelatin until it begins to thicken, then add the cottage cheese, celery, pecans, and lemon juice. Whip cream until it will hold a stiff peak. Fold into chilled gelatin mixture. Spoon carefully over plums. Chill until firm, about two or three hours. When ready to serve, unmold on a chilled platter. Garnish with orange and grapefruit slices if desired. Makes six or eight servings.

HOUSEHOLD HINTS

To keep dried fruits and nuts from sinking to the bottom of the pan during baking, cover them with flour (by shaking in a paper bag) before adding to the batter

Green fruits may be ripened by putting them in a paper bag in a dark place for a few days.

To remove paint from glass, try hot vinegar.

When cabbage and brussels sprouts begin to smell strong in cooking it is a sign they are being over-cooked, and the sulphur they contain is breaking loose.

The steam pressure cooker is the only reliable canner for all vegetables except tomatoes; with it's use, the temperature can be kept above the boiling point.

Ground beef is one of the most economical meats, seldom costing

over 10 cents for a three-ounce serving.

Color is not a reliable guide to pear ripeness. Some varieties will be green in color when ripe, others may be yellow when not fully ripe.

Recent experiments show that eggs stored in airtight containers keep better than eggs in wire baskets.

If you have trouble separating egg white from yolk, try breaking the egg into a funnel. Only the white will run through.

Use greased muffin pans as molds when baking stuffed peppers so they will hold their shape.

The correct height of an ironing board is dependent on the height of the ironer, elbow height, arm length, weight and eyesight.

Always check garments for stains before laundering and remove them. Otherwise the hot water may set the stains.

A bushel of tomatoes weighs about 50 pounds, and will make about 15-20 quarts of canned tomatoes.

Speaking of cottage cheese, here is a way to use it in a dessert

CHEESE BREAD PUDDING

2 cups bread cubes
1 cup cottage cheese
1½ cups milk
¼ cup melted butter
2 eggs, beaten
1 tablespoon lemon juice
¼ cup sugar
¼ teaspoon salt
¼ teaspoon grated lemon rind
Combine bread with cottage cheese, milk, and melted butter. Add remaining ingredients and

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