

For the Farm Wife and Family



(Continued from page 9)

are not hard to make and yet are mighty good eating.

FILLED CHEESE ROLLS

- 1 cake fresh yeast
 - ¼ cup lukewarm water
 - ¾ cup milk
 - 2 tablespoons butter
 - ¼ cup sugar
 - 1 teaspoon salt
 - 1 egg beaten
 - 3 cups sifted all-purpose flour
- Filling:
- 1 cup cottage cheese
 - ½ cup peanut butter, crunch style

Soften yeast in lukewarm water. Heat milk to boiling point. Remove from heat and add butter, sugar, and salt. Cool to luke-

warm; add yeast and egg. Stir in flour, making a soft dough. Knead until satiny; place in a bowl and cover with a damp cloth. Allow to rise until doubled in size, about one to one and one-half hours. Punch dough down and let it rise 10 minutes before rolling out ¼ inch thick. Spread with filling; roll it up as for jelly roll, and cut off 1-inch slices. Place cut side down on greased baking sheet 1 inch apart. Cover. Let rise until light. Bake in hot oven (400 degrees) 15 to 20 minutes.

Can you think of a better flavor combination than pork and apples. Here we have a recipe for Pork and Apple Chop Suey which is sure to please the whole family. Using diced pork, the meat is browned to bring out its rich flavor. The usual chop suey vegetables — bean sprouts, celery and onions — are added along with apples, which lend an unusual nut-like flavor.

PORK AND APPLE CHOP SUEY

- 1½ pounds pork shoulder meat, cut in 1-inch cubes
- 2 tablespoons flour
- ¼ cup lard or drippings
- 1 can bean sprouts
- Water
- 1 bouillon cube
- 2 medium onions, sliced
- 1½ teaspoons salt

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Farm Women Have Mrs. Pakk At Convention

Farm Women of Lancaster County will hear a speech on Korea and the Korean people at their annual County Convention to be held Nov. 2 at Hempfield High School, Landisville.

The speaker will be Mrs. Induk Pakk, president of Borea for Korea Foundation.

The business meeting of the Convention will begin at 10 a.m. and the afternoon session will start at 1:30 p.m.

Both members of the Farm Womens Societies and friends are invited to attend the Convention.

- 1 cup diced celery
- 2 apples, sliced
- 3 tablespoons cornstarch
- 1½ teaspoons soy sauce
- 1 teaspoon Worcestershire sauce

Roll pork in flour and brown in hot fat. Drain liquid from bean sprouts and add water to make one cup. Dissolve bouillon in liquid. Add liquid, bean sprouts, onions, and salt to meat. Cover pan and simmer 30 minutes or until meat is tender. Stir in celery and apples and cook 10 minutes longer. Dissolve cornstarch in one-fourth cup cold water and add. Cook over low heat, stirring constantly, until thickened. Add soy sauce and Worcestershire sauce. Serve over fluffy rice. Makes six servings.

Farm Women 2 Sending Group To Fold Seals

Eight members of Farm Women 2 plan to fold Christmas Seals at Rossmere in Lancaster, it was announced at the Oct. 19 meeting of the Society. The meeting was held at the home of Mrs. John Dourte, R2 Manheim, with Mrs. Mary Witmeyer as co-hostess.

In other business, the treasurer announced that she plans to send a check to help with Community Chest.

Mrs. Ronald Gordley as her assistant.

A report was heard on the operation of a food stand at two farm sales and at the Manheim Community Farm Show. The Society will also operate a stand Nov. 8 at 39 Market Square, Manheim.

Secret Sisters were revealed and new names selected for the coming year.

Speaker at the meeting was Miss Irene Hand, Manheim. Her subject was "The Beautiful Leaves" She compared the leaves to peoples lives.

The Society will sew at Lancaster Osteopathic Hospital next Wednesday.

Farm Women 12 'Family Night' Held Saturday

Society of Farm Women 12 held its October meeting as "Family Night" on Saturday evening, Oct. 19, at the home of Mrs. Bertha Herr, Herr's Nurseries, near Millersville. Approximately 80 people attended the covered dish affair.

The president, Mrs. Lester Sigman, was in charge of the business meeting. It was voted to give \$10 to the United Community Campaign and \$5 to the Needle Guild. In addition, 102 articles were brought in for the Needle Guild.

Entertainment for the evening was provided by Mrs. John Roth, of Florin, who gave Pennsylvania Dutch sketches and monologues. The Nursery building was decorated with banks of flowers, waterfalls, and ferns and with a Halloween setting.

The November meeting, on Nov. 16, will be held at the home of Mrs. Wilbert Brnnton, New Danville. An auction will be a feature of the program and every member is asked to bring something to sell.

Apples Best Fruit Buy This Week; Beets, Cabbage, Potatoes Also Good

PHILADELPHIA, Oct. 22, The apple industry sets aside one week each year and designates the period as "National Apple Week." This week was named very appropriately national apple week, as apples are the best fruit buy of the week.

Other best buys of the week are beets, cabbage, cauliflower, celery mushrooms, onions, potatoes, and sweet potatoes.

Mushrooms for the past few days have been in heavy supplies, and prices lower than in previous weeks. Now is a very good time to purchase these delectable plants as they are very nutritious and can be prepared easily always adding a luxurious taste to the simplest of meals.

There are fairly liberal supplies, of sweet potatoes at very reasonable prices. Both dry and moist types are supplied from nearby areas, and although not generally packed according to U. S. Standards they are grower belt graded and mostly US One quality. The consumer should avoid excessive cuts and bruises and choose plump, medium length tubers.

Most apples consumed in this area are grown in the Appalachian area, New Jersey and New York. Harvest in these areas has progressed comparable to previous years. It was expected to be a few days earlier but lack of size and color probably caused by drought caused harvesting to lag. Therefore, by waiting harvest

these extra few days the consumer is receiving the same good quality, color, graded sizes and eating texture at much lower prices than in the crops of previous years at higher prices.

Storage holdings from these areas for fresh channels are approximately 20 per cent less than last year. This factor could result in higher prices when the seller has to dip into his storage holdings. Therefore it would be wise for the consumer to buy plentiful supplies now.

Taking a look at the apple industry nationally the demand and supply situation at the present, are very favorable to the grower or seller. The movement and distribution has been good. Nationally the crop was estimated at the start of harvest at approximately 13 million bushels more than last year, but the excellent demand has reduced the holdings to approximately the same as last year, comparable to same date period.

Apples are undoubtedly the most versatile of fruits. Children love them as they can play and eat without worrying about sticky fingers and with Halloween fast approaching now is the perfect time to choose their favorite types.

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