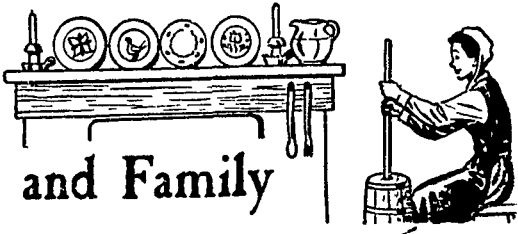


## For the Farm Wife and Family



### Pot Roast Thrifty Buy Right Now; Many Cuts May Be Substituted

One of the thriftiest meats you can buy right now is pot roast. And whether you're on a limited budget or not, the hearty flavor of a pot roast is most appealing. Savory vegetables, cooked in the pan with the meat, will complete the main course.

Several cuts of beef are good selections for pot roasting. Your meat man may have several or all of the following cuts displayed:

- Chuck roast
- Chuck steak
- Rump roast, bone-in
- Rump roast, boneless
- Round steak (Swiss steak)
- Sirloin tip

Sometimes meat cut from the chuck also is labeled "arm-bone pot roast" or "blade-bone pot roast." Price is determined by the tenderness of the meat, the amount of bone, and the demand by the consumer for that particular cut.

All these less-tender cuts are best cooked by the pot-roasting method, braising. The moist heat of this method of cookery softens the connective tissues and fibers. Thorough cooking over low heat helps to insure tenderness and good flavor.

For your next budget dinner, select chuck roast and cook it with the plentiful fall vegetables, carrots and potatoes. Here is a standard recipe for pot roast.

Substitute any of the braising cuts and use other vegetables for variations of this. A tossed salad completes the main course.

#### EASY POT ROAST

- 3 pounds chuck pot roast
  - 3 tablespoons fat or drippings
  - 3 teaspoons salt
  - ¼ teaspoon pepper
  - 2 teaspoons Worcestershire sauce
  - Water
  - 6 medium carrots
  - 6 medium potatoes
- Brown meat in hot fat in a large, heavy utensil. Slip a trivet under the meat. Sprinkle meat with salt and pepper and add Worcestershire sauce and one-half cup water. Cover pan with tight-fitting lid and cook over low heat two hours, adding more liquid during cooking if necessary. Add vegetables and continue cooking until meat and vegetables are tender, 20 to 30 minutes. Makes six servings.

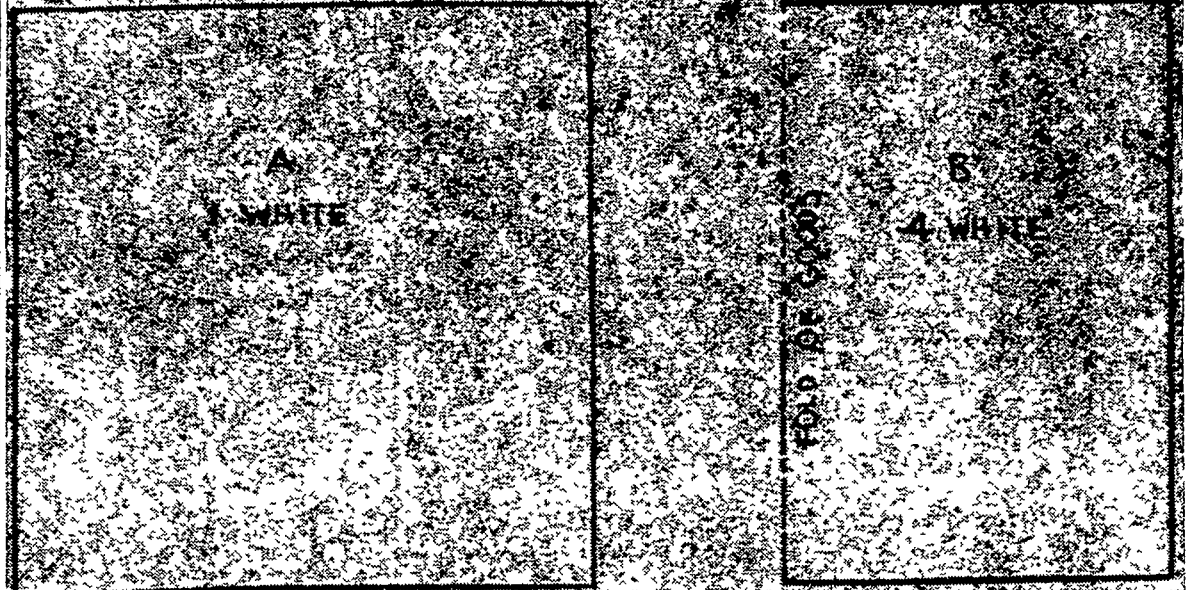
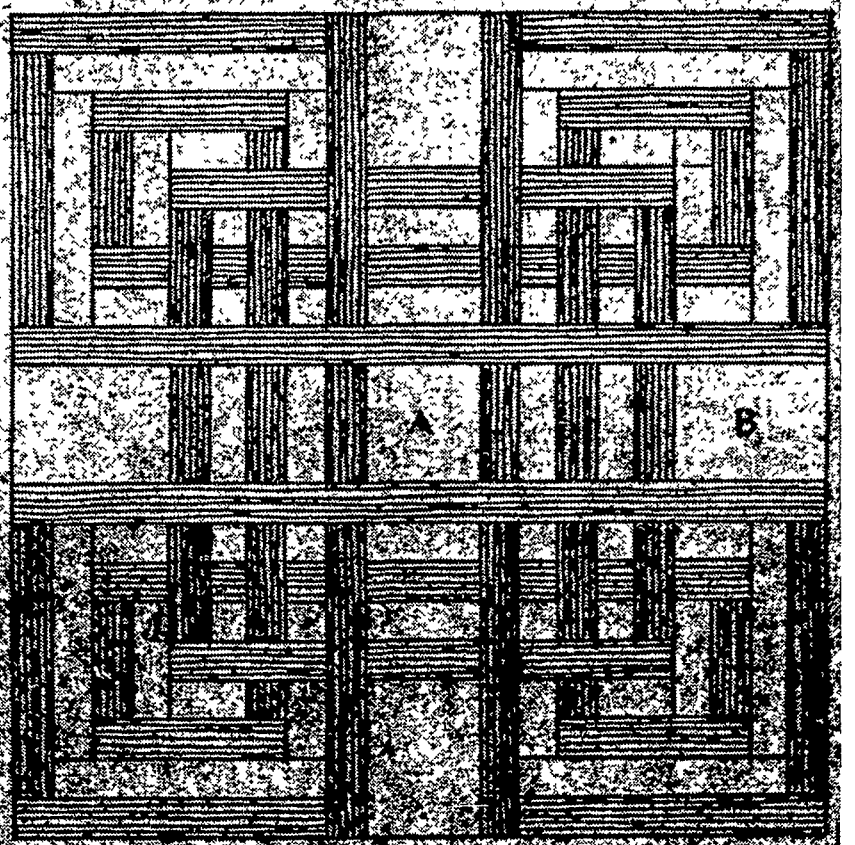
A dish very popular these days is pizza. We have for you today an Italian Treat Luncheon. It is as follows:

#### PIZZA PRESTO

- Buttered Green Beans
- Carrot and Celery Sticks
- Fruit with Custard Sauce
- Cookies Milk

## THE GORDIAN KNOT

ALTERNATING STRIPS OF WHITE AND STRIPED CUT ONE INCH WIDE



THE GORDIAN KNOT IS named for the intricate knot tied by King Gordius, the Phygian king, in his harness. Alexander the Great cut it loose with his sword. This pattern is also called the Mystic Maze. Pieced with alternate strips of white and

striped material it is most effective. The whole trick is in studying the pattern and piecing the corner motifs and joining them with two stripes. (Copyright: Weekly Star Farmer)

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This pizza lives up to its name because you make the crust from a speedy biscuit dough. Cover it with the flavorful tomato sauce and sliced Mozzarella cheese. Sprinkle on Parmesan cheese for the finishing touch. The pizza bakes in about half an hour.

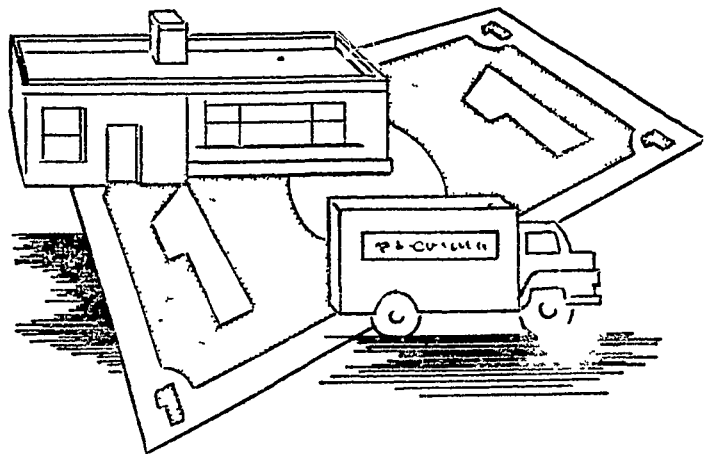
#### PIZZA PRESTO

- 1 cup tomato sauce (8-ounce can)
  - ½ cup tomato juice
  - 1 ½ cup finely chopped green pepper
  - 2 tablespoons finely chopped onion
  - 1 teaspoon salt
  - ½ teaspoon oregano
  - Dash garlic powder
  - 2 ¼ cups sifted enriched flour
  - 1 tablespoon baking powder
  - 1 teaspoon salt
  - 3 tablespoons nonfat dry milk
  - ¼ cup shortening
  - ¾ cup water
  - Melted butter or margarine
  - 6 ounces sliced Mozzarella cheese
  - Grated Parmesan cheese
- Combine tomato sauce, tomato juice, green pepper, onion, salt, oregano and garlic powder. Sift together flour, baking powder, salt and non-fat dry milk. Cut or rub in shortening until mixture is crumbly. Add water to make a soft dough. Turn out on lightly floured board or pastry cloth and knead gently 30 seconds. Divide dough into halves. Roll out on baking sheet into rectangle about 1 ½ inch thick. Brush dough with butter or margarine. Spoon about half of tomato mixtures over dough. Cover with slices of Mozzarella cheese. Spoon remaining tomato mixture over cheese. Sprinkle lightly with Parmesan cheese. Bake in moderately hot oven (400°) 15 minutes. Reduce temperature to moderate (350°) and bake 10 to 15 minutes longer. Makes 4 servings.

A reader who does not want her name mentioned sends us a household hint and also a question she would like answered. She

(Continued on page 9)

## Dollars to Make Dollars!



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