

POT ROAST IS NOT THE most glamorous meat, but a well prepared roast like this chuck roast, served with potatoes and a green salad is the type of meal most

men enjoy. You get an added benefit in the meal in that the cuts of meats used are easier on the pocket book. (AMI Photo)

For Farm Women . . .

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much and look forward to the recipes.

Want to know what to do to prevent baked bread filling or stuffing from falling when it comes from the oven.

Household Hint — How to take letters from feed sacks: Put them on the stove in cold water with soap powder and a small amount of any bleach plus a tablespoon of lye. Boil five or ten minutes, keeping the sacks covered with water. Wash and re-says:

Enjoy reading your paper very neat again. Rinse and hang out to dry. The sacks will be white and the letters completely removed.

Another reader sends us a recipe for a Jelly Roll which you might like to try.

JELLY ROLL

Mrs. David R. Glick, Jr.,
2003 Penwick Road, Lancaster

- 3 eggs
- 1 cup sugar
- 1 teaspoon extract
- 1 cup sifted cake flour
- 1 teaspoon baking powder
- 2 tablespoons boiling water

Put the egg whites in a mixing bowl and beat until they hold a stiff peak. Then add the yolks and beat a little longer. Stir in the sugar, add the extract, flour and baking powder and stir till smooth. Then add the boiling water.

I bake it in a 12 inch by 8 inch pan at 350°. Remove from pan right after removing from stove, spread with jelly or dot with marshmallows that are cut in half. Then roll.

POPCORN

Americans were enjoying freshly popped corn for long years before the movie theater came into being. But the increasing number of popcorn concessions at amusement parks and theaters, and of popcorn candies and home poppers, have helped boost the consumption of popcorn over the past 20 years. This big taste for popcorn calls for big production. It is estimated that over 325 million pounds of popcorn were produced in this country last year.

Today's popcorn growers plant hybrids which yield tender, flavorful corn that increases in volume up to 35 times when popped.

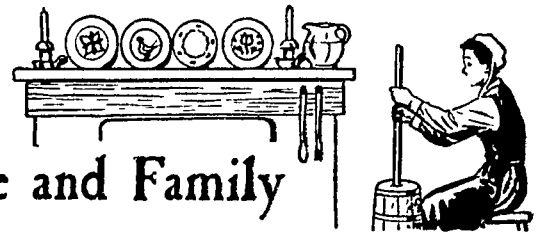
When popcorn with the proper amount of moisture is heated, this moisture within the kernel is converted to steam and the sud-

den release of steam pressure forces the kernel to burst. It's worthwhile to keep popcorn so it will hold the proper amount of moisture when you're storing it at home, because moisture has so

much to do with how well corn pops. Keep it in a tightly covered container once the original package has been opened.

The right heat also helps corn pop better. Some electric poppers

For the Farm Wife and Family



are set at the factory to maintain proper temperature when they're in use. If your family likes to pop corn over a fireplace or on the stove, try to keep a constant heat under the popper. Usually, heat that starts the corn popping in about a minute will give best results.

Don't forget to have plenty of salted popcorn and popcorn balls on hand for Halloween treats for the children. You might like to have some Orange Drop Doughnuts on hand for them too. Here is the recipe for them.

ORANGE-DROP DOUGHNUTS

- 1 package yeast, compressed or dry
- ¼ cup water (lukewarm for compressed yeast, warm for dry)
- ¾ cup orange juice
- ¼ cup water
- ¼ cup melted shortening
- ¼ cup sugar
- ½ teaspoon salt
- 4 cup sifted enriched flour (about)
- 2 eggs
- 1 tablespoon grated orange rind
- Fat for deep-frying
- Cinnamon Sugar

Soften yeast in water Pour orange juice and water into a large bowl. Add shortening, sugar and salt. Add about two cups flour and beat well. Add softened yeast, eggs and orange rind. Beat well. Add more flour to make a stiff batter. Beat thoroughly until smooth. Cover and let rise in warm place until bubbly, about 1 hour. When light, stir down. Let rest while fat for deep frying is heating to 365°. Drop batter by No. 30 scoop or spoonfuls into hot fat. Fry until golden brown, turning frequently. Drain on absorbent paper. When cooled, dip into cinnamon sugar. Makes about 30 doughnuts.

Making foods with yeast can be fun and fascinating. Here are some Filled Cheese Rolls which

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HEAR

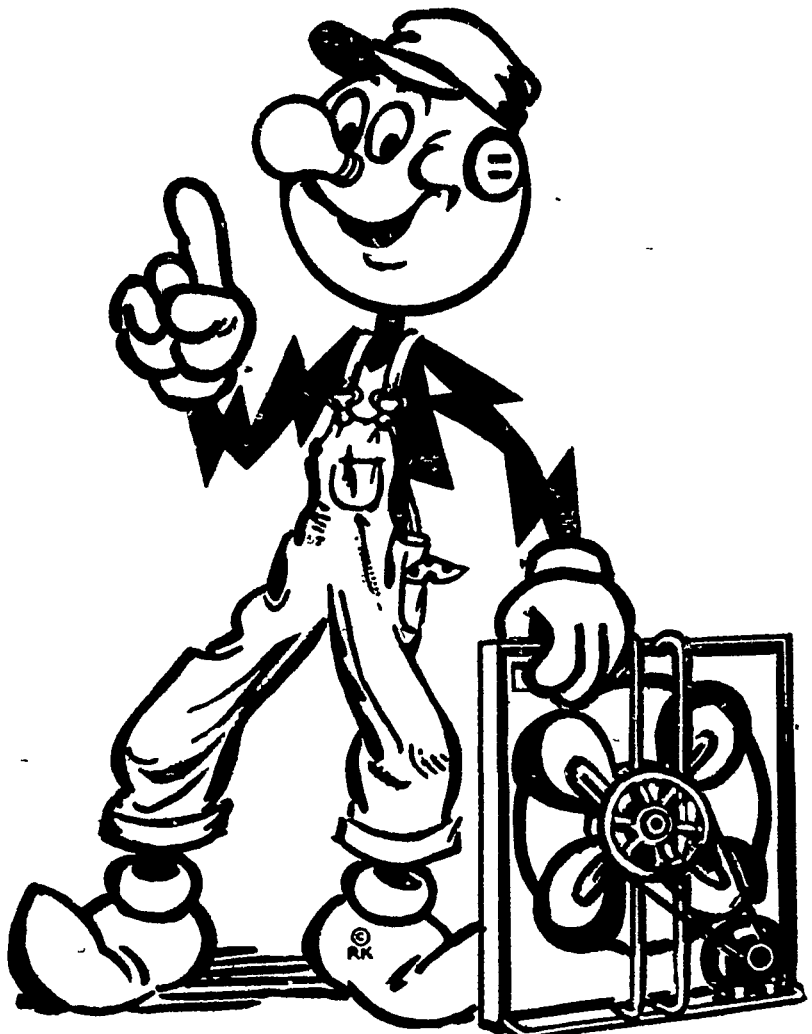
The Mennonite Hour
Each Sunday

Lancaster WLAN 12:30 P. M.
Norristown WNAR 8:00 A. M.
Hanover WHVR 1:00 P. M.

DAIRYMEN —

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