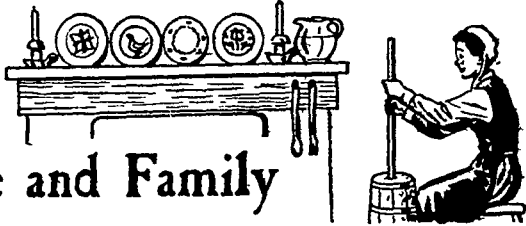


For the Farm Wife and Family



(Continued from page 9)

- 1 cup chopped coconut
- 1/2 cup shortening
- 1 cup sugar
- 1 egg
- 1/4 cup evaporated milk
- 1 teaspoon vanilla

Sift dry ingredients together, grind oats and add with coconut. Cream shortening and sugar until frothy, add egg and beat well. Mix milk and vanilla. Add dry ingredients to creamed mixture alternately with milk and vanilla. Mix thoroughly. Form into rolls, wrap in waxed paper and chill overnight in refrigerator. Slice 1/8 inch thick, place on greased cookie sheet and bake at 400° for 12 minutes.

BAKED CHEESE AND RICE

One cup uncooked rice
Three cups water
One teaspoon salt
One cup milk or one-fourth cup powdered milk
One cup water
Two cups grated cheese
Two teaspoons butter or margarine
One-fourth cup bread crumbs

Steam the rice, (which preserves more vitamins and minerals than boiling it) by heating three cups of water in a saucepan with a heavy lid. Do not wash the rice. When the water boils, add salt and rice, stir well and bring to a boil. Immediately place lid on the pan and reduce heat to recipes. Then let us know how hope you'll try some of these you like them.

That's about it for today. Do Gives three layers. When the whole family sits down at the breakfast table, appetites are better, making the

Farm Women 16 Plan Christmas Party

Farm Women No 16 will entertain their families at a Christmas party to be held in the form of a covered dish luncheon at the Bart Fire Hall on Wednesday evening, Dec. 11 at 6:30 p.m. There will be a gift exchange for the children as well as the adults.

meal a pleasure. School children who eat a good breakfast have fewer behavior problems than others. Adults feel and look better when a good breakfast is their daily habit.

How's breakfast at your house? — is it a chore, a monotonous meal, with interruptions, confusion and a messy table?

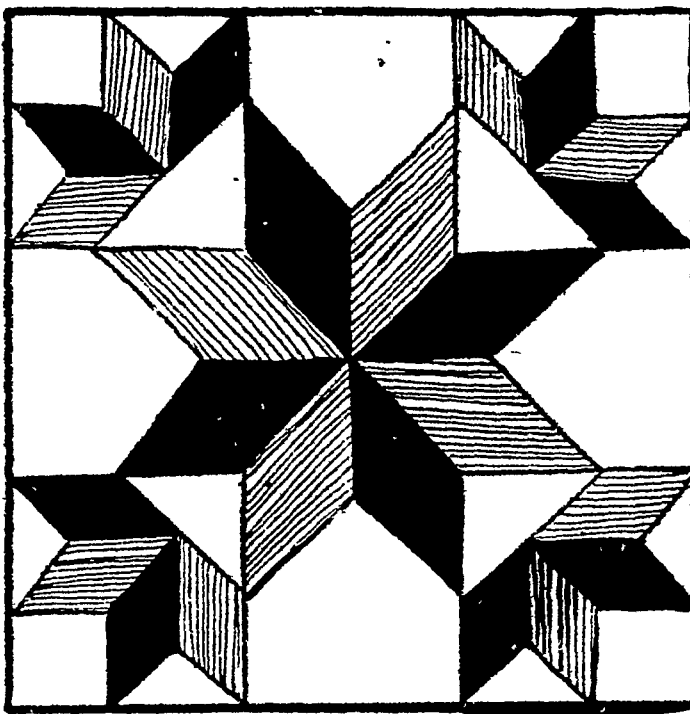
If so, why not break away from that old routine? Give the family a good start every day with a good breakfast.

Here are some suggestions for a good breakfast

Prevent monotony by offering a variety of fruit. Try many fresh, canned, and frozen juices — and sectioned fruits. Remember that oranges and grapefruit rate highest in vitamin C. Serve grapefruit halves with a cherry or strawberry preserves in the center.

With scrambled, fried, poached, or soft-cooked eggs, offer bacon, ham, Canadian bacon, or sausage. A glass of milk or cup of hot cocoa belongs on the breakfast menu, too.

These high protein foods keep you feeling full and prevent mid-morning weakness, headache, and hunger.



The Blazing Star

4 yellow
4 red

8 yellow
8 red

4 white

4 white

4 white

8 white

THE BLAZING STAR is an extremely interesting block in three colors. If one cared to carry out this idea, red, yellow and white would be the most effective. However, the block would be beautiful in a combination of solid colors and a figured background of three pastel colors — pink, blue and a lavender background for example. In piecing

this block it would be well to do the four corners first, then the white patches between these squares, joining the two diamond shaped patches at the top. The rest is a simple matter. This block when complete is 13 1/2 inches square. Seams are not allowed on these patterns.

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Farm Women 24 Meet at Gordonville

Farm Women's Society No 24 met last Wednesday evening in the home of Mrs Leon Hess, Gordonville R1

Mrs Landis Myer, the president presided at the meeting and Mrs Lloyd Giff had charge of the devotions. Roll call was answered by each person telling something she was thankful for.

A report was given by society members about the county convention.

The group sewed cancer pads during the evening

The next meeting will be held Wednesday evening, Dec 18 in the home of Mrs Mervin Hooper, New Holland R1.

Farm Women No. 19 To Meet at Hostetter's AT Mt. Joy

Farm Women No 19 will hold their annual Christmas Party at Hostetters' Banquet Hall, Mt. Joy, Saturday, Dec 7 at 7 00 p m. Secret sisters will be revealed.

A trio consisting of Mrs Earl Stauffer, Mrs Henry Lehman and Mrs. Leroy Hottenstine, will sing, accompanied by Mrs. Scott Nisley at piano.

Letter carriers' uniforms are a 50-50 blend of the Union Blue and Confederate Gray.

Farm Women No. 10 Will Hold Christmas Party

Farm Women #10 left Lancaster, Wednesday, morning at 9 o'clock, Dec 4, for a shopping trip and to see "Cinorama" at

Philadelphia. A bus was chartered for the trip.

They will hold their annual Christmas Party Saturday, Dec. 7 at the home of Mrs. Charles F. Stauffer, Rohrerstown at 1 00 p m.

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