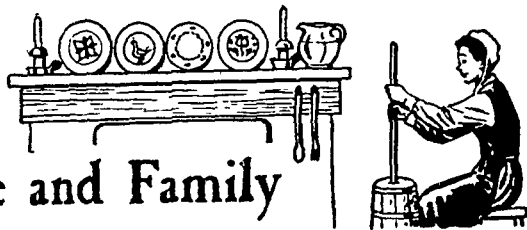


For the Farm Wife and Family



(Continued from page 13) improves with age. What isn't used right away can either be canned or frozen for the future.

MINCEMEAT

6 pounds venison or lean beef, chopped
1 pound suet, chopped
6 pounds apples, chopped
3 pounds raisins
2 pounds currants
3 pounds brown sugar
 $\frac{1}{2}$ gallon sweet cider
1 teaspoon salt
1 pound sliced citron
3 ounces candied lemon peel
1 lemon, juice and rind

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Add other ingredients and cook slowly for two hours. Keep the portion to be used right away in the refrigerator. Can or freeze the rest.

FOOD AFFECTS SKIN CONDITIONS

If your complexion isn't soft and clear, perhaps you should try a diet change.

Dry skin is often a sign of vitamin A shortage. This vitamin is found in abundance in live and dark green and deep yellow fruits and vegetables — broccoli, kale, spinach and other greens, carrots, sweet potatoes, winter squash, pumpkin and apricots. Eat one of these foods at least every other day.

Many people develop cracked lips at the corners of the mouth. This is a result of not enough riboflavin, found in green vegetables, milk and eggs. A daily diet including one-pint of milk — whole, skim or buttermilk — will usually supply the adult need for riboflavin.

Skin blemishes, pimples and acne very often come from digestive disturbances. Drink plenty of liquids and eat four or more servings of vegetables and fruit daily. Eat some of these raw or have whole grain bread or cereal. These foods provide roughage to stimulate the intestines, aiding digestion. Avoid a starchy diet and excessive use of sweets and fats.

Many homemakers are in an occasional dilemma concerning the use of left overs. Actually it is the smart homemaker that plans on leftovers.

For the homemaker that plans on a cured pork roast for a Sun-

day dinner, this recipe for Individual Ham and Macaroni Muffins is a good one to have on hand. This recipe is easily prepared and can be doubled for a large family. The men of the household would undoubtedly enjoy two or three of these muffins. Menu accompaniments might include a green vegetable, tossed salad, salt sticks and an ice cream sundae

INDIVIDUAL HAM AND MACARONI MUFFINS

1 pound ground smoked ham
 $\frac{1}{2}$ pound ground lean pork
2 cups cooked macaroni and cheese

1 egg
Combine all ingredients thoroughly, cutting macaroni into small pieces. Grease 12 small or eight medium size muffin pans. Fill pans with meat mixture. Bake in moderate oven (350°) for 45 minutes.

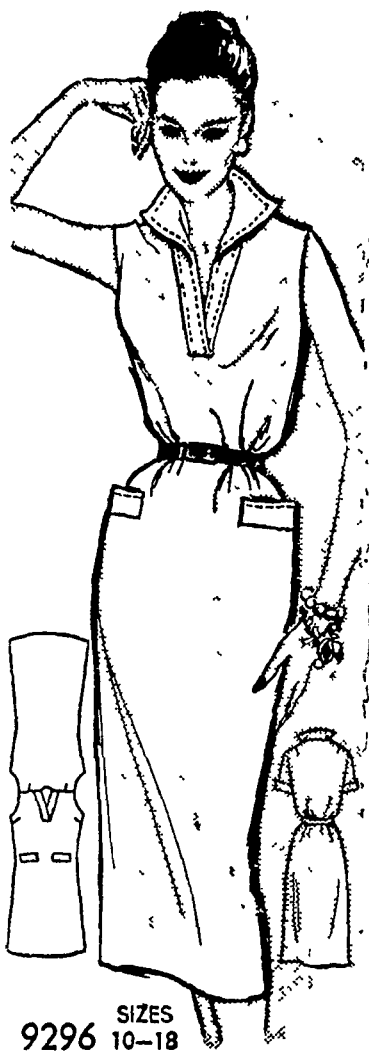
A new twist to peanut butter cookies — chopped bacon added to the batter before baking

BACON-PEANUT BUTTER COOKIES

3 cups sifted enriched flour
2 teaspoons soda
 $\frac{1}{2}$ cup lard
1 cup granulated sugar
1 cup brown sugar
2 eggs, well beaten
 $\frac{1}{2}$ cup peanut butter
 $\frac{1}{4}$ cup chopped cooked bacon (four ounces or six slices)

Sift together flour, soda and salt. Cream lard with sugar until light and fluffy. Add eggs and mix thoroughly. Stir in peanut butter. Add dry ingredients gradually, blending well. Stir in chopped cooked bacon. Shape into small balls about $\frac{3}{4}$ -inch in diameter. Place on greased cookie sheet and press flat with times of a fork or bottom of a glass. Bake about 12 minutes in a moderately hot oven (400°). Makes about five dozen cookies

Printed Pattern



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9296
by Marian Martin

Printed Pattern 9296 Misses' Sizes 10, 12, 14, 16, 18 Size 16 requires 3 $\frac{1}{4}$ yards 35 inch fabric. Send FIFTY CENTS in coin, for this pattern—add 5 cents for each pattern if you wish 1st-class mailing. Send to 170 Newspaper Pattern Dept., 232 West 18th St., New York, N. Y. Print plainly NAME, ADDRESS with ZONE, SIZE and STYLE NUMBER.

HEAR

The Mennonite Hour
Each Sunday

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

Chili Powder Search Prompted By Find of Glass Fragments

HARRISBURG — Food agents of the State Department of Agriculture reported finding in Harrisburg wholesale and retail outlets some containers of a brand of chili powder on which a nationwide search is underway because they may contain glass fragments.

State Secretary of Agriculture William L. Henning said all one and three-ounce bottles of Gebhart's Eagle Chili Powder found to date have been removed from the market. He has directed all state food agents to round up and "red tag" all small sized containers of chili powder from the firm located in San Antonio, Tex.

Henning warned consumers that use of this chili powder may cause internal injuries. They should destroy any bottles in their possession or return them to the stores where purchased. Retailers were advised to return all stocks of one-and three-ounce bottles of the powder to the manufacturer.

The firm recalled all such containers following discovery of glass fragments by the Federal Food and Drug Administration during the holiday season.

The products may be in homes that cannot be reached by the recall and some stocks may still be on the retail market as found by agents of the State Bureau of Foods and Chemistry, Secretary Henning said.

So far, according to FDA, glass fragments have been found in one-and three-ounce bottles but not in the larger containers issued commercially. The manu-

facturer is cooperating in the recall and states that steps have been taken to insure that future production will be free from contamination.

Mrs. C. R. Frey Installed

Mrs. C. R. Frey was installed as president of Society of Farm Women 6 during a meeting held Jan. 4 at the home of Mrs. H. Martin Hoffer, R2 Elizabethtown.

Others installed were: Vice president, Mrs. Amos Brandt; secretary, Mrs. Daniel G. Eshleman; and treasurer, Mrs. Samuel Myer.

Mrs. Milton Eberly, state treasurer and member of Society 6, had charge of the installation.

Members voted a contribution of \$10 to the muscular dystrophy fund. Reports were given by the committee on the Christmas baskets and plans were made to attend the state convention in Harrisburg.

Pictures were shown by Mrs. Hoffer of her trip to the State of Oregon.

Aaron Hollinger spoke on the project of missions at Flat Creek, Ken.

An invitation was read from Society 12 inviting the Society to be guests at a future meeting.

The speaker for the February meeting will be Mrs. Clarence Entelme, instructor at Elizabethtown College. Her theme will be "The woman Beautiful."

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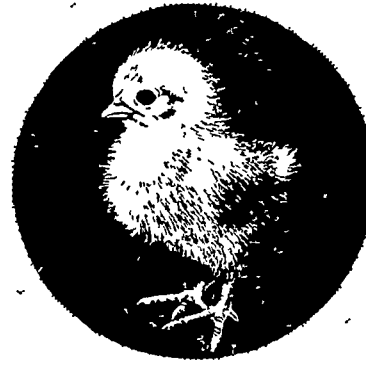
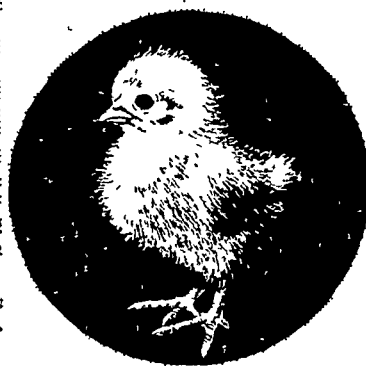
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