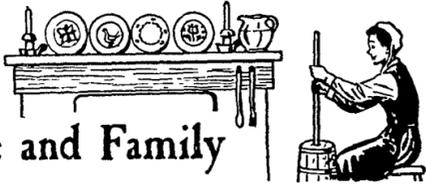


For the Farm Wife and Family



Peas This Year are in Large Supply; Prices are Fire-Sale Low

The pea-pickers overdid it this year. There are so many peas in the USA that grocers are offering them at less than fire-sale prices.

Whether you like your peas canned or frozen, you'll find this the time to stock up.

After laying-in a large supply of peas, you'll need to guard against serving them the same old way, time after time. The "new taste" in foods is as important as the "new look" in clothes. Here are some ideas for adding flavor

1. Sauté a shredded onion in butter and use this onion-butter on peas.
2. Sauté sliced almonds or Brazil nuts or even bread crumbs and use the same way
3. Season with finely chopped chives or green onions.
4. Peas and rice mix well and look pretty on a plate.
5. Cream, salt and pepper, and if you want, a dash of nutmeg, take peas out of the ordinary.
6. An equal mixture of sour cream and mayonnaise, heated

with the peas just before serving, is good too.

7. Fine herbs or chopped fresh mint may add a flavor your family likes.

Try these tricks with other green vegetables too. Any family can become interested in vegetables with added zest.

Don't miss your chance to give your family top-vitamin value — cook peas just until done; use the smallest amount of water possible.

Speaking of peas, a good way to keep the food budget balanced money-wise to serve a low-cost food occasionally, such as split peas. This vegetable rates as a bargain in price this year and, as always, it is a bargain in food value. Note the price per pound, and then remember that one pound will make from seven to nine servings.

Split pea soup has long been popular when made with a ham bone, but this vegetable also makes an excellent baked dish. Using the following method, it takes only one hour to prepare.

HEAR

The Mennonite Hour
Each Sunday

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

BAKED SPLIT PEAS

To one cup of dry split peas, add one and one-half cups of hot water and one teaspoon of salt, or one and one-half cups of ham broth. Boil 2 minutes, then



LOOKING OVER THE DATE book with Mrs. Ruth Kreibich, home economist, right, is Miss Cynthia Winner, formerly of Clayton, N.J., who has been assigned as assistant extension home economist. Miss Win-

ner is a graduate of Albright College, Reading, and worked as a home economist for the Pennsylvania Electric Co., Lewistown, before coming to the county. (LF Photo)

let soak ½ hour in closely covered pan.

Add one-half to one cup of chopped ham or other meat, bits of cooked bacon, chopped onion or other seasoning. Place in baking dish, cover, and bake at 350 degrees (moderate oven) for 25 minutes. If overcooked they will become mushy. Serves four

One of our readers, Mrs. Harvey K. Shoemaker, Florin, Pa

Paste This Poem In the Cook Book

I jotted this poem in my cook-book many years ago, says Mrs. Martin S. Brandt, R3 Elizabethtown

We may live without poetry, music and art,

We may live without conscience and live without heart,

We may live without friends

We may live without books, But civilized man cannot live without cooks

He may live without books — What is knowledge but giving? He may live without home — What's passion but pining?

But where is the man who can live without dining?

sent us some Christmas recipes which arrived too late to be printed for the holidays. So we'll file them away for future use. She also included two dessert recipes which you might like to try. The first is for

POLKA DOT PUDDING Mrs. Harvey K. Shoemaker, Florin

2 cups water
¼ cup pineapple juice
¼ cup maraschino cherry juice

4 tablespoons minute tapioca
¾ cup of sugar
¼ teaspoon salt
1¼ cups crushed pineapple
10 maraschino cherries cut fine
½ cup walnut meats
1 cup whipped cream

Combine water, fruit juices, tapioca, sugar and salt. Bring mixture quickly to a boil, stir ring constantly for a few minutes. Remove from heat; mixture will be thin. Do not overcook. Add pineapple and cherries; let stand till completely set or let

(Continued on page 8)

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1958 Pennsylvania Farm Show

FUNK'S G WINS 3 OF TOP 5 HONORS IN PA. YIELD CONTEST

Published official record of the 1957 Pennsylvania 5-Acre Yield Contest (open to all hybrid brands) showed:

- | | |
|------------------|--|
| 1st—Funk's G-91 | —Carroll Hunt (York County)
153.2 bu per acre |
| 2nd—Funk's G-10 | —Wm Lane & Son (Wyoming County)
147.3 bu per acre |
| 5th—Funk's G-95A | —Jas. Quisenberry (York County)
138.4 bu per acre |

FUNK'S G HAS WON THIS CONTEST
3 YEARS OUT OF THE LAST FIVE

★ ★ ★ ★ ★ ★ ★ ★

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Landisville (Lancaster County) Penna.



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