

For Farm Women . . .

(Continued from page eight)

macaroni, etc) If none of these cereals are eaten, two slices of bread can be used instead, making a total of five slices for the day.

Cereal protein is relatively low in some of the amino acids necessary for good nutrition. It is used more effectively by the body when eaten in the same meal with proteins from other foods, such as milk, meat, fish, poultry and eggs.

February and March are months given to the pursuit of nourishing breakfasts. Tantalize the lax breakfasters in your household with this oh-so-good Applesauce Scone Coffee Cake. Surround it with other things that make an ideal morning meal — enriched, whole grain or restored cereal, fruit juice, milk, and, if you like, an egg cooked as you like it.

APPLESAUCE Scone COFFEE CAKE

APPLESAUCE TOPPING

- 1/3 cup butter or margarine
- 1/3 cup brown sugar
- 1 tablespoon light corn sirup
- 1/2 teaspoon cinnamon
- 1/2 cup unsweetened applesauce

Scone Dough

- 2 cups sifted enriched flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/4 cup sugar
- 1/4 cup shortening
- 1 egg, beaten
- 1/2 to 3/4 cup milk

Cream together butter or margarine and brown sugar until smooth. Blend in corn sirup, cinnamon and applesauce. Set aside while preparing Scone Dough. Sift together flour, baking powder, salt and sugar. Cut or rub in shorten-

ing until mixture is crumbly. Combine egg and milk. Add liquid mixture to flour mixture, stirring only until flour is moistened. Drop dough by spoonfuls into well-greased 9-inch round pan, leaving spaces between dough. Spoon Applesauce Topping over Scone Dough in pan. Bake in moderately hot oven (400 degrees) about 30 minutes. Let stand about 10 minutes before removing from pan. To serve, break off pieces with two forks. Makes one coffee cake.

As long as winter sports hold favor, you can depend on sharp appetites when youngsters and grown-ups, too, come in from sledding, skating or skiing. And as spring approaches the kiddies play outside more and more and build up big appetites. So greet 'em with fresh, hot coffee or cocoa and Buttermilk Yeast Crullers. Pecans inside are an additional recommendation for these cinnamon-sugared twists — if they need another!

BUTTERMILK YEAST CRULLERS

- Two packages yeast, compressed or dry
- 1/2 cup water (lukewarm for compressed yeast, warm for dry)
- 1 1/4 cups buttermilk
- 1/2 cup sugar
- 2 teaspoons salt
- 1/4 teaspoon soda
- 1 tablespoon shortening
- 6 1/4 cups sifted enriched flour (about)
- 2 eggs
- 1 tablespoon vanilla extract
- 1 cup finely chopped pecans
- Fat for deep-frying
- Cinnamon sugar, if desired

Soften yeast in water. Heat buttermilk to lukewarm. Add sugar, salt, soda and shortening. Add two cups flour and beat well. Add softened yeast, eggs, vanilla extract and pecans. Add enough more flour to make a soft dough. Turn

out on floured board or pastry cloth and knead until smooth and satiny. Place in greased bowl, cover and let rise in warm place until doubled (about 1 1/2 hours). When light, punch down. Let rest 10 minutes. Divide dough into halves. Roll out each half to a rectangle about 10 inches wide and 1/2 inch thick. Cut into strips 1/2 inch wide. Fold each strip in half, pinch ends together securely and twist two times. Cover and allow to rise until almost doubled (30 to 45 minutes). Fry in deep hot fat (375 degrees) until golden brown, turning frequently. Drain thoroughly on absorbent paper. Coat with cinnamon sugar. Makes about 2 1/2 dozen crullers.

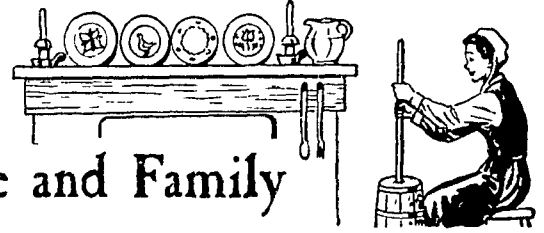
Here's a cake of family proportions, Maple Loaf Cake. It's a speedy one to make, too. Use the quick-mix method whereby liquids and eggs are blended with all the remaining ingredients in just two whirls by an electric mixer. Then top the cake with creamy Browned Butter Frosting.

MAPLE LOAF CAKE

- 2 1/2 cups sifted enriched flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup brown sugar
- 1/2 cup granulated sugar
- 1/2 cup shortening
- 1 1/4 cups milk
- 1 1/2 teaspoons maple extract
- 3 eggs
- Browned Butter Frosting

Sift together flour, baking powder and salt into large mixing bowl. Add sugars and shortening. Mix milk and maple extract. Add about three-fourths cup liquid to flour mixture and mix to blend. Beat two minutes at medium speed of electric mixer or 300 strokes by hand. Add remaining liquid and eggs. Mix to blend. Then beat two minutes longer or 300 strokes by hand. Turn batter into greased 9 x 13 inch loaf pan. Bake in moderate oven (350 degrees) about 35 minutes. When cool, frost with Browned Butter

For the Farm Wife and Family



Frosting.

BROWNED BUTTER FROSTING

- 1/4 cup butter or margarine
- 3 cups sifted confectioners' sugar (about)
- 1 egg
- 1 tablespoon cream
- Dash salt

Brown butter or margarine in heavy saucepan. Stir in two cups confectioners' sugar one-half cup at a time. Add egg, cream and salt and mix thoroughly. Add enough more sugar to make a spreading consistency. Beat until light. Spread over top of cooled cake. Makes one 9x13-inch loaf cake.

A tangy Cheese Sauce tops our next main dish attraction, Tuna Whirls. It's a pleasing complement to the tuna, onion, pimiento, parsley and hard cooked egg wrapped in biscuit dough. Serve a tart pineapple salad, buttered asparagus and a bright, spiced crabapple with the Tuna Whirls. Ludge cake, milk and coffee complete the tempting fare.

TUNA WHIRLS WITH CHEESE SAUCE

- 2 cups sifted enriched flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/4 cup shortening
- 2/3 to 3/4 cup milk
- 1 cup drained flaked tuna (7-ounce can)
- 1/4 cup mayonnaise or salad dressing
- 1 tablespoon milk
- 2 tablespoons chopped onion
- 2 tablespoons minced pimiento
- 2 tablespoons minced parsley

2 hard cooked eggs, chopped

Cheese Sauce

Sift together flour, baking powder and salt. Cut or rub in shortening until mixture is crumbly. Add milk to make a soft dough. Turn out on lightly floured board or pastry cloth and knead gently 30 seconds. Roll out to rectangle about 7x12 inches. Combine tuna, mayonnaise or salad dressing, milk, onion, pimiento, parsley and eggs. Mix well. Spread tuna mixture evenly over dough. Roll up like a jelly roll, beginning with long side. Cut into 1-inch slices and place outside down in greased 7x11-inch baking pan. Bake in moderately hot oven (400 degrees) 30 to 35 minutes or until lightly browned. Serve hot topped with Cheese Sauce.

CHEESE SAUCE

- 2 tablespoons butter or margarine
 - 2 tablespoons enriched flour
 - 1 tablespoon salt
 - Dash pepper
 - 1 1/2 cups milk
 - 1 cup shredded Cheddar Cheese
- Melt butter or margarine in saucepan. Blend in flour, salt and pepper. Add milk gradually, stirring constantly and cook until thickened. Blend in cheese, stirring until cheese is melted. Makes four servings.

SMALL CANNED HAM

Homemakers who like their things in small packages will be glad to find a favorite convenience food — canned ham — available in a new size. The U.S. Department of Agriculture's Meat Inspection Division has cooperated with the meat-packing industry to develop a processing method that yields one-pound and 1 1/2-

(Continued on page ten)

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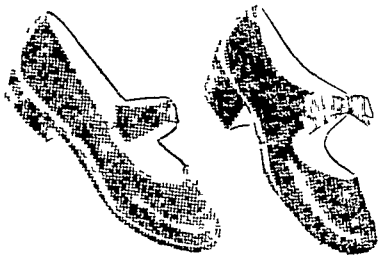
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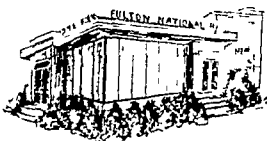
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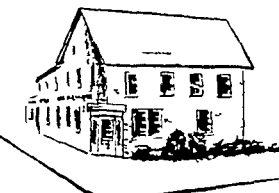
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