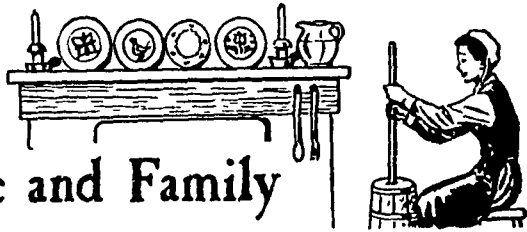


For the Farm Wife and Family



(Continued from page 9)
a 2-quart saucepan Bring to a vigorous boil over a high heat Turn the heat as low as possible. Cover with a lid and leave over this low heat 14 minutes Remove the saucepan from the heat but leave the lid on 10 minutes. Stir the French dressing into the rice Cool Cover and store in the refrigerator until time to serve.

Just before serving, cut the avocado in half Remove the seed and skin Cut into long thin slices Pour the lemon or lime juice over the avocado slices.

To serve, mound the rice mixture on salad greens Arrange the avocado slices, orange and grapefruit slices over the mound of rice. This recipe makes 8 servings

VITAMIN C SUGGESTIONS

The preceding recipe for Grapefruit-Avocado Salad is chock full of Vitamin C How to step up the vitamin C in family fare is worth the consideration of many homemakers, because this essential vitamin needed every day, is apt to be short in American diets Surveys show that one family in every four was not getting enough vitamin C

To make sure of enough vitamin C, it's worth knowing which foods rate high in this vitamin. Most people know that citrus fruits are rich sources. An orange or a half grapefruit a day can supply the full daily quota

THOUGH UNFAVORABLE weather in Florida this winter has affected the supply and price of some fresh and processed citrus, canned grapefruit and citrus combination juices are expected to continue selling at reasonable prices Strawberries, another fruit rich in vitamin C, will soon

be coming into their peak marketing season Later in the season there will be cataloupes which also rate high.

Many vegetables as well as fruits may be counted on to contribute this vitamin. In May large quantities of a variety of fresh vegetables are due on markets Many green leafy vegetables contain large amounts of vitamin C, especially the deep green leaves — spinach, kale and collards, if properly cooked Canned tomatoes and tomato juice are notably inexpensive sources of this vitamin the year around. Potatoes, sweetpotatoes and cabbage are good buys for vitamin C much of the year

VITAMIN C is the most fragile

of vitamins. Because it can be destroyed by exposure to air and is soluble in water, careful preparation and cooking are necessary to save it Here are some vitamin-C-saving suggestions from nutritionists: Try to pare or cut up vegetables just before you cook them, because the longer their cut surface is exposed to air, the more C is lost.

Cook vegetables only until just tender and in as small a quantity of water as possible. Remember that boiling potatoes in the skins leaves vitamin C as well as time, and that generally each time you reheat a vegetable, more of the vitamin is lost. As much as possible, use vegetables raw in salad or as relishes, and serve them while they're fresh and crisp.

Emphasis on vitamin C is important not only because many families have too little, but also because several trends in American eating patterns are leading toward lower intakes We're eating fewer potatoes, which have been an important source of C in American meals, and we're eating less cabbage Home gardening is not as common as it was up to 10

County Officers Guests of Society 2 At Meeting at Penryn Fire Hall

On Saturday April 12 Farm Women 2 entertained Society 10 at Penryn Fire Hall. Two county officers also were guests. They were County President Mrs. Elam Buckwalter, R3 Lititz; and Mrs. Paul Ebersold, East Petersburg, county treasurer.

Mrs. Bucknell gave an invitation to the Farm Women to tour the Court House on May 1. The

hours are from 7 to 10 p.m.

All ladies present were invited to attend Homemakers Day to be held on April 23 at the First Presbyterian Church in Lancaster

A motion was passed for the president of Society 2, Mrs. John O. Snavely, to tell the county executive board that the society will help with aid for the Osteopathic Hospital in Lancaster

The treasurer, Mrs. Ronald Gordley, is sending a check to the Cancer Society and to the Migrant Workers Fund

Mrs. Jay Sahn gave several readings

Miss Carolyn Petticofer played two piano selections

Special music was furnished by members of Society 2.

Speaker at the meeting was Mrs. H. M. Tobias from near Manheim She spoke on the resurrection of Christ and the power at Pentecost.

Mrs. Alvin Graybill held a general information class for Society 10 Winning first prize was Mrs. Mary Habecker. Other prize winners were Mrs. Wayne Brubaker and Mrs. Loretta Shank

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