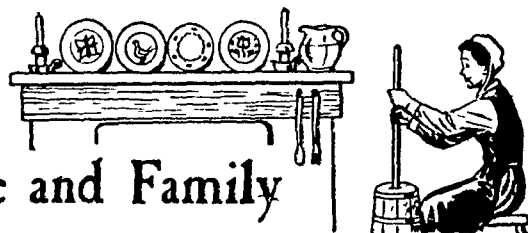




FLANK STEAK can be used effectively in a rolled steak dish. The use of meat tenderizer is a good idea. Another trick to make the meat tender is to make diamond shaped cuts across the surface to break up the long fibers. This cut of meat is low in price, but high in valuable protein.

(Continued from page eight) Place in a hot oven — 400 degrees F. After 30 minutes turn pieces and baste with the drippings in the pan. The chicken should be done in an hour or

For the Farm Wife and Family



less, depending on the thickness of the pieces. The home economists caution against overcooking which dries out young, lean chickens.

You can vary seasoning according to your taste. Some homemakers add chopped fresh herbs or powdered dry herbs — a very little — to the fat before brushing it on chicken pieces. Some add a little powdered mustard, a few drops of onion juice or lemon juice. Some like paprika to give bright color.

This is a new way to make the delicious salad favorite, Grapefruit-Avocado. Here there's some orange to add another fruit flavor

as well as color. To accent the fruity flavors, warm fluffy rice is subtly seasoned with French dressing

GRAPEFRUIT-AVOCADO SALAD

- 2 cups water
 - 1 cup uncooked white rice
 - 2 teaspoons salt
 - 1/2 cup French dressing
 - 2 oranges, sectioned
 - 1 grapefruit, sectioned
 - 1 tablespoon lemon or lime juice
 - 1 ripe avocado
 - Salad greens
- Put the water, rice and salt in (Continued on page ten)

DEPENDABLE BOTTLE GAS

Dependable bottle gas served thousands during the heavy snow storm. We supply over 8,000 gas customers who were able to cook, use gas water heaters, gas refrigerators, small space heaters, gas chicken brooders, and of course some heat the entire house with gas.

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MUSSER'S
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SAVE 2½ POUNDS of feed per dozen eggs produced—government figures show that a white leghorn pullet laying 120 eggs a year uses 7.47 pounds of feed for each dozen eggs produced. Jump her production to 200 eggs a year and she uses only 4.91 pounds of feed to produce each dozen eggs. Save that 2½ pounds of feed per dozen eggs produced and then some by housing Musser Laymore Leghorn chicks—they produce 200 and better eggs a year.

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GUARANTEE We guarantee 100% live delivery and satisfactory performance of chicks ordered. We will adjust any complaints within reason.



20 POUNDS LESS FEED — since Musser Laymore Leghorns are smaller bodied than the larger breeds—even though they produce more eggs—they eat approximately 20 pounds less feed during a year than larger breeds. That's A TON OF FEED LESS A YEAR for every 100 birds! Good enough reason alone to put in Musser Laymore Leghorn chicks!

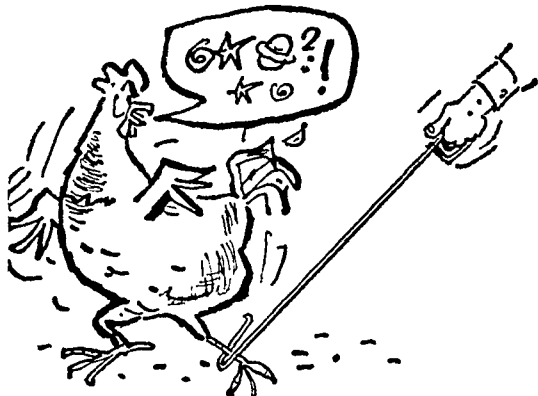
15% TO 20% MORE pullets in your house without crowding—smaller Musser Laymore Leghorns do not need as much space—allow you to take more eggs from more birds from housing space you have available.

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FARMS

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you'll want to get one of these Musser Leghorn Chicken catchers. They'll help you to see close-up—as chicks grow into pullets—the body conformation, alert eyes, and the healthy skin texture that makes Musser Laymore Leghorns your smartest and most profitable choice.

Just send this coupon to Musser Leghorn Farms, R.D. 1 Mt. Joy, Pa. Yes—without obligation—please send your FREE Chicken Catcher!

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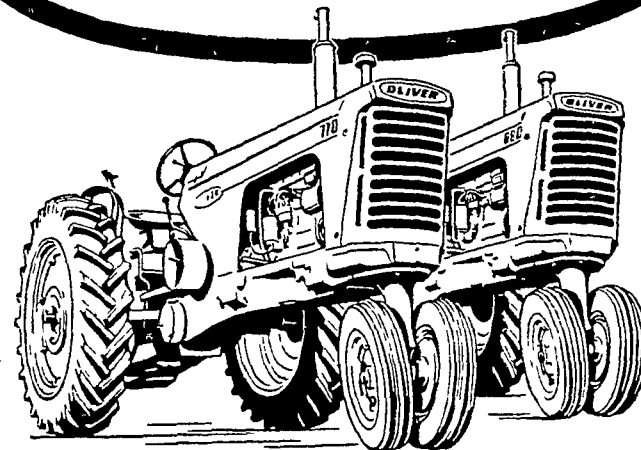
Address

Kind of layers housed No. of layers housed

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