

## Calorie Counters Can Substitute Rice for Other Melon Fillings

Calorie counters — this is for you! Now, you can enjoy Melon a la Mode in a lower calorie version. The melon can be any you wish but probably you'll prefer cantaloupe. Instead of ice cream, the filling is rice cooked in milk, sweetened slightly, then flavored with vanilla. A special treat is the crushed cereal-cinnamon mixture sprinkled over the top of the creamy vanilla rice filling.

### MELON A LA RIZ

- 1½ cups water
- 1 teaspoon salt
- ¾ cup uncooked white rice
- 1½ cups milk
- ¾ cup sugar
- 1 teaspoon vanilla
- Chilled cantaloupe or other melon, as desired
- 1 cup ready-to-eat crisp high protein cereal, crushed
- ½ teaspoon cinnamon

Put the water, salt and rice in a 2-quart saucepan. Bring to a vigorous boil. Turn the heat down low. Cover with a lid. Simmer over this low heat 14 minutes. Remove the saucepan from the heat but leave the lid on 10 minutes. Stir in the milk. Cover and simmer about 15 minutes or until the milk is absorbed. Stir occasionally. Do not boil.

Cool the rice. While still warm, stir in the sugar and vanilla. Cover and chill in the refrigerator.

To serve, mound a liberal amount of the cold rice in the center of the serving of melon. Melon may be cut in halves or quartered as desired. Mix the cereal crumbs and cinnamon. Sprinkle a liberal amount over

the rice mixture. This recipe makes about two and three-fourths cups sweet rice. This is enough filling for 6 to 8 servings.

Need a quick meal for a hot summer day? Bacon and bologna, two American food favorites make a real treat. You can have it regularly because it's real economical. When you've had a rushed day, you'll be glad you have this recipe on hand for a quick, stirred together main dish.

### COUNTRY-STYLE BACON 'N' BOLOGNA WITH RICE

- 2 cups water
- 1 teaspoon salt
- 1 cup uncooked white rice
- 8 strips bacon
- 1 cup thinly sliced onions
- 1 cup coarsely chopped green

- pepper
- ¼ pound bologna (about four slices) cups in 1½-inch squares
- 1½ cups fresh or canned tomatoes, cut up
- ¼ teaspoon black pepper
- ¼ teaspoon chili powder

Put the water, salt and rice in a 2-quart saucepan. Bring to a vigorous boil. Turn the heat down low. Cover with a lid. Simmer over this low heat 14 minutes. Remove the saucepan from the heat but leave the lid on 10 minutes.

While the rice cooks, cook the bacon in a large skillet. Remove the bacon. Pour off all but three tablespoons of the bacon fat. Add the onions, green pepper and bologna. Cook slowly until the onions are tender and begin to brown. Stir in the tomatoes, black pepper and chili powder. Just before serving, stir in the rice and bacon. Heat. Add tomato juice or water if mixture is too dry. Cook this in one of the new, decorated skillets. Or, use a black iron skillet and serve this main dish at the table from the skillet. This recipe makes 6 servings.

The availability of frozen fish has popularized this food the year around, for its preparation is simple. Packaged frozen fish should remain in the unopened package until it is moved to a lower shelf in the refrigerator to thaw, or removed for immediate cooking. Additional cooking time should be allowed if the latter method is used. Thawing at room temperature is not recommended.

A quick tartar sauce may be made by combining two tablespoons of chopped dill pickle with one-fourth cup mayonnaise salad dressing.

Suggested menu: Baked fish fillets, potatoes in aluminum foil (for tender skin), buttered peas with pimento, celery and carrot strips, corn muffins, butter and pineapple sherbert with cookies.

### BAKED FISH FILLETS OR STEAKS

- 2 pounds fillets or steaks, fresh or frozen
  - 1 teaspoon salt
  - Dash pepper
  - ¼ cup melted butter or other fat
  - 2 tablespoons lemon juice
  - 1 teaspoon grated onion
  - Dash paprika
- Thaw frozen fillets; sprinkle with salt and pepper. Place fish in a single layer in a well-greased baking pan. Combine melted butter, lemon juice, onion and paprika and pour over the fillets. Bake in a moderate oven, 350 degrees, for 20 to 25 minutes, or until fish flakes easily when tested with a fork. Serves 6

Two seafood dishes for good summer eating —

### SEAFOOD IMPERIAL

- 3 tablespoons butter or margarine
- ¼ cup diced green pepper
- ½ cup diced celery
- 3 tablespoons flour
- ½ teaspoon salt
- ½ teaspoon dry mustard
- 1½ cups milk
- ½ teaspoon tabasco
- 2 cans (7-ounces each) tuna, two cups cooked fresh, frozen or canned seafood
- 1 tablespoon lime or lemon juice
- ¼ cup diced pimento
- 3 cups hot cooked rice

(Continued on page seven)

## SPECIAL SUMMER SALE ON WASHERS AND GAS DRYERS

Prices cut to cost

Buy now and pay in fall  
Limited number available

FREE — 4 months supply of TIDE — 16 lbs. with each washer or dryer

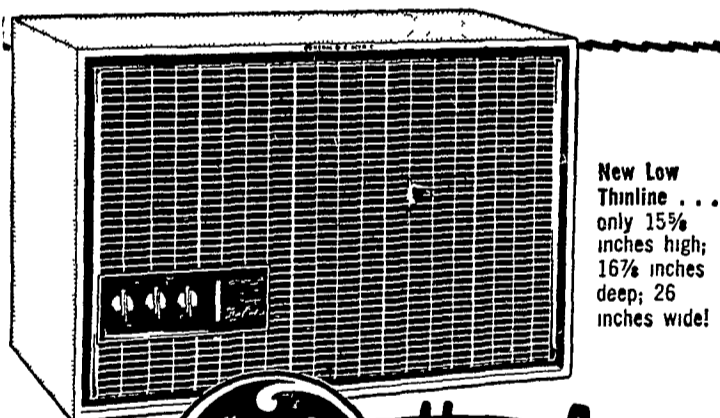
WARD BOTTLE GAS, EPHRATA, PA.

## 1 FOR 1 SALE

Buy a G-E Air Conditioner

(Model not illustrated)

Get a G-E Disposall for \$1.



New Low Thinline . . . only 15½ inches high; 16½ inches deep; 26 inches wide!

Model R-462

NEW 1958 CUSTOM

## AIR CONDITIONER

Available in 115 V. 9000 BTU\* capacity (model R-462) and 230 V., 10,000 BTU\* capacity (model R-472)

Low! Compact! Powerful!

- New 10-Position Performance Selector
- Easy-action Rotary Controls
- Super Quiet
- Automatic Temperature Control
- Distinctive Modern Styling
- Washable Permanent Air Filter
- Five-Year Written Protection Plan

Many Other 1 FOR 1 Combination Bargains

\*Cooling capacity tested and rated in compliance with ARI (Air Conditioning and Refrigeration Institute) Standard 110-56.



Conestoga Farm Service



Park Ave., Quarryville

Ph. ST 6-2597

## NOTE

We Will Close At 2:30 P. M.

Monday, July 28

EMPLOYEES ANNUAL PICNIC

Miller & Bushong, Inc.

Rohrerstown, Pa.

## Chicken Chatter

from GREIDER LEGHORN FARMS, Inc.



You Soon Won't Be Able To Sell Your Eggs!!!

That is, if you don't get on a "quality program." The time is very near when egg buyers will not take your eggs at any price if you don't have quality.

Here are four things you must do if you want to stay in the egg business:

1. First of all, you must use an all-pullet flock each year. Research has shown that a second year layer just cannot lay the quality egg that she did when she was in her pullet year, regardless of breeding or management. Many large egg buying organizations on the west coast will not take eggs from a flock that has laid over 12 months. This may very well be the case in the east in the very near future.
2. You must keep your eggs in a cellar where temperatures never rise above 65° at any time and where a relative humidity of 75 or 80% can be maintained. If you do not have such a cellar you have no other alternative than to put in a cooler.
3. You must gather your eggs three times a day, even on days when you think you're too busy to do so.
4. You must use a strain of chickens with bred-in egg quality. You would be amazed at the difference between strains.

We have just received word from one of the largest egg marketing organizations in the state that eggs from Greider flocks were some of the highest quality they received. We have been told the same thing by other buyers. But don't take our word for it, ask them!

Greider Leghorn Farms, Inc.

Phone OL 32455 Mt. Joy, R. 1, Pa.

## SUPER Self Service SHOES

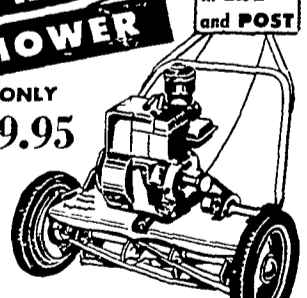
220 W. King St.  
Lanc. Co.'s Largest Shoe Store  
All 1st Quality  
SUPER LOW PRICES

## SAVE!

THIS NEW MOTO-MOWER

ECONOMY REEL MOWER

ONLY \$99.95



The "HIGHLANDER" Full 18" Cut

Look What You Get!

- Easy-adjustable cutting height
- True "scissors" cutting action
- Finger-tip, aircraft-type controls
- Precision ball reel bearings
- Easy-to-store snap-off handle
- Briggs & Stratton 1 6 H.P. 4-cycle engine

Full 90-Day Factory Warranty

GROFF'S HARDWARE NEW HOLLAND

AUTHORIZED MOTO-MOWER DEALER