

For Farm Women . . .

(Continued from page 6)

Melt butter, add green pepper and celery, and cook until tender. Add flour, salt, and mustard. Blend. Combine milk and tabasco. Gradually add to flour mixture and cook, stirring constantly, until mixture thickens and comes to boil. Stir in tuna or seafood, lime juice, and pimento. Heat to serving temperature. Spoon rice around edge of plate and turn mixture into center.

CRABMEAT LOUIS

1 head iceberg lettuce
1½ cups crabmeat, flaked
½ cup mayonnaise
¼ cup chili sauce
2 teaspoons lime or lemon juice
½ teaspoon tabasco
Cut finely shredded lettuce into salad bowl. Top with flaked crabmeat. Combine mayonnaise, chili sauce, lime or lemon juice, and tabasco. Just before serving, spoon on top of salad. Toss lightly.

Tomatoes are coming into season. Try these stuffed tomatoes

as a main dish when they are plentiful.

TOMATOES STUFFED WITH SHRIMP AND RICE

¾ pound cooked shrimp
6 large tomatoes
1 teaspoon salt
1 cup cooked rice
1 cup grated cheese
1 egg, beaten
1 teaspoon salt
Dash pepper
1 tablespoon butter or other fat, melted
¼ cup dry bread crumbs

Cut large shrimp in half. Wash tomatoes. Remove stem ends and centers; sprinkle with salt. Combine rice, cheese, egg, seasonings, and shrimp. Place in tomatoes. Combine butter and crumbs; sprinkle over top of tomatoes. Place in well-greased baking dish. Bake in moderate oven, 350 degrees, for 20 to 25 minutes or until tomatoes are tender.

Another way with tomatoes, this time using the juice. You'll like the recipe for this glamorous looking vegetable — rice cooked in tomato juice! It's suited to just about any meal and the tomato red adds a colorful touch to the table.

The bit of garlic and Worcestershire sauce piquantly seasons the rice. Chopped green pepper is a

nice flavor and color complement to the tomato juice rice. With this recipe, it's so easy to treat the family and company to a vegetable they'll all enjoy.

TOMATO RICE

1 cup uncooked white rice
2¾ cups tomato juice
1½ teaspoons salt
¼ teaspoon black pepper
2 teaspoons Worcestershire sauce
2 tablespoons butter or margarine, cut up
1 clove garlic, minced
¼ cup chopped green pepper

Put the rice, tomato juice, salt, black pepper, Worcestershire sauce, butter or margarine, garlic and green pepper in a 2-quart saucepan. Bring to a vigorous boil over a high heat. Stir well. Cover with a lid. Simmer over this low heat 20 minutes or until the tomato juice is absorbed. Stir once during the cooking. Remove from the heat but leave the lid on until ready to serve, at least 10 minutes. Garnish with strips or rings of green pepper. This recipe makes 6 to 7 servings.

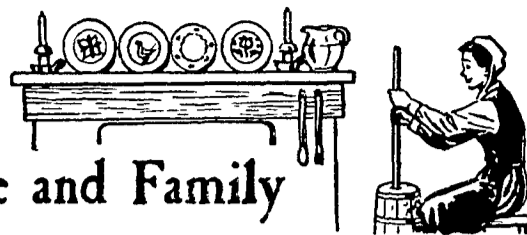
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For the Farm Wife and Family



4-H Party Club Has 'Come As You Are' Event

The sixth meeting of the Donegal 4-H Party Time Club was held July 15 at the Donegal Club House.

Judy Ginder, Florin, and Carol Cupper, R1 Mt Joy were elected to attend 4H Club Week at Penn State Aug. 11 to 14.

A "Come As You Are" party was held. During the week members had been called and were told to wear the same clothes they had on at the time. Included were pajamas, jeans, housecoats, shorts and skirts.

A Pennsylvania Dutch party will be next. At this party 15 young people from the Chicago area will be guests. The group will visit the homes of 4-H members throughout the county.

This party will be held at 8 p.m. Aug. 8 at the Donegal Club House.

120 Attend Annual Picnic Of Society 22

Approximately 120 persons attended the annual family picnic of Farm Women's Society 22 held July 12 at Buchmiller Park.

Norman Kolb offered the invocation at the dinner. Food committee for the picnic was Mrs. Norman Kolb, Mrs. Lester Landis, Mrs. Willis Rohrer and Mrs. Clarence Rohrer.

There were games for the children and a Father-Son baseball game.

The next meeting of the Society will be held at the home of Mrs. Robert Brooks, 505 Lampeter Rd., Lancaster. Mrs. Paul Miller will be co-hostess.

Mt. Joy Club Names Delegates To 4-H Club Week

met July 17 at the home of Ann Louise Miller with 19 members and three leaders attending.

The club chose Mary Ann Musser and Julie Ann Erb to represent them at state 4-H Club Week. Six girls, Mary Ann Musser, Julie Ann Erb, Joanne Newcomer, Sally Nolt, Ruth Ann Nolt and Maribell Erb, were chosen to be in the dress review at county home economics round up.

The next meeting will be held at the home of Frances Gerber.

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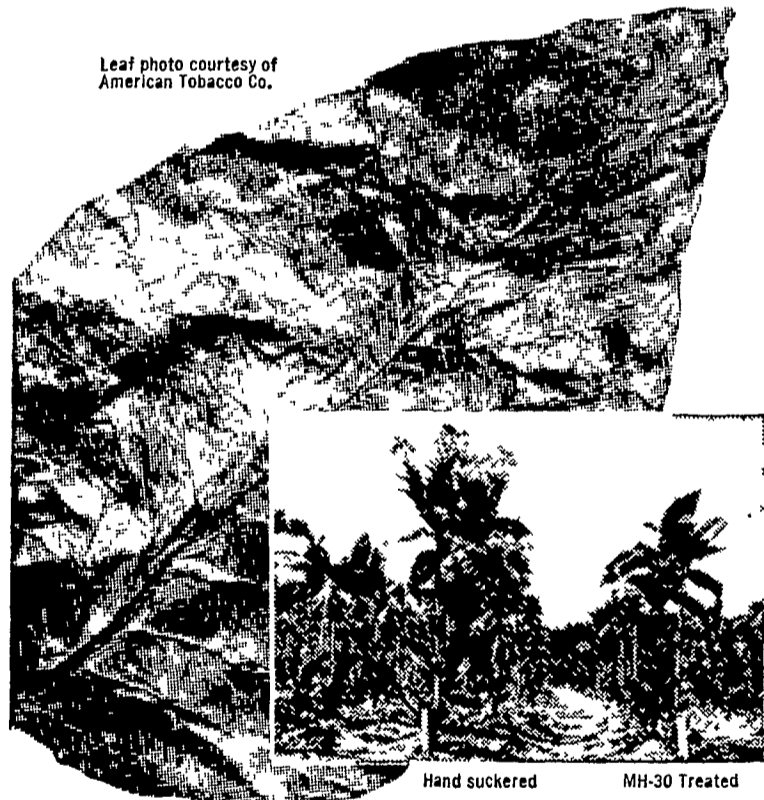
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