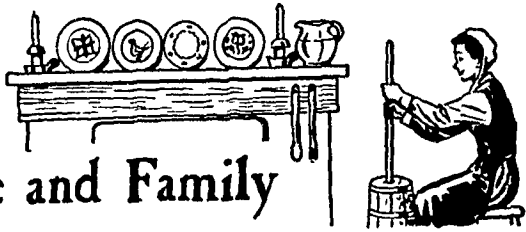


For the Farm Wife and Family



Your Good Cook Makes Time With Left-Overs

Every good cook knows the value of left-over meat. Many a one has made quite a reputation for her smart ways of turning left overs to good account. And in her home, the family looks forward with pleasure to the savory hash or scallop or some other excellent dish that follows yesterday's roast or steak or stew. Oftentimes the second or third "edition" is enjoyed even more than the first.

Canned meat has the good points of any other cooked meat so it too is quickly turned into a variety of appetizing dishes, hot or cold.

Of course, there is almost no end to the interesting combinations of cooked meat with other foods. The following recipes are offered as suggestions. They apply equally well to left-overs and canned meat. Where definite quantities of ingredients are given, they will usually make 5 or 6 servings.

BROWNE HASH

Mix thoroughly one quart of chopped boiled potatoes, one pint of chopped cooked meat, one finely chopped onion, and seasonings to taste. Or, grind the cooked meat, boiled potatoes, and an onion together in a food chopper, mix thoroughly, and season to taste.

Mold into flat cakes and fry slowly on both sides until crusty.

Or, spread the mixture in an even layer in a lightly greased frying pan and cook slowly until a brown crust forms. Then, cover the pan and turn the hash out so the browned side is on top. Slip the hash carefully back into the frying pan with the uncooked side down, and allow this side also to become brown and crusty. Turn out on a plate, garnish with parsley, and serve.

SAVORY MEAT ON TOAST

- 1 onion, sliced
- 1 cup chopped celery and leaves
- 1 tablespoon fat
- 3 cups cooked tomatoes
- Flour
- 1½ cups chopped cooked meat
- Salt and pepper

Toast
Cook onion and celery in the fat for a few minutes, add the tomatoes, and cook for about 20 minutes. If the mixture is too thin, add one to two tablespoons of flour mixed to a smooth paste with an equal quantity of cold water. Cook until smooth and thickened. Add the meat, heat thoroughly, and season to taste with salt and pepper. Serve on crisp toast.

STUFFED PEPPERS

Cut off the stem ends of green peppers, and remove the seeds. Boil the pepper shells for about 5 minutes in lightly salted water, and drain. Mix chopped or ground cooked meat with bread crumbs,



CHICKEN! A LA VIRGINIA — Betty Davis, left, 15, Dayton, Va., demonstrates the technique she used in capturing a Blue ribbon award during the 1958 NEPCO 4-H contests at Harrisburg. Observing Betty's culinary methods in the Poultry

Foods event are Miss L. Isabel Myers, center, Penn. State Home Economist and Diane Sue Miarer, RD 1, Fremont, Ohio, who was competing as a member of her home state team.

cooked rice, or mashed potatoes, add melted fat, an onion chopped fine, and moisten with gravy, milk chili sauce, or catsup. Season to taste with salt and pepper. Stuff the peppers with this mixture, cover with fine bread crumbs, and bake in a moderate oven (about 350 degrees) for 30 minutes, or until peppers are tender and the crumbs are brown.

MEAT TIMBALLS

- 3 tablespoons fat
- 3 tablespoons flour
- 1½ cups milk
- 3 eggs
- 3 cups ground cooked lamb or veal
- Salt and pepper to taste
- 1 tablespoon chopped parsley

Make white sauce of the fat, flour, and milk. Add the well-beaten eggs, meat, and seasoning, and mix thoroughly. Pour into greased custard cups. Place the cups in a pan of hot water. Bake in a moderate oven (350 degrees) about ¾ hour, or until the mixture is firm in the center. Turn the timbales out and serve hot, with thin gravy or white sauce.

BEEF AND POTATO PUFF

- 2 tablespoons chopped onion

- 2 tablespoons chopped parsley
- 2 tablespoons fat
- 3 cups ground cooked beef
- 3 cups mashed potatoes
- 1 cup gravy or milk
- Salt and pepper
- 3 eggs

Cook the onion and parsley for a few minutes in the fat, then mix thoroughly with the meat, potatoes, and gravy or milk. Season to taste. Add the beaten egg yolks, then fold in the beaten whites.

(Continued on page nine)

HUNTERS!

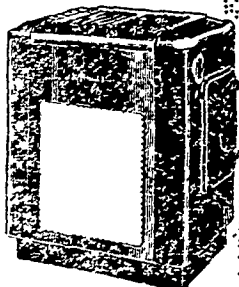
- ★ Shells
- ★ Ammunition
- ★ Hunting Licenses

GROFF'S HARDWARE

NEW HOLLAND

NO OTHER WOOD HEATER GIVES YOU

ASHLEY FEATURES



controlled thermostatically for BIG FUEL SAVINGS

ASHLEY

24 HOUR THERMOSTATIC DOWNDRAFT WOOD HEATERS See proof of claims at

KAUFFMAN'S HARDWARE

New Holland, Pa.

THE SURE ROAD TO FINANCIAL SECURITY

When you choose the path of steady saving, you are following in the financial footsteps of many successful people. This is the surest, safest road to the things in life you most desire. Write your record of progress in a Savings Pass Book of this Bank.

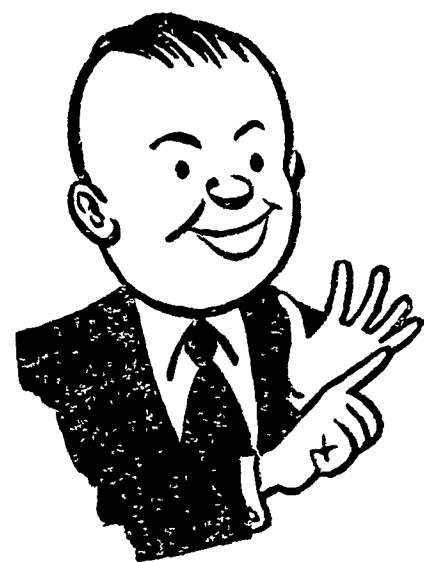
Use Our Convenient DRIVE-IN WINDOW
One-half block from Penn Square on South Queen Street.—Rear of Main Bank.

FREE PARKING
25 S. Queen St.—Swan Parking Lot—Vine & S. Queen Sts. Stoner Parking Lot—S. W. Corner Vine & Queen Sts.

Conestoga NATIONAL BANK

"Serving Lancaster from Center Square since 1889"

MILLERSVILLE BRANCH 302 N. GEORGE ST
Member Federal Deposit Insurance Corporation
Maximum Insurance \$10,000 per depositor



COUNT THE ADVANTAGES OF SAVING HERE!

We offer to everyone — insured safety for your savings, as well as a good return. Besides, our savings accounts are flexible — you may open an account with any amount and add to it whenever you wish. Why not pay us a friendly visit soon and get started saving here?

Current Dividend **3%** per Annum.

Paid On Savings
ACCOUNTS INSURED TO \$10,000

FIRST FEDERAL Savings and Loan ASSOCIATION OF LANCASTER



25 North Duke St.

Phone EX 7-2818



Gilbert H. Hartley
Treasurer
Geo. L. Diehl
Asst. Treasurer

Emlen H. Zellers
Secretary
James N. Eshenshade
Asst. Secretary