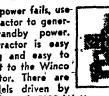
y be started in a cold pan. ly.

HOMEMADE SCRAPPLE g liquid to a boll, and ing. 1 5 m m

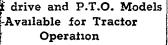


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d crisp on both sides. No stir in 1½ cups of uncooked main dish. Sliced mushrooms need be added to the fine whole-wheat cereal. add interest to other main sausage cooks in its own Cook until the mixture is dishes such as beef strogan-For convenience saucage thickened, stirring constant off, meat sauce for spaghetti

small onion chopped fine. leathery. Jse 2 pounds of fresh pork Cook for 15 minutes longer, Raw mushrooms, quartershoulder. Coolf meat slow- with salt and pepper. Pour chilled, make a novel and desnother the mixture into loaf pans lightful snack treat for par-

5 MUSHROOMS

Mushrooms are no longer

"food for the Gods" as the

ancient Romans believed. Es-

pecially in this plentiful sea-

son, we humans can enjoy

these inexpensive "luxuries"

which add excitement and

For that extra special flav-

or in stew or casserole, or as

a main dish in themselves,

mushrooms challenge the im-

agination. They're good for

you too. Mushrooms contain

valuable quantities of vita-

mins, minerals and proteins

ies to the pound.

mushrooms

Sliced frech or

flavor to nearly any dish.

Europe my

and Spanish rice. Don't over-Add the meat and one cook them or they'll turn

m'an inexpensive cut such stre frequently, and season ed through the stem, and In 1½ quaris or water un-the meat is lossed from be stand until cool and firm, ties, buffets, and TV nib. undersides which are smooth with pork, and grandmother's the meat is lossed from bones Strain off the broth brown slowly, on both sides dips such as that made of a Mushroom size is not an in-fresh apples in salad are separate meat into the in a hot try pan. If the scrap. pint of commercial sour dication of quality or matur- both colorful and tasty. They Add enough water to ple'is rich in fat, extra rat cream and a package of on- ity as mushrooms of one inch add lots of color if the skin broth to make 1 guart, will not be needed for brown- ion soup mix, or one made and three-inch diameter may is left on The skin is high of an unpeeled cucumber and be equally mature and tend- in food value too. Grated apan onion grated into 6 ounces er. However, the cap of the ples make ordinary coleslaw of cream cheese and season- mushroom is more tender something a little special too. eđ. rooms into green salads, too. rooms with short stems are apples in muffin mix, along

The ingredients are simple:

MUSHROOM SOUP

 $2\frac{1}{2}$ cups milk

1 med um-size onion, fine-

- ly chopped 1 cup cooked mushrooms
- ¹/₄ teaspoon salt
- ¹⁄₄ teaspoon celery salt
- ¼ teaspoon paprika

and there are only 66 calor. top of 11/2 quart double boil. er Add mushrooms and sea- calorie snack for all memcanned sonings; cook about 20 min- bers of the family and won't complement utes or until the onion is hurt appetites as much as green vegetables such as tender and the mushrooms sweets They are fine for peas or beans Or they may heated through. Serve piping hungry be sauted with chicken liv- hot; with a garnish of chop- from school

ers and served on rice for a ped parsley. firm and wh te; have smooth, rounded tops or caps; and

"Prompt Bail Bond Service"

LOTS

Lancaster Farming, Saturday, January 2, 1960-7



You can slice mush- than the stem, and so mush-The time honored appetiz- the choice selection. Mush- with cinnamon and nutmeg. er for a meal is mushroom rooms need only be rinsed Another idea is fried apples soup, but have you ever well under cold water and in butter and sugar. Try tried it Continental style. snipped at the stem end be- some. Melt butter in the skilfore they are ready to use let, add three or four sliced Peeling and soaking mush- apples and sprinkle with half rooms are unnecessary.

several days.

APPLES

What can you do with ap-Scald milk and onion in ples? Just about anything!

A raw apple is a fine lowyoungsters home

You can bake apples stuff-Mushrooms are fresh and ed with raisins or chopped at their best when they are dates or mince meat Or you can make apple crisp This is a layer of apples topped with flour, cninamon, brown sugar and butter and then baked in the oven

Then there's applesauce

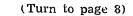
Another twist is chopped a cup of sugar and one tea-Buy enough for several spoon cinnamon. Cover and meals as you can keep fresh cook over medium heat, stirones in the refrigerator for ring often, until the apples are glazed and tender

APPLES IN STORAGE

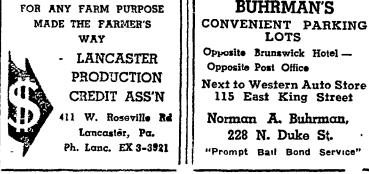
Apples held in cool storage for several months seem to keep their same flavor and cooking qualities, according to recent research.

Some apples, like the Delicious, have been known to keep well in storage but not as much was known about other apples and whether they cook as well after storing

Of the varieties tested the Delicious apple rates best as an eating apple Its smooth skin seems to give special







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SUPER SALE

LADIES' and GIRLS'

