



For the Farm Wife and Family

spoons honey, 6 crushed, fresh mint leaves and 1/2 teaspoon cinnamon. Heat until mixture is slightly thickened.

DREAMY MARMALADE

FORK SANDWICH
 3/4 cup grated cheddar cheese
 3 sandwich buns
 Butter or margarine
 1/4 cup orange marmalade
 5 eggs, separated
 1/4 teaspoon salt
 1/4 teaspoon Worcestershire sauce
 Pepper

Split and lightly toast cut surface of buns in broiler. Spread buns with butter and then with a layer of marmalade. To the egg yolks, add salt, Worcestershire sauce, and pepper. Beat until thoroughly blended. Stir in cheese. Beat egg whites until stiff. Fold whites into cheese mixture. Place buns in a 7 by 11 inch baking dish, cut side up. Spoon mixture over buns. Bake in a moderate oven (350 degrees) 20 minutes. Serve at once while hot and puffy.

SPRING VEGETABLE

When fresh asparagus comes in quantity to markets

it's a welcome sign of spring to family food-shoppers. Asparagus is one of the few fresh vegetables that still has only one season — February into June.

The early stalks usually are tenderest, thickest and juiciest. When stalks taper to pencil-thin size, growers usually stop cutting.

To prepare asparagus, remove ends of stems, if they are tough, and strip the small leaf-scales off stalks. Then wash.

An easy way to cook whole tender stalks of asparagus is to lay them flat in boiling water in a frying pan, cover the pan and boil until just tender. Allow 10 to 20 minutes. An electric skillet is convenient for this purpose. Many people like hot cooked asparagus served with a sauce—cheese sauce, or Hollandaise sauce, for example. Some like it with a little salad oil and lemon juice. Whatever sauce or seasoning is used, use just enough to enhance but not overshadow the delicate flavor of this vegetable.

TIMELY TIPS FOR BUTTER

Enjoy plentiful supplies of fresh asparagus with a savory butter sauce like this one: saute 1/4 cup slivered almonds in 1/2 cup butter (1 stick). When lightly browned, add 1/2 teaspoon salt, 2 teaspoons lemon juice and 2 tablespoons grated cucumber. Serve over hot asparagus spears.

Fresh caught fish need little flattery with garnish, but this buttery-good sauce makes a tasty complementary touch. For 3 - 4 servings: blend 1/2 cup (1 stick) softened butter with 2 tablespoons instant minced onion, 1 tablespoon prepared mustard, 1/4 teaspoon nutmeg, and 1/4 teaspoon garlic salt. Spread generously over 1 to 1 1/4 lbs. of boned fish. Wrap individual servings in heavy duty aluminum foil, sealing edges tightly. Place on grill over hot coals for 10 to 15 minutes. Open foil packages and brush melted butter onto frankfurter buns. Toast quickly on grill. Serve fish inside buttered toasted buns.

Spark the flavor of outdoor grilled hamburgers and franks with sun-kissed fruit kabobs. Thread your favorite fresh fruit chunks with canned pineapple chunks on skewers. Brush with Kabob sauce and grill over hot coals 7-10 minutes, turning frequently. Continue to brush fruit with sauce during grilling. To make sauce combine 1/4 cup (1/2 stick) butter, 1/4 cup pineapple juice, 3 table-

Worcestershire sauce. Cook mixture until thickened, stirring constantly. Cook slowly about 15 minutes longer. Cut shrimp into pieces and add to tomato sauce. Simmer uncovered about 20 minutes. While shrimp mixture is cooking, cook spaghetti in boiling salted water until tender (about 7 minutes). Drain. Serve sauce over the spaghetti. Makes 4 to 6 servings.

Here is a quick and easy dessert you might make along with your casserole in the oven.

CUSTARD BREAD PUDDING

3 eggs
 1/2 cup sugar
 1/2 teaspoon salt
 3 cups milk, scalded and cooled slightly
 2 teaspoons vanilla extract
 1 quart enriched bread cubes
 Ground cinnamon

Beat eggs slightly. Stir in sugar and salt. Add milk gradually. Add vanilla extract. Measure bread cubes and put into greased 1 1/2 quart casserole. Pour egg-milk mixture over cubes. Sprinkle cinnamon over top. Bake in slow oven (325 degrees) 50 to 55 minutes. Makes 6 servings.

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1. tablespoon Worcestershire sauce
 1 pound shrimp, cooked, shell removed and deveined
 8 ounces long spaghetti
 Melt butter or margarine in large, heavy skillet or sauce pot and add onion, green pepper and garlic and cook over low heat about 5 minutes. Stir in flour, salt, chili powder and pepper. Stir in tomatoes, water and Worces-



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Potatoes reach clear to the ceiling in this potato storage barn, as Jack Luke operates a conveyor... typical of the modern equipment used by modern potato growers.

Luke and his son, Jack, run an efficient potato growing operation in the heart of upstate New York's potato country.

Efficiency shows up all over the 150-acre farm. The white buildings were built by the Lukes using local lumber. A stand of commercially grown Christmas trees shows the effects of careful pruning, reflects the Lukes' keen interest in soil and wild-land conservation.

Luke finds time to serve as vice president of the potato section of the Vegetable Growers of America, member of the board of New York State's Fish and Wildlife Conservation Department. He is a past president of the Empire State Potato Club.

Jack, who is a skilled carpenter, is secretary of the Lancaster County Farm Bureau, and a past officer of the local school board. Fishing and hunting give father and son many happy hours of leisure.

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