

● "Punch" For June

(continued from page 14)  
or lemon sherbet

Divide apricot nectar into 4 tall glasses. Mix in a little ginger ale. Add scoop of ice cream to each glass, fill with ginger ale and stir.

**BANANA FROTH**

1 cup mashed bananas  
1 cup milk  
1 teaspoon vanilla  
1 pint sparkling water, chilled  
1 pint vanilla ice cream  
Banana slices unpeeled (optional)

Beat together banana milk and vanilla. Divide into 4 tall glasses. Mix in a little sparkling water. Add scoop of ice cream to each glass, fill with sparkling water and stir. Garnish glasses with unpeeled banana slice, if desired.

**HAWAIIAN MIST**

1 cup (8 1/2 to 9-ounce can) crushed pineapple  
1 6-ounce can frozen pineapple-lemon punch con-

centrate, thawed  
1 1/2 pints vanilla ice cream  
1 1/2 pints sparkling water, chilled

Combine pineapple and fruit punch concentrate, divide into 6 tall glasses, about 2 tablespoons per glass. Add about 1 tablespoon ice cream and a little sparkling water mix. Add scoop of ice cream to each glass, fill with sparkling water and stir.

**FRUIT PUNCH FROST**

1 cup diced fresh fruit  
1/4 cup sugar  
1/2 cup orange juice  
1/2 cup pineapple juice  
2 tablespoons lime juice  
1 tablespoon lemon juice  
1 pint vanilla ice cream  
1 pint sparkling water, chilled

Fruit kabobs  
Mix fruit and sugar. Add fruit juices. Divide fruit mixture into 4 tall glasses. Add about 1 tablespoon ice cream and a little sparkling water mix. Add scoop of ice cream to each glass. Fill with spark-

ling water and stir. Garnish with fruit kabobs.

**EVER-FAVORITE CHOCOLATE**

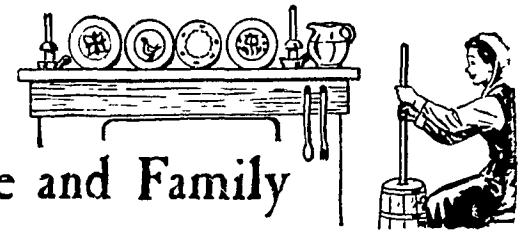
1 cup chocolate syrup  
1 cup milk  
1 pint sparkling water, chilled  
1 pint vanilla ice cream  
Divide chocolate syrup and milk into 4 tall glasses, blend. Mix in a little sparkling water. Add scoop of ice cream to each glass. Fill with sparkling water and stir.

**MAPLE MILK DRINK**

1/2 cup ice cold milk  
2 tablespoons maple syrup  
small scoop of vanilla ice cream  
Shake well and serve. Makes just enough for 1 drink.

For colorful citrus milk shakes, blend together milk and a tablespoon or two of frozen concentrate for Strawberry-Lemon punch. Serve in tall chilled glass topped with sweetened whipped cream and a sprinkle of nutmeg. Delicious served with cookies.

For the Farm Wife and Family



Ladies, Have You Heard? . . .

By Jane Thurston

Variety Meats Have Place in Family Meals

Variety meats such as liver, tongue, and kidney, give new interest and flavor to family meals. Nutritionally, variety meats are important in the diet because of the vitamins and minerals they contain. Liver is a rich source of iron, vitamin A and the B vitamins — riboflavin and niacin.

Keep in mind such interesting dishes as liver and onions, fresh beef tongue with horseradish sauce, braised veal hearts and kidney stew on rice.



About Your Favorite Biscuit Mix

Dip biscuits in melted butter and sprinkle with a cinnamon-sugar mixture before baking. Gives you quick spicy sweet rolls for breakfast, lunch or tea.

For upside-down biscuits, put a few pecans with some honey and cinnamon in the bottom of greased muffin cup. Top with biscuits and bake at 425 degrees about fifteen minutes.

Pineapple muffins make fine eating. Put a half teaspoon of melted butter mixed with one teaspoon of brown sugar in each muffin cup. Top with two teaspoons drained crushed pineapple, then biscuits. Bake fifteen minutes at 125 degrees.

To Get Child To Drink Milk  
When a child refuses to drink milk, don't make an issue of it. Try different ways of serving it.

Offer a drinking straw as a new way of drinking milk. Give the child a small pitcher of milk and let him pour his own or serve the milk in a cup or small mug instead of a glass. But be sure the cup is small enough for him to handle easily and so he'll feel he can drink the amount of milk in it.

You might offer milk in a different form. He might like the fatness of Buttermilk or the flavor of skim milk. Or he might like a change in the temperature of milk—maybe he doesn't like drinking milk because it's too cold or too warm.

Keep milk in the refrigerator so it's handy for him to reach.

Let milk be the number one choice for a between-meal snack.

This and That

Measure before buying bed linens to get good fitting sheets and pillowcases. An easy and (Continued on Page 17)

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Farm Women 10 Host Society 19

Society of Farm Women held society number 19 at a recent meeting at Kautzman's Tea Room, East Petersburg. Mrs. Elam Buckwalter conducted devotions. Mrs. Earl Stauffer, president of the guest (Continued on Page 19)



After putting their heads together, they agreed that the quick-recovery **FLAMELESS** electric water heater is best because it will . . .

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