

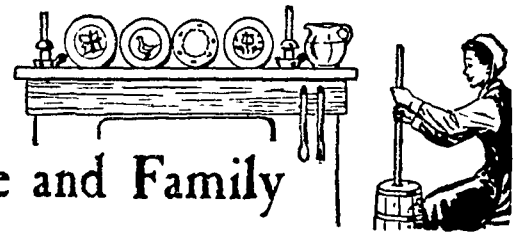
Picnic
(continued from page 14)
Dash Tabasco
8 ounces noodles
1 1-pound can cream-style corn (about 2 cups)
Combine water, ham, pimento, salt, mustard, orgeano and Tabasco in large saucepan. Heat to boiling. Add noodles gradually. Heat to boiling. Reduce heat and simmer gently 15 minutes, stirring

occasionally. Add corn and mix well. Simmer 10 minutes. Serve immediately. Makes 4 to 6 servings.
SCALLOPED CARROTS
2 cups sliced cooked carrots
1-1/2 cups thin white sauce
1/4 cup bread crumbs
1 tablespoon melted butter or margarine
To make white sauce Blend in 1-1/2 tablespoons of flour with 1-1/2 tablespoons of fat. Add 1-1/2 cups of milk. Cook 5 minutes, stirring constantly. Season to taste.

To prepare scalloped carrots Place the carrots in a baking dish. Pour white sauce over them. Mix crumbs with butter or margarine. Sprinkle the crumbs on top. If desired, sprinkle 1/4 cup grated cheese over the vegetables before adding the crumbs. Bake at 400 degrees (hot oven) 20 minutes or until brown. Serves 4.

BLACK FOREST CAKE
1-1/2 cups sifted enriched flour
3/4 cup sugar
1-1/2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup shortening
1/2 cup milk
1/4 teaspoon vanilla
1 egg
Chocolate Cream Filling
1/2 cup raspberry jam
Few drops red food coloring (optional)

Sift together flour, sugar, baking powder and salt into large bowl of electric mixer. Add shortening. Combine milk and vanilla and add about 1/2 cup of this liquid mixture to flour. Mix to blend. Beat 2 minutes at medium speed of electric mixer or 300 strokes by hand. Add remaining liquid and egg. Mix to blend. Beat 2 minutes longer or 300 strokes by (Continued on Page 16)



For the Farm Wife and Family
Ladies, Have You Heard? . . .

By Jane Thurston

Eating Patterns of Migrant Families
Migrant farm workers and their families don't eat enough of the protective foods. Studies of diet patterns showed that diets of migrant families were most often low in milk, eggs, green and yellow vegetables, fruits and potatoes. This means that their diets were low in vitamin A, vitamin C, and riboflavin — one of the B vitamins.



THURSTON

Migrant families ate meat and legumes, such as beans and peas, but they ate more than the recommended amounts of sweets, fats, and starches.

Reports of health examinations showed that many members of families whose diets were considered low in protective foods showed evidence of underweight, rickets, and nutritional anemia along with other health problems.

Start the Day With a Good Breakfast

With an adequate morning meal everyone has a better chance to do a day's work well . . . and that goes for children, teenagers and adults.

Does breakfast provide fuel for body energy and does the food taste good? If the answer to these questions is "yes" your meal is what it should be.

About Eggs

The good breakfast rule is easy to follow . . . just plan to have one-fourth to one-third of the day's food needs at this first meal of the day. And be sure to include a good source of protein, such as eggs, meat or milk.

Eggs rate high in the kind of protein they provide . . . right along with the other top protein foods — meat, milk, cheese and fish.

Protein in eggs is complete, that is protein contains all the amino acids needed for building and repairing body tissues.

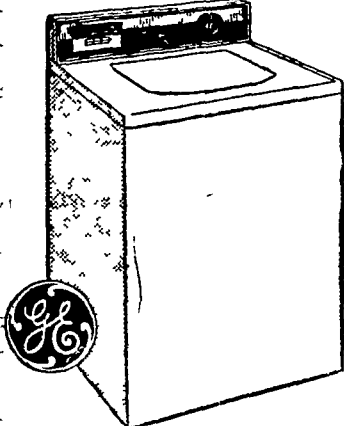
How do you know if your breakfast is the right kind? Here's an easy test, does it

Eggs also contain valuable vitamins including vitamin A, (Continued on Page 16)

SUPER Self Service SHOES
220 W. King St.
Lanc. Co.'s Largest Shoe Store
All 1st Quality Super Low Prices

L. H. BRUBAKER'S Mid-Summer Appliance Buys
General Electric
12 LB. CAPACITY
FILTER-FLO
AUTOMATIC WASHER
Choice of Three Load Selections
Choice of Three Water Temps.
\$188
With Trade

BY ANY MEASUREMENT
THERE IS NOTHING "JUST AS GOOD AS"
GENERAL ELECTRIC



11.8 CU. FT. GENERAL ELECTRIC
REFRIGERATOR
With Big Cross Top Freezer
Big Full Width Porcelain Vegetable Bins
Square Design For the Built-In Look
Free 5 Year Sealed Unit Warranty
Deluxe Inside and Out.
\$198
With Trade

CLOSING OUT!
OUR ENTIRE STOCK OF 1962
Room Air Conditioners
STILL A GOOD SELECTION.
SAVE \$50 to \$100 OR MORE!



ZARTMAN'S ROLLER MILLS
E. F. ZARTMAN, PROP.
Buyer Of Milling Wheat and Grain Storage
LITITZ, R. D. 1 Ph. MA 6-2296

HERR'S BULK BIN SERVICE
BUILDERS OF FEED and Grain Bins
ALL SIZES TO FIT EVERY NEED
GORDONVILLE, PA. Ph. SO 8-3931

YOUR CHOICE!
G.E. CHEST FREEZER
\$199
Holds over 425 lbs.
G.E. UPRIGHT FREEZER
\$199
Holds over 425 lbs.

CLOSING OUT!
OUR ENTIRE STOCK OF 1962
Room Air Conditioners
STILL A GOOD SELECTION.
SAVE \$50 to \$100 OR MORE!

L. H. BRUBAKER
350 Strasburg Pike - Lancaster
Phone Lancaster EX 7-5179
Strasburg OV 7-6002 — Lititz MA 6-7766

OPEN MON. AND FRI. NIGHTS TILL 9:00

Modern Sowing Service of Limestone & Fertilizer
Free soil testing. Over 10 years experience.
Guaranteed work.
CALL
Stanley S. Hoffer
PARADISE PA. — Strasburg OV 7-6860