

For the Farm Wife and Family



Fresh Oranges Are Nutritious

By Mrs. Richard C. Spence

The nutritive value of an orange comes from many substances from large amounts of some, smaller amounts of other and from the interrelationships of some nutrients which make each one more valuable because of others. Oranges provide vitamin C many members of the group of B vitamins, vitamin A, minerals and fruit acids, carbohydrates, and protein. Fresh whole oranges and orange juice are a palatable and refreshing source of fluid. Consisting of more than 85 percent water, both the whole orange and the juice serve as pleasant nourishing sources of fluid which is one of man's most important nutrients.

Remember to put a whole orange in that lunch box you pack — two's even better — one for lunch, one for a between-times snack. Fresh whole oranges are tops for nutrition and refreshment. To make the lunch box orange easier to peel, score the peel with a sharp knife in four or six places almost but not quite through to the bottom. Then the peel can be slipped off easily. Wrap in foil or transparent wrap.

ORANGE

CHEESE-NUT SALAD

- 1 3-ounce package cream cheese
- 1/4 cup chunk-style peanut butter
- 2 quarts mixed salad greens

- 1 to 2 tablespoons soy sauce
- 3 tablespoons white wine vinegar
- 4 tablespoons salad oil
- 1 to 2 teaspoons toasted powdered onion
- 4 oranges, peeled, cut into bite-size pieces (2 cups)
- 1/2 cup silvered green pepper
- 1 cup sliced celery

Blend softened cream cheese and peanut butter, roll into small balls, about the size of a marble. Chill. Combine soy sauce, vinegar, oil and instant onion, blending well. In salad bowl mix orange pieces, green pepper, celery and salad greens. Pour dressing over salad, sprinkle with cheese-nut balls. Serve at once. 6 to 8 servings.

CUCUMBERS AND ORANGES IN SOUR CREAM

- 1 cup dairy sour cream

- 1 tablespoon finely chopped fresh mint, or 1/2 tablespoon crushed dried mint leaves
- 1 small clove garlic, crushed
- 1/2 teaspoon salt
- 3 oranges, peeled, cut into chunks
- 1 cucumber, peeled, sliced thin
- Salad greens

Blend sour cream, mint, garlic and salt. Stir into orange pieces and sliced cucumber. Chill for several hours. Serve on salad greens.

ORANGE-HAM SALAD CUPS

- 1 1/2 cups cubed cooked ham
- 1 cup sliced celery
- 3 oranges, peeled, cut into bite-size pieces (1-1/2 cups)
- 2 to 3 tablespoons sweet pickle relish or chopped sweet pickle
- 1 teaspoon prepared mustard
- 1/2 cup mayonnaise
- Salt and pepper
- 2 tablespoons sliced almonds, toasted
- Lettuce cups

Combine celery and oranges. Blend pickle relish, mustard and mayonnaise. Stir lightly into ham mixture. Salt and pepper to taste. Serve in lettuce cups, sprinkle with toasted almonds. 4 to 5 servings.

GLAZED FRESH

ORANGE CHEESE PIE

- 1 3-ounce package cream cheese
- 1 tablespoon milk or light cream
- 1 9-inch baked pie shell
- 2 cups water
- 2 tablespoons cornstarch

- 3/4 cup sugar
- 1 3-ounce package apple-flavored gelatin
- 4 oranges, peeled, cut into bite-size pieces (2 cups)
- 3 tablespoons sugar
- Whipped cream

Blend softened cream cheese and milk. Spread evenly over bottom and sides of baked pie shell. Chill. Sweeten orange pieces with 3 tablespoons sugar, let stand 15-20 minutes. Combine water, cornstarch and 3/4 cups sugar in saucepan, bring to boil and cook, stirring over low heat until thickened, about 10 minutes. Stir in apple gelatin until dissolved. Cool. Drain juice from oranges and combine the juice with the gelatin mixture. Arrange orange pieces over the cheese layer, pour gelatin mixture over oranges. Chill until set. Serve with whipped cream.

ORANGE QUEEN PIE

- 2 oranges, peeled, cut into bite-size pieces (1 cup)
- 2 tablespoon sugar
- 1 envelope unflavored gelatine
- 1/4 cup cold water
- 3/4 cup sugar
- 2 egg yolks, beaten
- 1/4 teaspoon salt
- 3/4 cup fresh orange juice
- 2 egg whites
- 1 cup heavy cream, whipped

- 1 9-inch baked pie shell
- 1 orange, peeled, sliced into cartwheels

Sweeten 1 cup orange pieces with 2 tablespoons sugar. In top part of double boiler, combine gelatine, cold water, 3/4 cup sugar, egg yolks, salt and orange juice, cook over boiling water 10 minutes, stirring occasionally. Remove from heat, cool slightly. Add sweetened oranges with their juice. Beat egg whites until they hold firm peaks, fold into the gelatine mixture. Fold in half the whipped cream. Spoon into baked pie shell. Garnish with remaining whipped cream and orange cartwheels cut in halves. Chill until set.

ORANGE SOUR CREAM SPICE CAKES

- 1/2 cup butter or margarine
- 1 cup sugar
- 2 eggs
- 1 cup dairy sour cream
- 1 teaspoon soda
- 1 cup ground raisins
- 1 orange, unpeeled, ground
- 2 1/2 cups sifted cake flour
- 1/2 teaspoon cinnamon
- 1/8 teaspoon cloves
- 1/8 teaspoon mace or nutmeg

Confectioners' sugar. Cream together butter and sugar. Beat in eggs one at a time until light and fluffy. Gradually add sour cream, soda, raisins, and ground orange. (Continued on Page 15)

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

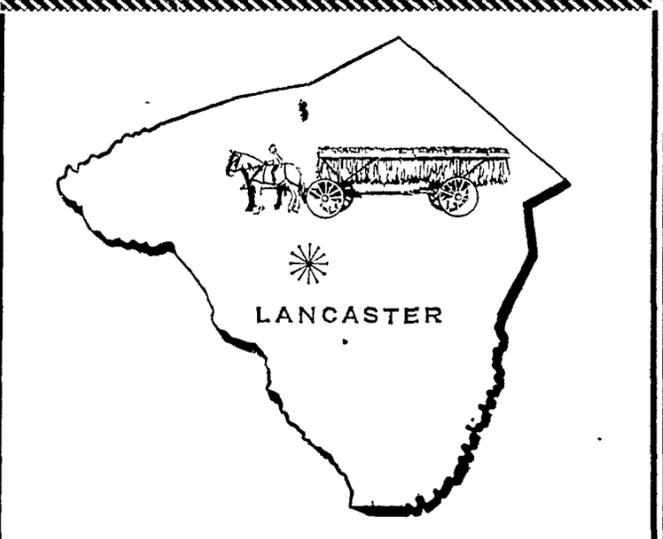
MAKE MAJOR FARM IMPROVEMENTS

Take up to 35 YEARS to repay

Your Federal Land Bank Association specializes in making long term farm mortgage loans for both full time and part-time farmers. It assures you of low Land Bank interest rates for up to 35 years. Every repayment made reduces both the principal and the amount of interest. Payments are regulated to the capacity of each individual operation.

FARM CREDIT OFFICE
411 W. Rossville Rd.
Lancaster
393-3921

FARM CREDIT
FEDERAL LAND BANK AND PRODUCTION CREDIT LOANS



YOU ARE WELCOME At THE LANCASTER COUNTY NATIONAL BANK

Where there is a special department for your every need — be it

- A Savings Account
- A Checking Account
- A Safe Deposit Box
- A Trust Service
- A Loan

or

Advice on your Farm Problems

REMEMBER: MR. STANLEY MUSSELMAN, Manager of our Agricultural Department, is anxious to talk with you

- 7 Convenient Offices
LANCASTER

- 9 East King Street (temporary address)
- 138 North Queen Street (Drive-in Window)
- Prince and James Streets (Drive-in Window)
- 1643 Lincoln Hwy. East

MOUNT JOY

One West Main Street (Drive-in Window)

- QUARRYVILLE FLORIN
- State and Church Streets 801 Main Street

Established 1841

Member Federal Deposit Insurance Corporation

IS YOUR WATER SAFE TO DRINK?

Uncertainty represents an unnecessary health hazard. Have an approved bacteriological and/or chemical analysis performed at

LANCASTER LABORATORIES, INC.
2425 NEW HOLLAND PIKE, LANCASTER, PA.
Phone Leola OL 6-9043

FREE — FREE — FREE

TRACKLESS TRAIN RIDE
Each Sunday — 1 to 5 P.M.
To all who are in Grove
1 mile long through wooded area and river
Famous Blue Rocks on Route 143, 2 miles north of Lenhartsville
See wonders in wood Museum
Grove open for Camping, Picnicing, Hiking, Reunions
Clambakes at Group Rates
March 15 to November 30

SAVE up to 50% on FUEL
WITH SIEGLER'S EXCLUSIVE PATENTED
TWO-IN-ONE HEATMAKER!

Look at these exclusive
SIEGLER features

- Two-in-One Heatmaker
- Saves up to 50% in fuel
- Sieglermatic Draft ends soot and smoke
- 5 lent-floating super quiet motor mount
- Lifelime porcelain enamel finish
- 6-way directional Tropical Floor Heat
- Cast iron construction
- Kleen-Fire burner, cleans as it heats
- Summer cooling at the turn of a switch

Sieglers

PATENTED AUTOMATIC OIL HEATERS

L. H. BRUBAKER
350 Strasburg Pike - Lancaster — R. D. 3, Lititz
Phone Lancaster EX 7-5179
Strasburg OV 7-6002 — Lititz MA 6-7766

MONEY BACK GUARANTEE