

**For The Farm Wife**  
(Continued from Page 8)

Mrs. Alma Z. Martin, R. D. 2, Ephrata, sends us her recipe for Brown Sugar Sand Tarts—she says it is a long time favorite with a much better taste than the regular ones using white sugar.

**BROWN SUGAR SAND TARTS**

Mrs. Alma Z. Martin  
R. D. 2, Ephrata, Pa.  
1 cup butter  
2 cups brown sugar  
3 eggs  
4 tablespoons sweet milk  
2 teaspoons baking powder  
2 teaspoons cinnamon  
flour  
Cream butter; add brown sugar and eggs. Then add milk. Add baking powder and cinnamon to the flour and

sift. Use enough flour to roll out—not too stiff. Chill. Roll. Cut in desired shapes. Beat an egg yolk and wash on top. Sprinkle with nuts and bake.

We are grateful also to Mrs. Lester Faus, R. D. 2, Manheim, for sending us her recipe for sand tarts made with brown sugar.

**SAND TARTS**

Mrs. Lester Faus  
R. D. 2, Manheim, Pa.  
1/2 cup butter or margarine  
3/4 cup light brown sugar  
1 egg  
2 cups sifted flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1 teaspoon cinnamon  
3 tablespoons granulated sugar  
Make in roll and place in

refrigerator. Cut thin when chilled and bake at 350 degrees for 15 minutes.

**DIVINITY DROPS**

2 cups corn flakes OR 1/2 cup packaged corn flake crumbs  
1/2 cup cut pitted dates  
1/2 cup chopped pecans  
1/2 cup flaked coconut  
2 egg whites  
1/2 teaspoon salt  
1/2 teaspoon cream of tartar  
1/4 teaspoon almond flavoring  
1/2 teaspoon vanilla flavoring  
1/2 cup brown sugar, firmly packed

If using corn flakes, crush into fine crumbs. Combine crumbs with dates, pecans and coconut. Beat egg whites until frothy. Add salt, cream of tartar and flavorings. Beat until soft peaks form. Add sugar gradually, beating until stiff  
(Continued on Page 10)

**For the Farm Wife and Family**

**Ladies, Have You Heard? . . .**

By: Jane Thurston, Extension Home Economist  
Check Your Posture

Correct posture is fundamental to your attractive appearance. All physically normal persons can achieve the grace of posture and movement that is both healthful and becoming.

How's your posture? Here's a way to find out . . . stand before a full-length mirror so you can study yourself. Take a side view and a head to toe view. Notice whether you stand with your head held high and your chest raised as if you're taking a deep breath. Check to see if your hips are tucked in and your tummy is flat. See if your shoulders are relaxed and held back and that your toes point straight ahead.



THURSTON

It's easy enough to assume a group plan of daily recommended standing position when you concentrate on it. But practice good posture every day and soon it will become a habit.

Correct posture helps the organs in your body to function properly and gives you a more attractive appearance.

**Lighting Essentials**

When buying a lamp, notice the choices you have in diffusing bowls. There is the Certified Lamp Makers glass diffuser; the bowl shaped glass diffuser; the R-40 white indirect bulb that serves as a bulb and diffuser all in one, and the plastic diffusing disc that is used in lamps with multiple sockets with hollow depth shades.

Why a diffusing bowl? A diffusing bowl softens and directs the light rays and protects a person from looking directly into the light bulb. A diffusing bowl on a lamp helps distribute light more effectively in all directions.

When necessary, replace the diffusing bowl with exactly the same size and style as the original bowl.

**When Planning Meals**

Are you planning your meals according to the four food

group plan of daily recommended nutritive amounts?

Have you included a combination of both milk and strong flavored foods?

Are you including foods of different sizes and shapes and textures?

Do the foods go well together?

Will the whole meal have color and eye appeal when you serve it? If there are less colorful foods, can you add a colorful garnish to brighten them?

Are you planning some foods that you can prepare ahead of time as well as those with last-minute preparation?

**About Buying Sheets**

It's desirable to have six sheets for each bed.

Buy the standard size width sheet for the mattress. When measuring the length of mattress, also measure its thickness, then add five inches for a tuck-in.

Buy the standard size width for the type of bed. If you're buying contour sheets, buy the kind of innerpring mattress or foam mattress.

Check labels for thread count, torn size, weight, and shrinkage.

**No Other Protein Need When You Feed**



**SPECIAL TANVILAC**

Feeders Say . . .  
"The Most Economical Feeding Plan of All"

No trouble with scours or cattle going off feed. You'll be more than satisfied with our feeding program for you'll get healthy stock, quick gains at low cost. Remember, there's a FEED LOT PROVEN TANVILAC CULTURE PRODUCT FOR EVERY FARM-FEEDING PURPOSE.

USE ONLY 1/2 LB. SPECIAL TANVILAC PER HEAD PER DAY WITH GRAIN AND FORAGE — GET BIGGER PROFITS

FOR MORE PROFITS—MAIL COUPON  
THE TANVILAC COMPANY, INC.  
6th & Corning Aves., Box 96, Highland Park Station, Des Moines 13, Iowa  
Please Send Me Additional Information about Special Tanvilac.  
I have \_\_\_\_\_ Cattle  
NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_



**BURNS CLEANER!**

No smoke or odor with Texaco Fuel Chief Heating Oil. Contains Additive A-200, protects against rust and deposits.

**GARBER OIL CO.**

MOUNT JOY, PA.  
Ph. 653-2021  
105 Fairview St.

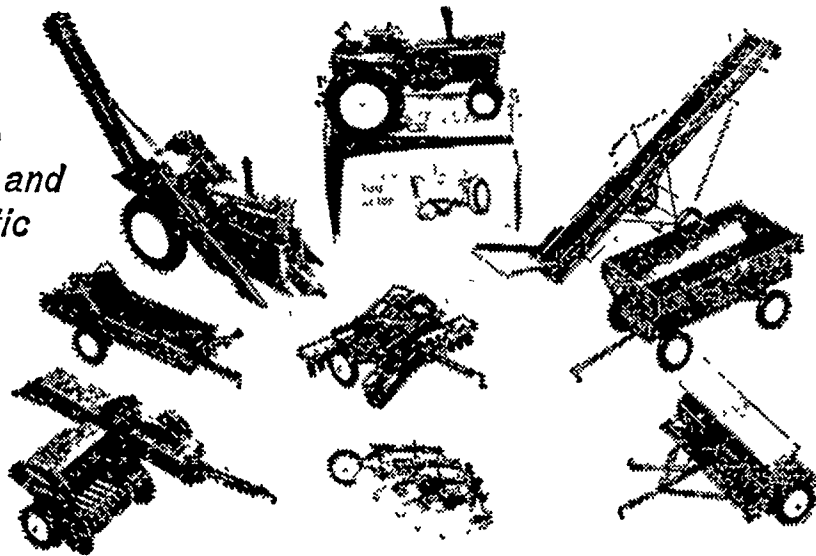
**C. O. NOLT**

LOCAL DISTRIBUTOR

BERD-IN-HAND

Phone-Lanc. 397-0751

They're rugged and authentic



Give your youngsters more year round fun with John Deere toys

The living room, sandbox, or back yard—wherever youngsters play—becomes a true-to-life farm with John Deere Toys at play. Their realism makes fun come naturally.

The sturdy tractor hooks up to a line of equipment that'll handle big jobs like baling, plowing, disking, corn picking, and other important farm work for years to come. These toys are made for having fun—made to last.

Stop in at our store today. Let us equip your youngster for the "farming business," too!

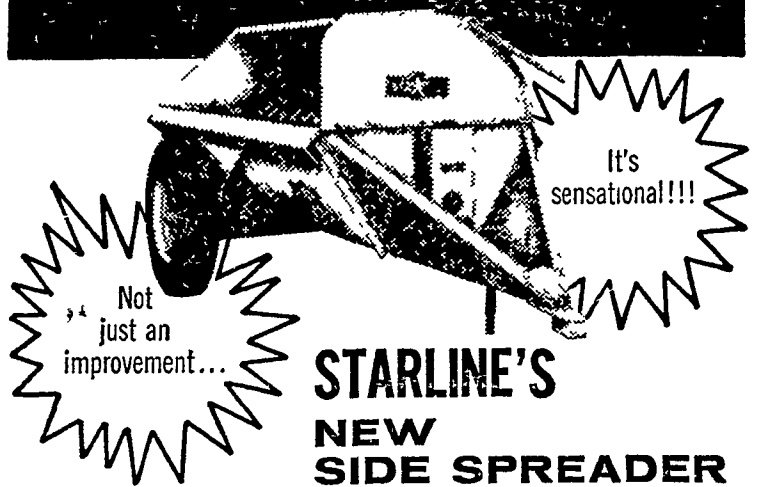
See the entire line at our store

**LANDIS BROS., INC.**

Manheim Pike

Lanc. 393-3906

**A WHOLE NEW CONCEPT IN MANURE HANDLING!**



Not just an improvement...

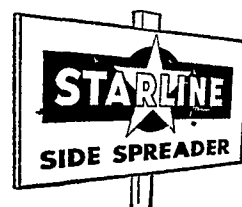
It's sensational!!!

**STARLINE'S NEW SIDE SPREADER**

An entirely new method spreads liquids, frozen manure, or in any condition in between. It does the job perfectly—in a controlled, wide, even pattern. And it's so amazingly simple, there's never a maintenance problem.

Come in or call for a demonstration today.

YOUR STARLINE DEALER



**L. H. BRUBAKER**

350 Strasburg Pike - Lancaster — R. D. 3 Lititz

Phone Lancaster 397-5179

Strasburg 687-6002 — Lititz 626-7766