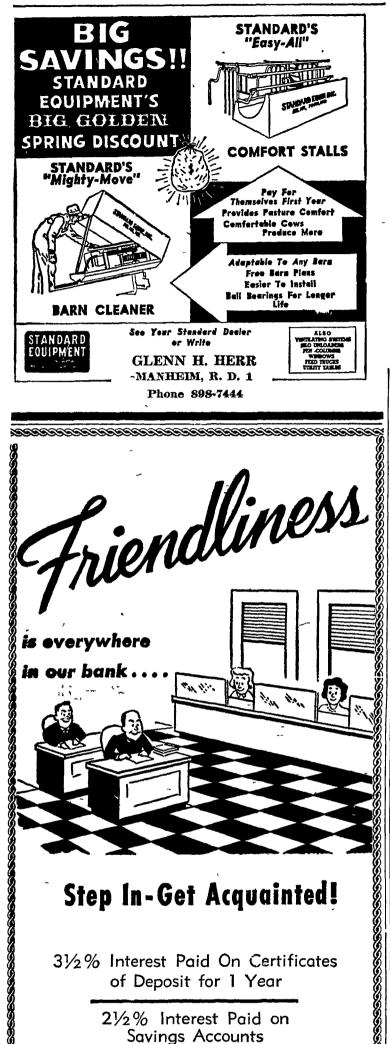
16—Lancaster Farming, Saturday, March 23, 1963

Lancaster Farming Ads Pay !



Have You Heard?

(continued from page 15) a carried lunch.

Good To Know Anytime A storage temperature of When You Need New Draperics zero or lower is needed to keep

It costs 22 cents for a four canned pineapple; 26 cents for the same amount fresh; and to hang smoothly and evenly. frozen.

ount of meat you'll get from ing. it. One-fourth of the carcass will give you steaks; another fourth, roasts; and one-fourth, called a club steak, sirloin stground beef and stew meat. eak, sirloin strip steak, or Del-The final fourth is waste, such monico steak, depending on as bones and fat.

For a zippy bean salad, mar- in. More and more new names inate canned green beans over- and cuts are appearing on meat night in French dressing onion rings, and a dash of sweet ways to sell more meat. basil and dill. Serve in lettuce cups and garnis with sour cr-

eam and pimiento strips.

ds to chicken gravy just before For example, in England, whrients most likely to be low in serving. The nuts give a distin- eat is called corn; in other ctive flavor and texture to the countries barley and oats are gravy.

the best quality in frozen foods. own draperies, here are several ways to give them longer turies ago. The United States and one-third ounce serving of life. If using cotton, choose a is the world's biggest producer washable fabric heavy enough of barley. 32 cents for the same amount When using a print fabric, choose a pattern that you can If you're thinking of buying hang from top or bottom. Then a beef carcass to package for you can reverse the draperies the freezer or locker plant, after each laundering and rehere's a quick guide to the am- duce the chance of sun-streak-

This 'an That

The same cut of beef may be what part of the country you're

counters as retailers look for

Corn doesn't always mean corn. The word is used in some

countries to mean the major ... Add toasted slivered almon- cereal crop grown in the area. called corn.

Barley is one of the oldest If you plan to make your grains - believed to have been grown in Egypt seventy cen-

Hard Floor Covering

Marble, one of the harder, inorganic floor coverings, is an ancient and luxurious floor material, point out Penn State extension home management specialists. Chips of marble are used with cement to make terrazzo. Both marble and terrazzo floors take long and hard use.

A 3½ ounce serving of cooked meat will provide 40 percent of the daily required protein intake of a grown man (and a higher percentage for women) while supplying only 8 percent of the daily calorie intake.



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