

● Have You Heard?
(continued from page 15)

Heat canned green beans in their liquid with thinly sliced celery until celery is tender. Drain and season with butter or margarine, salt, and a dash of lemon juice. Serve hot. Use the liquid in soup or gravy.

Chill canned peaches, either slices or halves. At serving time, drain off part of the syrup and add carbonated lemon-lime beverage. Plain cookies or toasted pound cake slices are a good go-along.

To get just a few drops or even a teaspoonful of lemon juice, you don't have to cut a lemon. Simply warm the lemon to room temperature and jab a fork in it. Then you can squeeze out as much juice as you need and store the lemon, without drying out, until you need it again.

Good To Know Anytime

Some carpet colors show soiling less readily than others. Blues show soiling the least. Other colors that conceal soil are the medium or deeper shades of green, greenish blue, violet, brown, beige, gray, and muted or deep reds.

The new fitted cotton percale sheets with stretch corners

ers simplify bedmaking and are economical in the long run. The sheets last longer because there's less wear and tear, no tugging or straining to slip the fourth corner over the mattress.

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Denim Look Cotton Knits

You'll find cotton knit with the look of denim in children's sportswear this spring. The fabric has the rugged appearance of denim and the soft finish of cotton knit. That's why it is a desirable fabric for sturdy, comfortable, and washable children's wear.

Good To Know Anytime

Give yourself a lift — eat almonds out-of-hand. Almonds are notable energy-boosters, they contain B vitamins, calcium, iron, and protein. It's a good idea to tuck some of the crisp nuts into lunch boxes and have some handy for quick-energy snacks.

Milk is an essential food at

all ages. Milk is not just for children. Milk is needed at every age throughout life for keeping bones and teeth in good condition and for normal functioning of nerves and muscles, including action of the heart.

For a quick nourishing and glamorous luncheon main dish, arrange hot canned or frozen asparagus spears on buttered toast. Top with a creamy smooth cheese sauce.

Fresh or frozen pineapple must be boiled 2 minutes before you combine it with gelatin otherwise the mixture won't gel.

More and more dairies are using milk cartons coated with plastic which doesn't flake off or stain refrigerator shelves and which is durable.

County Society Of Farm Women Plan A Picnic

A county-wide family picnic has been planned by the executive committee of Lancaster County Society of Farm Women.

Mrs. Frank Hodecker of Society 10 was named chairman for the affair to be held in July. She will be assisted by Mrs. Robert Hocking of Society 12 and Mrs. Irvin Brown, Society 13.

The schedule for providing treats for the guests at the Lancaster County Home was set up for the next three months as follows: April, Societies 21 and 22, May, Societies 23

and 24, and June, Societies 1 and 2.

The executive committee met at the home of Mrs. Gilbert J. Paul, Stevens R1, a member of Society 3. Co-hostess was Mrs. Abram M. Bollinger of Society 1. Devotions were led by Mrs. Robert Zink of Society 5.

Thirty farm women will serve as waitresses at the Heart Haven Bazaar on Tuesday, April 30.

Mrs. Carl Diller, Refton, member of Society 22, will be hostess to a meeting on Tuesday, June 4, at 1:30 p.m. Mrs. Richard Jackson, Society 21, will be co-hostess.

Religion and psychiatry have come a long way toward resolving basic difficulties, and you and your family will reap the benefits.

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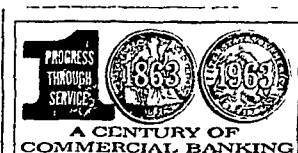
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