(Continued from Page 15) nts as meat It's a good source Hold Party amounts of iron and the B viof protein, and contains small For Husbands tamins, thiamine and riboflavin. Fish also contains iodine, healthy functioning of the thy- 22 at a progressive party rec- were special guests. sive than red meats

develop its flavor Whether you for appetizer and salad! Mrs. ren.' hoil, bake, broil, or fry fish, Carl Diller, Refton, for the cook it just long enough to main course, and Mrs. Donald touch it with a fork. Overcook- sert. ing often makes fish dry and tough.

with a green leafy vegetable, Hall. A Mother and Daughter can provide an easy-to-prepare Banquet will be held. meal that's tasty and elegant. To prepare, wash and dry the fish Sprinkle inside and out with salt Fill body cavity of fish loosely with stuffing Sew the opening with needle and cord or close with skewers Place fish in greased pan, brush with flat Bake at 350 degrees, allowing 10 to 15 minutes cooking time for each pound of fish If fish is lean, such as cod, baste it with fat during cooking, or lay bacon over top Serve piping hot.

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• Have You Heard? Farm Women 22

roid gland Yet, pound for ently Fifty two persons attendin several homes

held Tuesday, May, 14, at 6:30 mond Hess, Landisville. Her Baked stuffed fish, served pm at the West Willow Fire topic will be "A Trip To The

Farm Women 5 Host Husbands

vear ago and were also the low- ocks were 40 percent less than

Husbands of members were guests of Farm Women Society 5 at a dinner meeting recently at the Plain and Fancy Farm. Husbands of members were Mrs. Kenneth Eshleman, couna mineral that's needed for the guests of Farm Women Society ty president, and her husband

The Reverend Albert Brinkpound, fish is often less expen- ed the meal which was served er, pastor of the United Church of Christ, Penryn, was speaker. Because it is tender, fish Mrs. Wilmer Andrews, 2077 His subject was "The Home needs only enough cooking to Mill Stream Rd, was hostess and Family Influence of Child-

Mrs. Clyde Hottenstein will have it flake easily when you Kepner, New Danville, for des- speak at the next meeting on Saturday, May 25, at 1:30 p. The next meeting will be m. in the home of Mrs. Ray-World's Fair."





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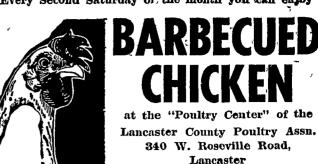
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