

● Have You Heard?

(Continued from Page 15)
 nts as meat It's a good source amounts of iron and the B vi- of protein, and contains small tamins, thiamine and ribofla- vin. Fish also contains iodine, a mineral that's needed for the healthy functioning of the thy- roid gland Yet, pound for pound, fish is often less expen- sive than red meats

Because it is tender, fish needs only enough cooking to develop its flavor Whether you boil, bake, broil, or fry fish, cook it just long enough to have it flake easily when you touch it with a fork. Overcook- ing often makes fish dry and tough.

Baked stuffed fish, served with a green leafy vegetable, can provide an easy-to-prepare 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 fat 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.

If at first you don't suc- ceed — you have lots of com- pany

Farm Women 22 Hold Party For Husbands

Husbands of members were guests of Farm Women Society 22 at a progressive party recently Fifty two persons attend- ed the meal which was served in several homes

Mrs. Walmer Andrews, 2077 Mill Stream Rd., was hostess for appetizer and salad Mrs. Carl Diller, Refton, for the main course, and Mrs. Donald Kepner, New Danville, for des- sert.

The next meeting will be held Tuesday, May 14, at 6:30 pm at the West Willow Fire Hall. A Mother and Daughter Banquet will be held.

Husbands of members were guests of Farm Women Society 5 at a dinner meeting recently at the Plain and Fancy Farm. Mrs. Kenneth Eshleman, coun- ty president, and her husband were special guests.

The Reverend Albert Brink- er, pastor of the United Church of Christ, Penryn, was speaker. His subject was "The Home and Family Influence of Child- ren."

Mrs. Clyde Hottenstein will speak at the next meeting on Saturday, May 25, at 1:30 p. m. in the home of Mrs. Ray- mond Hess, Landisville. Her topic will be "A Trip To The World's Fair."

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