

● For The Farm Wife

(Continued from Page 14)

Softening gelatin in 1/2 cup tomato juice. In a saucepan bring 3 cups tomato juice to a boil; add salt, sugar, lemon juice, onion and gelatin; stir until gelatin is dissolved. Cool to room temperature; pour over Cheese Layer. Chill until firm. When ready to serve, unmold on salad greens; fill center with marinated vegetables.

NOTE: To marinate vegetables, toss chilled green beans and peas in Italian-style dressing.

APPLE-VEGETABLE SALAD WITH CREAMY FRENCH DRESSING

- 1 1/2 cups sliced (1 inch pieces) celery
- 2 medium tomatoes, cut into 1 inch pieces
- 1/4 cup clear French dressing
- 2 medium apples, cut into 1 inch pieces

- Lemon or orange juice
- 1 1/2 cups cottage cheese
- 3 tablespoons French dressing
- Romaine or leaf lettuce
- Head lettuce

Using 2 tablespoons French dressing for each, separately marinate celery and tomatoes for at least 1 hour. Sprinkle apples with lemon or orange juice to prevent darkening, chill. Meanwhile, in blender or mixer beat cottage cheese with 3 tablespoons French dressing until smooth. To serve, drain and arrange celery, tomatoes and apples on platter separated by Romaine leaves and wedges of head lettuce. Place creamy French Dressing in center of platter, or pass separately.

HAM-PINEAPPLE SALAD

- 6-ounce package sliced cooked ham
- 1 tablespoon French Dressing

- 1 cup chopped celery
- 1/2 cup drained pineapple tidbits
- 1/4 cup chopped pecans
- 1/4 cup salad dressing
- 1/4 teaspoon marjoram
- 2 teaspoons pineapple juice
- Lettuce

Cut cooked ham into 1/4 inch squares. Pour French dressing over ham. Mix thoroughly so each piece is coated. Let stand in refrigerator 1 hour. Add celery, pineapple and pecans. Stir together. Combine salad dressing, marjoram and pineapple juice. Mix in lightly. Serve on crisp lettuce.

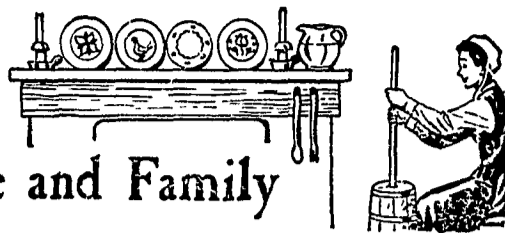
If you like cottage cheese with fruit, you might like this Frozen Fruit Salad. It's a breeze to make.

FROZEN FRUIT SALAD

- 1 cup small curd cottage cheese
- 1/4 teaspoon salt
- 1 cup (13 1/2 ounce can) pineapple tidbits, drained
- 1 cup (1 pound can) pitted Royal Anne cherries, drained
- 1 cup (1 pound can) sliced cling peaches, drained and cut up
- 2 bananas, sliced
- 1/2 cup chopped walnuts

(Continued on Page 16)

For the Farm Wife and Family



Ladies, Have You Heard? . . .

By: Jane Thurston, Extension Home Economist

Clean Upholstery Fabrics Wear Longer

Frequent light cleaning is recommended for upholstered furniture. Cleaning often is easier than occasional intensive cleaning, and will usually give better results. Upholstery fabrics look fresher and last longer if soil doesn't collect and become deeply embedded in the fabric.

Dust and dirt are completely removed with a vacuum cleaner and a special attachment for surfaces and crevices. Other types of cleaning tools may only move dirt from the furniture to another part of the room.

You can usually clean the entire body

of the furniture piece with the vacuum cleaner, giving special attention to seams and crevices. Down-filled cushions may be cleaned with the vacuum cleaner if the cushions are lined with downproof ticking. If ticking is not downproof, use a damp cloth. When general cleaning of

the upholstery fabric is needed, the fabric will determine the type of cleaning product to use. A synthetic detergent mixed with warm water and whipped to a foam may be used satisfactorily on many fabrics.

Commercial upholstery cleaning agents are available for surface cleaning. Read the labels on these products carefully and choose the product for the fabric to be cleaned. Test the cleaning compound on a small, inconspicuous area of the fabric before using on the entire surface.

Food Groups Are Best Guide To Balanced Diet

Food fads come and go, but the four food groups are still the best guide for a healthful, balanced diet for everyone.

Foods from each of the four food groups are needed every day to supply the many different nutrients essential to good health. These nutrients include protein for growth and for repair of body tissues, minerals, vitamins, fat and carbohydrate for normal body functions.

Each day's meals should include for everyone two to four glasses of milk; two servings of meat, fish or eggs; four servings of fruits and vegetables; and four servings of bread and cereals.

Cheese or ice cream may be substituted for some of the milk, and milk used in casseroles, puddings, and creamed vegetables can count toward meeting the day's quota.

The meat group includes liver, heart, kidneys, poultry, eggs, fish and shellfish, beef, pork, lamb, and veal. Dry

(Continued on Page 16)

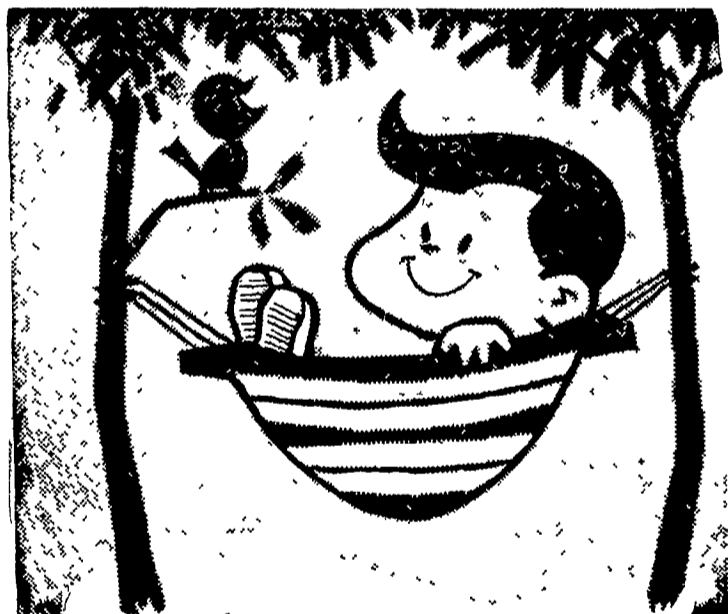


THURSTON

NEW HOLLAND Bargain Days

THURS. - FRI. - SAT.

JULY 18 - 19 - 20



RELAX

... OPEN A THRIF T. FULTON CHECKING ACCOUNT

NO WEARY FEET AND FRAZZLED NERVES FOR THRIF T. HE PAYS HIS BILLS BY FULTON CHECK AND THEN RELAXES. TO RELAX LIKE THRIF T., JUST OPEN YOUR OWN CHECKING ACCOUNT AT ANY FULTON OFFICE.

FULTON National BANK OF LANCASTER

PENN SQUARE • McGOVERN AVENUE • EAST PETERSBURG • MOUNTVILLE AKRON • GAP • MANHEIM • Member Federal Deposit Insurance Corporation

WILL YOUR INVESTMENTS STAY SHIPSHAPE?



Vacation trips and long summer weekends on the horizon! Good times ahead—especially if you can really relax, knowing your stocks and bonds don't lack attention.

Here's how . . .

Open a Custody account with us—a quick and easy step. We'll handle all your routine investment chores . . . watch for stock subscription deadlines and bond maturity dates . . . keep your securities vault-safe yet instantly available to you.

Custody is a year-in, year-out convenience. Look into it now—before your pre-vacation rush.

THE LANCASTER COUNTY NATIONAL BANK

● 8 Convenient Offices

LANCASTER

- 9 East King Street (temporary address)
- 188 North Queen Street (Drive-in Window)
- Prince and James Streets (Drive-in Window)
- 1648 Lincoln Hwy. East
- 1847 Columbia Avenue

MOUNT JOY

One West Main Street (Drive-in Window)

QUARRYVILLE

State and Church Streets

FLORIN

801 Main Street

Established 1841

Member Federal Deposit Insurance Corporation



EASY BUDGET PLAN!

You pay in equal installments spread over the year—avoiding big bills in cold months when oil consumption increases.

GARBER OIL CO.

MOUNT JOY, PA.

Ph. 653-2021
105 Fairview St.