



For the Farm Wife and Family

Ladies, Have You Heard? . . .

By: Jane Thurston, Extension Home Economist

Simple Heat Test For Cooking Outdoors
The hand test is easy to do . . . hold your hand over the coals at about the same height as the meat will be, and begin counting the seconds.

The fire is slow if you can keep your hand over the coals five or six seconds, medium if you can keep your hand over the coals three or four seconds, and hot if you can keep your hand there one or two seconds.

Steaks and hamburgers need a hot fire, roasts and kabobs need medium fire. Frankfurters and other sausage items need a slow fire.

Return To School

Although it's a temptation for the teen-

ager to continue working at the job he had during the summer, the wise young person will pick up his books and go back to school. A trained person has many more opportunities for good jobs than the untrained person, and more and more additional training is needed for the more complicated jobs or careers available.

Giving up the money of a summer job is not easy — nor is it easy for the young person to see that more years of preparation will mean better-paying jobs later.

It takes time, effort, and money to get the education and training needed for a job or a career, but it's worth it financially.

But the money a trained person earns is only part of the whole picture. A person works a good many years of his life and it's important that he have the kind of work that is interesting and satisfying. Also there's real satisfaction that comes with training when he knows he is skilled and can do

the job well. **Teach Children Street Safety**
Crossing the street holds many dangers for young children. But you can help them to develop certain built-in precautions.

Hold your child's hand as you're ready to cross the street. As he holds your hand, he must learn to look both ways before stepping off the curb. By setting a good example yourself, the child will remember that the curb is a refuge from danger. Stand on the curb until you can walk across the street.

Help your child establish the habit of always walking — not running — in the street. A child's emotions are heightened when he runs — a child should step off the curb and walk briskly across the street. A motorist may become confused when he sees a child running across the street in front of him.

Marriage and hunting licenses limit you to one deer at a time.



THURSTON

1/2 to 3/4 cup milk
1/2 pound ground beef
1/4 teaspoon salt
Dash pepper
1 medium onion, cut into 6 slices
Cheese Sauce

Sift together flour, baking powder and salt. Cut or rub in shortening until mixture is crumbly. Stir in enough milk to make a soft dough. Turn out on lightly floured board or pastry cloth and knead gently 30 seconds. Roll out to 7 x 12 inch rectangle. Cut dough in half making two strips, each 3-1/2 x 12 inches. Place one strip of dough in bottom and extending up ends of lightly greased 4-1/2 x 8-1/2 inch loaf pan. Cut remaining strip into five rectangles, each about 2-1/2 x 3-1/2 inches. Blend ground beef, salt and pepper. Shape into 2-1/2 x 3-1/2 inch patties. Layer meat, onion slices and biscuit rectangles upright in pan. Bake in hot oven (400 degrees) 50 to 60 minutes or until biscuits are golden brown. Remove from pan and

place on platter. Serve with Cheese Sauce.

CHEESE SAUCE

Melt 2 tablespoons butter or margarine in saucepan. Stir in 2 tablespoons flour, 1 teaspoon salt, 1/4 teaspoon Worcestershire sauce and a dash of pepper until smooth. Gradually add 1 cup milk, stirring constantly until thickened. Add 1 cup (4 ounces) shredded American cheese and stir over low heat until cheese melts.

TUNA-FRUITI MACARONI DINNER

1-1/2 cups pineapple tidbits (13-1/2 ounce can)
2 tablespoons butter or margarine
1 cup chopped green pepper
1 cup water
1 chicken bouillon cube
1 tablespoon soy sauce
1/4 cup sugar
1 tablespoon cornstarch
1 teaspoon salt
Dash pepper
2 tablespoons vinegar
8 ounces elbow macaroni
2 cups tuna, flaked (two 7-ounce cans, drained)

Drain pineapple, reserving 1/2 cup sirup. Melt butter or margarine in skillet. Cook pineapple and green pepper in butter or margarine until green pepper begins to soften, about 5 minutes. Add water, bouillon cube, soy sauce and reserved pineapple sirup to pineapple mixture. Heat to boiling, stirring occasionally to dissolve bouillon cube. Meanwhile, combine sugar, cornstarch, salt and pepper. Blend in vinegar, mixing until smooth. Add cornstarch mixture all at once to pineapple mixture, stirring constantly. Cook until thickened and glossy, about 2 minutes. Meanwhile, cook macaroni in boiling salted water until partially cooked, 3 to 4 minutes. Drain. Stir tuna into sauce. Fold in macaroni, mixing lightly until covered with sauce. Turn into shallow lightly greased 2-quart casserole with cover. Cover and bake in moderate oven (350 degrees) 20 to 25 minutes or until heated through.

TOMATO SOUFFLE SANDWICH

8 slices enriched sandwich bread
Butter or margarine, softened
12-ounce can luncheon meat, cut into 16 slices
2 cups cooked cut green beans, drained (1 pound can)
Prepared mustard
2 eggs, beaten
1-1/4 cups condensed tomato soup (10-1/2 ounce can)
1/2 cup milk

Toast four slices of bread and spread lightly with butter or margarine. Place on bottom of well-greased 8-inch square baking dish. Cover with luncheon meat and green beans. Spread mustard lightly on remaining bread, and place, mustard side down, over green beans. Blend eggs, tomato soup and milk and pour over sandwiches. Bake in moderate oven (350 degrees) 40 to 45 minutes or until sandwiches are puffy, yet firm. Makes 4 servings.

Shoe Prices Slashed To The Bone At SUPER SHOES

JUST IN TIME FOR SCHOOL

FOR FRIDAY AND SATURDAY AUGUST 30, 31

ONLY

Children's School SHOES **\$1.00**

A PAIR

- For Boys and Girls
- Big Selection
- Leather Uppers
- Long Wearing Soles
- Made In U.S.A.
- No Imports
- Sizes 8 1/2 to 3
- All \$2 - \$4 Shoes

OTHER BACK TO SCHOOL VALUES

GYM SNEAKERS

BOYS' **\$1.69**

GIRLS' **\$1.89**

TO

\$3.29

● Arch Type

- Arch Types
- Big Savings
- U.S.A. Made

BIG BOYS' AND MEN'S

DRESS SHOES

\$3.00 to \$6.98

Save Up To \$5. A Pair

Super Shoes

OPEN EVENINGS TILL 9 P.M.

220 W. King St. Lancaster, Pa.

FREE PARKING

Need . . .

HAY—STRAW—EAR CORN

Buy Now and Save!

More and more farmers are buying from us for better value and all around satisfaction.

Delivered — any quantity

Phone Strasburg 687-7631

Esbenshade Turkey Farm

PARADISE, PA.

ATTENTION

Farmers and Poultrymen

We are the largest suppliers of Wood Shavings in the East for Poultry Litter and Cattle Bedding packaged in bales, burlap and paper bags.

We deliver anywhere.

We are now receiving a new crop of very clean peanut hull. Save money by picking up at our warehouse.

For prompt service call

O. & D. SAWDUST CO., Inc.

659 E. Main St., Lititz, Pa.

(formerly of Manheim)

Phone 626-2068

Distributor For

Shredded Pine bark for Mulching Evergreens, roses, etc.

FARM LOANS

Loans for Machinery, Livestock, Cars, Repairs, and any farm purpose.
10 - 35 year Farm Mortgages
Full and part-time farms eligible

FARM CREDIT OFFICE

411 W. Roseville Rd.
Lanc. 393-3921



24-HOUR SERVICE!

We get there fast if you have burner trouble. We'll adjust your burner for economical operation — complete combustion.

We Give S & H Green Stamps

GARBER

OIL CO.

MOUNT JOY, PA.

Ph. 653-2021

105 Fairview St.