tinued From Page 8) plespoons butter aping cups) ps water spoon thyme spoons salt spoon pepper of cayenne pound can whole tomapound can salmon saucepan saute onion een pepper in the butter but 10 minutes, or until is lightly browned. Add s and water and bring hil Add thyme, salt, pepyenne and the tomatoes 2mmer for 15 to 20 minuuntil potatoes are ten- 3 dd salmon, broken into 1 s, and the juice from es longer. Serves 6. **REN-VEGETABLE SOUP** 

5 0 1/2 ounce cans beef broth Woup cans water . Way ups (12-ounce can) regetable juice cocktail ablespoons soy sauce ablespoons vinegar Leaspoon pepper Karup thinly sliced carrots hicken Eggs, beaten Combine all ingredients ex- ture in parfait glasses. opil Sino a eggs Bring to a boil.

1:110

1**n**ế

Males 6-8 servings.

FRANKLY VEGETABLE SOUP dium potatoes, diced (2 2 frankkfurters, thinly sliced 5 tablespoon butter or mar- 1/4 cup taploca 1 garine cups water 1 can (2 ounces) vegetable dry soup mix

In saucepan, brown frankfur- 1/4 cup orange juice ters in butter. Add water:  $^2$ bring to boil. Stir in soup mix. Partially cover; simmer 15 minutes, stirring now and then. Makes 3 to 4 servings.

### 寒 BEEFY ONION SOUP

- cup cubed cooked beef tablespoons butter or margarine
- cups water
- soup mix
- corn
- 1/2 cup cooked tomatoes Generous dash basil
- In saucepan brown beef in

ents. Heat, stirring. Makes 3 Cream. to 4 servings.

4 Sup chopped green beans be served in a dessert bowl 4 Sup chopped cooked with a topping of Spiced Sour This Chilled Fruit Soup can Cream, or it can be layered 1/16 teaspoon ground cloves with the zesty sour cream mix-

- CHILLED FRUIT SOUP er about 10 minutes Stir 1/2 cup drained prunes
- aten eggs Serve at once 1 cup water 1/2 cup raisins

- 1/2 CUD anieur 1/2 cup slaced apple cups water 1/2 cup sugar
- 1/2 cup pitted ied tart cheriies, diained

1/2 cup grape juice

- tablespoons lemon juice Orange slices
- Lemon slices

Cook prunes in 1 cup water until tender, drain, saving liquid. Remove pits from prunes and quarter, set aside. In saucepan combine taisins, apricots, apple, 5 cups water and taploca Cook until fruits are tender and liquid is thick and juice, cheiries, giape, orange an and simmer for 5 1/2 cup cooked whole kernel and lemon juices Chill and serve topped with \*Spiced Sour Cream Garnish with orange and lemon slices

FRUIT SOUP PARFAIT butter. Add water and soup VARIATION Inclease taploca mix. Partially cover; summer to 1/3 cup. In chilled paifait 10 minutes, stirring now and glasses, alternate layers of then. Add remaining ingredi- Fruit Soup with \*Spiced Sour

## SPICED SOUR CREAM

1/2

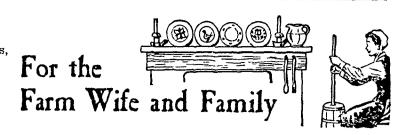
1/4

pint dairy sour cleam tablespoon sugar teaspoon grated lemon

Whip sour cleam until thick that you have enough servrind and cloves.

### Space for Sleeping

Experts say a person sleeps best in a space 39 inches wide and at least 6 inches longer specialists When sleeping problem The supersize is 2 teet wider and 6 inches longer



## Ladies, Have You Heard?...

By: Jane Thurston, Extension Home Economist Tips On Party Meal Planning

Whether you're a beginner of an experienced person in party-giving, these few tips may help make entertaining a bit easier Plan your menu around current best

buys at the tood market A few pennies savcan (1% ounces) onion dry clear Add sugar, prunes, prune ed in one place can be spluiged in another Plan toods so that not all need last-

minute preparation A casserole type main dish that can go from oven to serving table is a good choice. To go with it, a madeahead salad, a simple vegetable and readyto-bake rolls will make no last-minute hazards. Also such foods will give you more time to be with your guests



Organize your food preparation, setting out and grouping food and sure before the liquid is used,

utensils needed Open cans and you won't be able to empty the packages before needed when can this is possible. Wash or put utensils to soak as used

Put all your new found meal-planning knowledge to allowed to stay on such sur-Chill small bowl and beaters. set properly and attractively, the next time you way them. (this will take about 5-8 min- ing dishes Also see that your utes), blend in sugar, lemon meal is nutritionally sound, leway the surface and that it has coloi, temperature, texture, and flavor variety.

### Good To Know Anytime

and many other products in than he is, point out Penn State aerosol packages, it's essential should give you such informaextension home management that you hold the container as tion as The blanket has conupright as possible for effi- toured bottom corners that fit space is not enough for health- cient operation. If there's an over sheets and mattiess to ful comfortable rest, the super- allow on the dispenser button help hold the blanket in place; size mattiess will solve the be suie the arrow is lined up the blanket has nylon bindwith the mark on the can This ings that will last the life of keeps the dip-tube in the 11- the blanket the blanket is sizthan the standard double mat- quid and you won't waste pres- ed ioi a twin or a double bed. sure. It you run out of pres- Also the label should state

When you spill milk on turniture, iloois, and woodwork, iemove it promptly and com-

pletely with a damp cloth If work See that your table is faces, white spots will appear But when this happens, 1ub buskly with a damp cloth and

> When You Shop For An Automatic Blanket

Look tor the manufacturer's gualantee — it's your most When you use a spray way rehable guide for a good buy.

Read all labels Labels length of the blanket for some are \$1 inches long others are 90 or 108 inches

Also read the label to see if the instruction book is included Sometimes the book is folded within the blanket that is sealed in a plastic wrapper and you won't find it until you take the blanket tiom the plastic

And before using the blanket the first time, you must lead the instructions calefully and tollow them exactly Perhaps an automatic blanket you used previously was made by a different manufacturer and the heating control may not be the same as the blanket vou just bought



Farm Women 6

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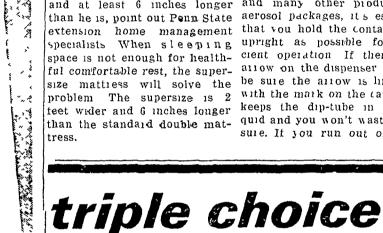
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## Make Dressings

Society of Farm Women 6 net fuesday evening at the ome of Mis Milton Ebelly. nd made 251 cancer dressings. lefreshments were made and erved by Mis Eberly, Mis. Beitha Kellei, Mis Lela Cobe. Mrs Stella Coble and Mis. ala Mver

The next meeting will be ield Saturday, Feb 1 at 2 pm. at the home of Mis Claience leiner, Elizabethtown R3. lisses Anna Mae and Ruth Dby of Mount Joy will show olored slides and speak of heir time to the Canadian lockies

There will also be a report f the delegates. Mrs Esther 'rey and Mrs Mary W Sheafer, from the Lancaster Counv Farm Women's conventions eld in Hairisburg.

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