

(Continued from Page 8)

1/2 cup salad dressing  
1 teaspoon minced onion  
1 Heat waffle iron. Sift flour, baking powder and baking soda together. Beat the eggs well. add buttermilk. Combine Cracker Crumbs with flour mixture, add to eggs and milk. Beat until smooth; stir in melted butter or margarine. Bake in waffle iron. Makes 6 waffles. Top each waffle with

cooked asparagus spears and sauce.

To prepare sauce, combine in saucepan the soup, undiluted, salad dressing and minced onion. Heat. Garnish with strips of pimiento.

Your family might like red cabbage made this way —

**RED CABBAGE**  
3 tablespoons butter  
1 medium head red cabbage, shredded

2 tart apples, core, thinly sliced  
1/4 cup lemon juice  
1/2 teaspoon salt  
3 tablespoons sugar  
Melt butter in saucepan. Add cabbage, sliced apples, lemon juice, salt, sugar; toss lightly. Cover, simmer 2 hrs over low heat, stirring occasionally. Makes 4-5 servings.

Spinach is tasty cooked or used in a salad

**SPINACH AND LETTUCE**

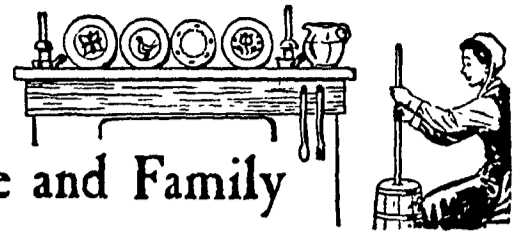
**BACON SALAD**  
4 cups (about 1/2 pound) strips bacon, diced  
bite-size pieces raw spinach  
2 cups bite-size pieces lettuce  
2 hard-cooked eggs, finely chopped  
1/2 cup salad dressing (any flavor)

Fry bacon until crisp, drain. Place spinach and lettuce in a bowl. Sprinkle bacon and eggs over the greens. Add salad dressing and toss lightly. Makes 8 servings.

**ZESTY SPINACH AND CELERY**

1 10-ounce package frozen spinach  
1 cup sliced celery  
1/2 teaspoon salt  
1 1/2 cups boiling water  
2 tablespoons butter  
1 to 1 1/2 tablespoons prepared horseradish  
1/2 teaspoon salt  
(Continued on Page 10)

Lancaster Farming, Saturday, February 10, 1964



## For the Farm Wife and Family

### Ladies, Have You Heard? . . .

By: Jane Thurston, Extension Home Economist

#### Guides To Making A Shopping List Practical

When you shop for clothing, include sizes and preferences for various items. Do this for each person on your list. It may be helpful to keep an up-to-date record of sizes on a card in your billfold or handbag.

For home furnishings you need information on measurements of rooms, windows or furniture. Also you'll need to take with you sample swatches of paint, floor coverings, and decorative fabrics that are to be matched or coordinated with new items you buy.

When you shop in a department store, list the items to be bought in a workable order — from basement or first floor up or from top floor down. In a shopping center, shop one side of the street, then back on the



THURSTON

other. Shopping as a family could be tightly sealed and be handled this way — split kept in a dry place away from the shopping list among family light and heat.

Foods which can be kept responsible for certain items. Child-tasteful items on the shelf include items as milk, eggs, or bread. Unopened canned foods, unless otherwise indicated on the label.

**On-The-Shelf Storage For Foods** Dried foods, such as vegetables and fruits.

Some foods can be stored at room temperature in kitchen cabinets or in the basement. Prepared mixes, puddings, gelatin, spices and seasonings. Such on-the-shelf foods have a relatively long storage life. But Gram products including (Continued on Page 12)

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1934



1964

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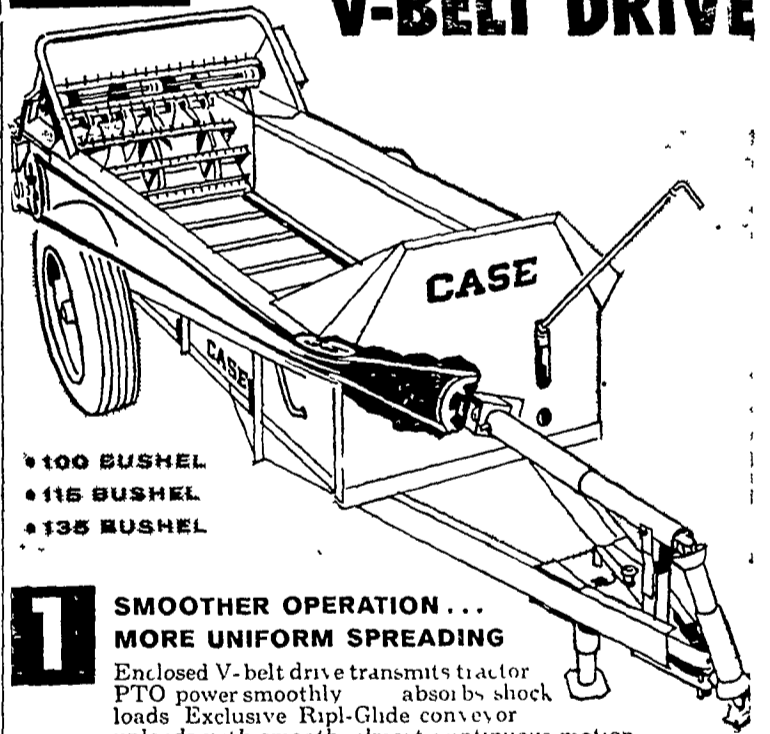
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