

Farm Women 1 Host Society 16

The ladies of Farm Women's Society No 1 entertained the ladies of Society No 16 at a luncheon on Saturday at Salem Lutheran Church, Lincoln. Mrs. Abram Bollinger, the president, was in charge of the meeting which followed, and Mrs. Willis Bucher led the devotions.

A rummage sale will be held on Friday, May 8, in Odd Fellows Hall, North Broad Street, Lititz, the Ways and Means committee, Mrs. Amos Shenk, chairman.

A Workshop Cookout will be

held today at the Christian Musser farm at Mount Wolf. The Mother-Daughter Banquet will be held on Friday, May 1, at 6:15 p.m. at the Brunneville Fire Hall. Mrs. Kenneth G. Smithson will be the speaker and show her Biblical dolls. Heart Haven bazaar was announced for April 21.

Mrs. W. Dean Fyock showed slides and told about her recent trip to Europe and displayed her many souvenirs from the various countries she visited which included Holland, England, Austria, Switzerland, Denmark and Norway.

Virginia Brubaker and Wendi Fritz presented two vocal solos. The committee in charge in-

cluded Mrs. Leon Ulrich, Mrs. Roy Brubaker, Mrs. Raymond Groff, Miss Rachael Bollinger, and Mrs. Howard Wolf.

Eggs in Daily Menus

Eggs are a top-class protein food, in the class with such foods as meat and milk for building and repairing body tissues, points out Louise Hamilton, Penn State extension specialist. Also, eggs are outstanding for two of the B vitamins, thiamine and riboflavin, and for vitamins A and D. In addition, the egg yolk is rich in iron and also has phosphorus and other minerals the body needs.

Beef for Grinding

When buying beef for grinding, you may prefer a combination of various less expensive cuts, point out Penn State extension nutrition specialists.

While rich in flavor, ground meat containing a fairly high proportion of fat will shrink considerably during cooking, and the cooked patty will be smaller than one made from leaner meat.

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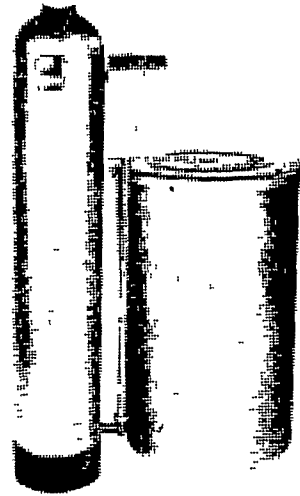
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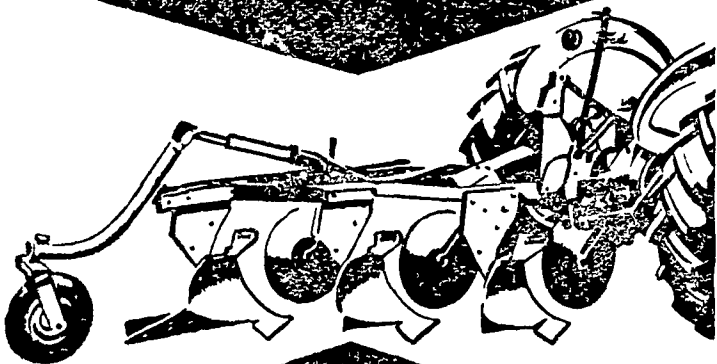
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