

(Continued from Page 8)

SAUCEPAN SUPPER WITH FRANKS

- 7 1/2 pound franks
- 1 1/2 ounce package noodles
- 2 teaspoons salt
- 1 cup dairy sour cream
- 1 1/2 teaspoons Worcestershire sauce
- 1/4 teaspoon nutmeg

Place franks and noodles in boiling salted water in the same saucepan. Continue to cook for 8 minutes. Remove franks from water. Drain water from noodles and place in serving dish. Toss with sour cream, Worcestershire sauce and nut-

meg. Place franks on top of noodle mixture. Serve immediately. 4 servings.

TUNA CHEESE SOUPREME

- 1 1/4 cups (10 1/2 ounce can) condensed cheese soup
- 1/2 cup milk
- 2 cups cooked rice
- 1 cup (7-ounce can) tuna, drained and flaked
- 1/4 cup chopped parsley
- 1/2 cup corn flake crumbs
- 1 tablespoon butter or margarine, melted

Combine cheese soup and milk in greased 1 1/2 quart casserole, arrange layers of rice, tuna, parsley and cheese soup

mixture; repeat layering. Combine crumbs with melted butter. Sprinkle over tuna mixture. Bake in hot oven (425 degrees) about 15 minutes or until thoroughly heated. Serve at once. 6 servings.

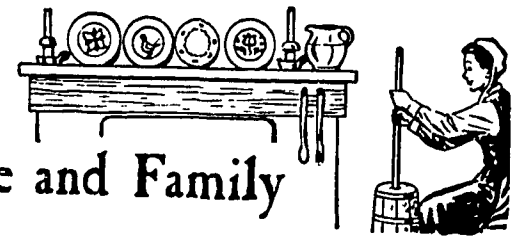
* * *
 "Busy-day" dinners need desserts, too; desserts that are easily prepared. Like this easy Cherry-Nut Pudding

EASY CHERRY NUT PUDDING

- 1/2 cup corn flake crumbs
- 1 package (9-ounce) loaf size white cake mix

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For the Farm Wife and Family



Ladies, Have You Heard? . . .

By: Jane Thurston, Extension Home Economist

Storage Principles Worth Remembering

Store equipment and supplies where you use them first, whether you put them on shelves, in drawers, or hang them up.

Store items within your own easy reach. Keep the heavy items you use most often at a comfortable lifting height. This means no higher than your shoulders and no lower than seven inches below your elbow when you stand comfortably erect.

Stack only identical items, such as dinner plates or saucers.

Store utensils only one row deep on shelves so they are easy to see and reach.



THURSTON

Food For Thinking

A good breakfast may well be food for thought. Starting the day with a good breakfast provides the nutrients everyone needs for mental alertness and efficiency. So, whether you think at home, at school, or at work, begin the day right with a nourishing

breakfast. You'll think better and feel better, too.

Lifting Properly Makes Work Less Tiring

When you lift objects, stoop by bending your knees instead of bending over with your back. This uses the big muscles in your legs and thighs and protects the small weak muscles in the small of your back.

When carrying groceries, divide the load into two small-

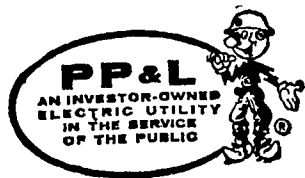
(Continued on Page 10)

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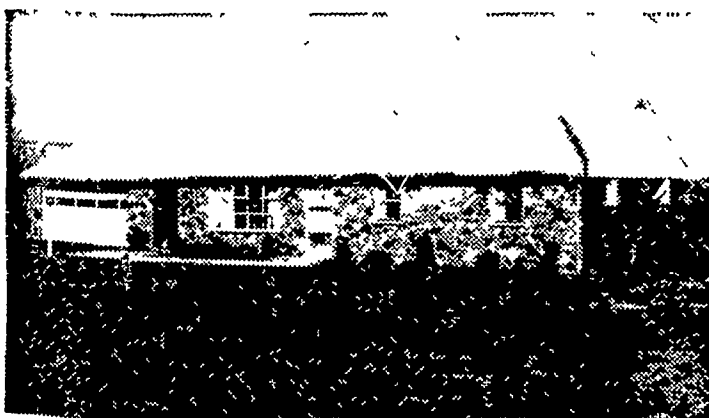


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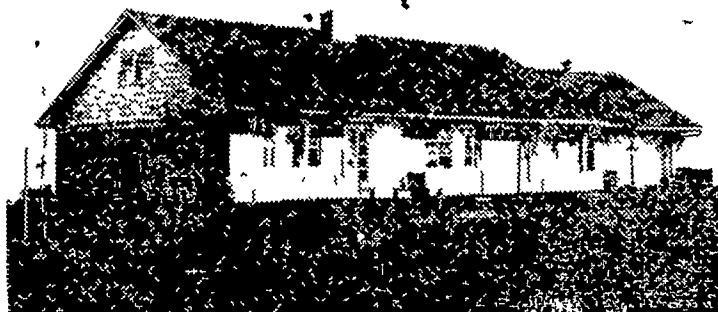
- Electric heat eliminates the need for chimneys and bulky fuel storage equipment.
- Does away with periodic cleaning, burner adjustment or repairs . . . in fact, the need for any service is rare.
- Costs 1/4 less than just two years ago, thanks to PP&L's low heating rate.

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New rates lowering the cost of total electric living even further were filed with the Pennsylvania Public Utility Commission February 28, 1964.



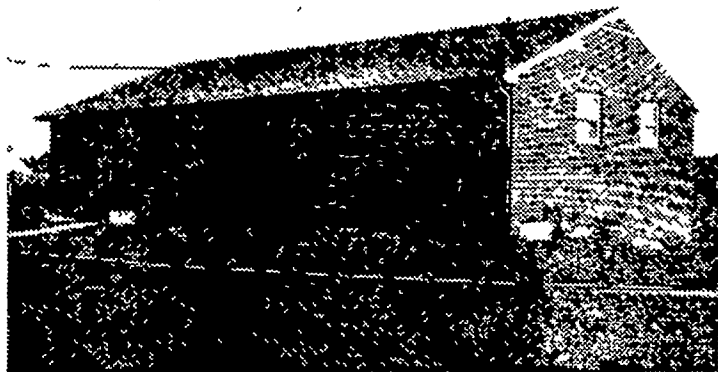
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