

(Continued from Page 14)

**FUDGE**

Ruth Ann Wood  
 cups sugar  
 cup light cream  
 tablespoons King syrup (molasses)  
 Pinch of salt  
 tablespoons cocoa  
 Stir until sugar as dissolved. Oil to firm ball stage. Remove from heat and add:  
 tablespoon butter  
 teaspoons vanilla  
 Set aside to cool. When you can hold your hand comfortably to the bottom of the pan, eat fudge until dull. Then pour into greased pan.

**LUSCIOUS OVERNIGHT SALAD**  
 Dorothy Walton  
 egg yolks  
 tablespoons sugar  
 teaspoon salt

2 tablespoons vinegar  
 2 tablespoons pineapple juice  
 1 tablespoon butter  
 1 cup whipped cream  
 2 cups white seedless grapes  
 2 cups pineapple tidbits  
 2 cups (6 oz.) miniature marshmallows  
 2 oranges cut in pieces  
 Cook egg yolks, sugar, salt, vinegar, pineapple juice and butter in double boiler until thick, stirring constantly. Cool. Fold in whipped cream, grapes, pineapple, marshmallows and oranges. Chill 24 hours. Garnish with orange sections and cherries.

**BARBECUED HAMBURGER**  
 Pat Widdowson  
 1 pound hamburger  
 1 medium onion  
 3 tablespoons brown sugar  
 1 bottle catsup  
 2 tablespoons sweet pickle juice

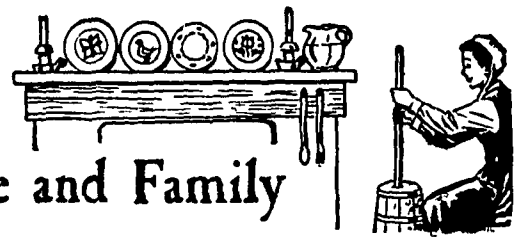
1 tablespoon Worcestershire sauce  
 Brown hamburger in frying pan, add onion, and cook until clear. Add all other ingredients and simmer 15 minutes. Let sit a few hours. Use in toasted hamburger rolls or bread.

**PLAY DOUGH (NOT EDIBLE!)**

1 cup flour  
 1 tablespoon alum  
 1/2 cup salt  
 1/2 cup water (to which food coloring or bluing has been added, if color is desired)  
 Mix well and store in airtight container. Wonderful entertainment for a rainy day!

**Freezer Storage Temperature**  
 For best storage of foods, your home freezer should maintain a temperature of zero, or lower, reminds Louise Hamilton, Penn State extension nutrition specialist. If the temperature is higher or constantly fluctuates, foods lose quality, and there may be changes in color, flavor, and texture.

**For the Farm Wife and Family**



**Ladies, Have You Heard? . . .**

By: Doris Thomas, Extension Home Economist

**Some Tips For Filing Clippings**

Unless you have a definite place for filing all your treasured clippings from the women's pages of newspapers and magazines, recipes you want to try, use and care booklets for appliances, and many similar items, you could spend needless time looking for just the right one.

To aid you with your filing system, here are some suggestions:

Decide what categories on homemaking, money management, hobbies, crafts, and gardening that will help you find the information you need quickly and with ease. Your subject matter file can be as elaborate or as streamlined as you desire.

Check your proposed alphabetical divisions with the pa-



THOMAS

pers, hang tags from garments, and booklets you want. Weed out and throw away the outdated or probably-will-never-use pieces. Put the ones you want in separate piles or boxes. After you've done this, you're ready to work on your filing system.

One filing system is to use manila filing folders, labeled in order, for upright storage. If you have a large collection, you may want to buy a metal office-type file. You may have a place for it in a closet or other handy storage area.

Instead of the metal file and folders, you could make files from sturdy boxes. If you wish, you can cover them with colorful plastic adhesive paper.

Choose the materials and filing system best suited to your collection, then make sure you take time now and then to throw out clippings and out-of-date information. Keep your filing system working for you.

**Worth Knowing Anytime**

Although we grow up, we never outgrow our need for proteins in our daily diets. Everyone needs proteins for the repair and upkeep of body tissues. Milk, cheese, eggs, meats, poultry, and fish supply important amounts of protein. Other good food sources that help to fill our daily protein needs include dry beans, dry peas, lentils, and nuts.

A clothes dryer saves the average homemaker twenty work days of eight hours each and forty miles of walking in a year.

The leading ice cream-producing states include New York, Pennsylvania, and California, according to the United States Department of Agriculture.

**Reminders for Food Marketing**

Plan whole menus in advance—a week ahead is a good idea. Shop for all staples and storable items needed for the week at one time.

Make out a complete shopping list and group like foods together, such as dairy products, to save steps at the store. If possible, shop when the store is least crowded and allow yourself plenty of time.

Check for in season, plentiful, and locally produced foods.

Buy foods in quantity whenever possible, keeping available storage space and usefulness of product in mind. Find out the unit price—sometimes items marked "special" are at their usual prices.

The reformer must be a hero at all points, and he must have conquered himself before he can conquer others. — Mary Baker Eddy

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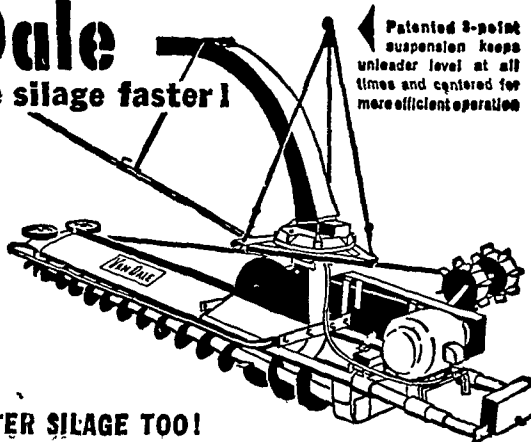
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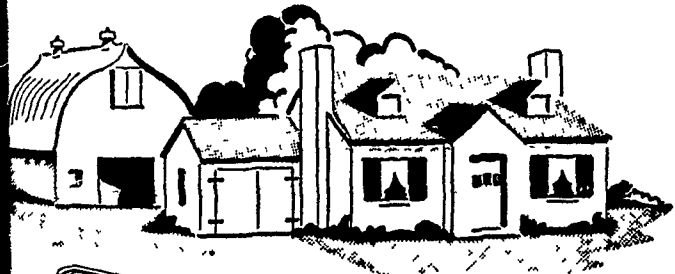
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