- For The Farm Wife (Continued from Page 14) prepared for baking
2 tablespoons melted butter or margarine
Salt and pepper
Saute onion in butter or margarine until tender. Combine with cracker crumbs, lemon rind, lemon juice, paprika cand sour cream. Pack nto cavity of fish, place in greased baking dish. Brush with melted butter or margarine and sprinkle with salt and pepper. Bake, covered in moderate aven ( 350 degrees) 45 , minutes or until fish flakes easily when touched with 2 fork. Makes 4 to 6 servings.

SEAFOOD THERMIDOR
1 can (4, ounces) sliced mushroams, drained
tablespoon butter or margarine

1 cup diced cooked lobster FARM WOMEN (or $61 / 2$ ounce can, SOCIETY NO. 3

1 can (10 ounces) frozen condensed cream of shrimp soup
$1 / 4$ cup milk
$1 / 4$ teaspoon dry mustard Dash cayenne pepper Grated Parmesan cheese Paprika
Brown mushrooms in butte in pan. Add lobster and cook few minutes. Stir in soup, Heat slowly; stir often until soup is thawed Spoon lobster mixture into 3 individual bak ing dishes. Sprinkle cheese paprika on top. Bake in about 15 minutes. Makes servings.

Fifty-two per cent of 4 Club members now come from urban or suburban homes.

## (6)

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The Society of Farm Women Group No. 3 entertained the ing Clubs Sewing and Cooking clubs were the entertaining feature at the monthly meeting in the Social Hall of the ing in the Social Hall of the Salem Lutheran Church, Lincoln Min
hostess.

Mrs. Harold Stuber, leader of the sewing club, talked on "What it means to belong to 4-H Club."
Nineteen members of the Sewing Club demonstrated the form of then regular meeting. Their president, Linda Struber, presided, and Secretary Margaret Hainley read the minutes.
Mrs Dorothy Fry introduced Linda Stuber and Agnes Ul. rich, members of the Cooking door cooking over on "OutA fashion show was given by the girls of the Sewing Club. During the business session a report was read from the receipt of 479 dressings and three bed jackets during the year.
Bananas, oranges and cookies were taken to the guests at the County Home this past week by the committee Also, final arrangements for serving food during the week of the Ephrata Farr were made.
During the soctal hour music
was supplied by several of the was supplied by several of the
$4-\mathrm{H}$ members, and refreshments were seived by the hostess.
The October meeting will be held on the 19th at Noon at the Social Hall of the Salem Lutheran Church, Lincoln.

## For the <br>  Farm Wife and Family <br> 

Ladies. Have You Heard?
By: Doris Thomas, Extension Home Economist Some Things A Household Inventory Can Do For You
An inventory will reveal the approximate value of all your household possessions It might spotlight the need for more insuiance aganst fure, theft, or any of the other ha detailed and accurate the inventory, the bet ter adjustment you'll get should disaster strike.

An inventory reveals good buys and poos. ones, helps in planning future expenditures and helps you in thinking about and making
Most inventory forms ha
he approximate date you bought column fo
 THOMAS and its guide for setting present more ron and niacin, ond onevalue is to base the value on tenth more riboflavin to the he cost of replacement today, Nation's diet than would be divided by the number of avanlable if these foods were years you've used the item not enriched
Antery Vanilia is still the favorite and in cream in the posit box, and review it at United States Vanilla ice to flavors combined Chocolate is second and strawberry thard. Have You Thought of These

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Bacon squates are pork cut fiom the jowl and cuied and smoked Bacon squares may be sliced and fried or broiled until crisp Or they may be immered or baked with beans or 0.
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Ways to Use the Timer? our the built-m timer on ble ane or a sepalate movarious to remind you to do oast jobs, such as take the haw out of the freezer to pecific ake a phone call at a or shopping The timer is handy for regulating children's acturities, such as how long to watch television, when to put their toys away, when to leave for the school bus, and many other activities duing the day. tuse the timer for shorttime cooking on top of the range, and to lemind you to turn the meat duing broiling.
Some - Tips on Potato Storage Potatoes need more careful storage than you think Potatoes keep best in a dark, diy well-ventilated place with a temperature about 45 to 50 degrees
In a waim place, potatoes shrivel and sprout, in a cold
(Contınued on Page 16)

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