

For The Farm Wife

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skillet. Add onion. Cook 20 minutes, stirring occasionally. Drain well. Prepare corn bread mix according to package directions using 1 cup milk and 2 eggs. Stir in caraway seeds. Arrange 1/2 sau-

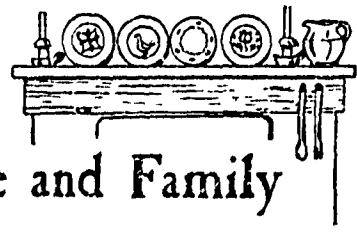
sage-onion mixture in an ungreased 9-inch square baking pan. Pour batter over, spreading evenly. Arrange remaining sausage-onion mixture on top. Bake in a hot oven (425 degrees) 25 to 30 minutes. Cut into 6 portions; serve hot. Makes 6 servings.

SUPER SUPPER LOAF

1/2 pound liver sausage
1 pound ground beef
1 1/4 cups fine bread crumbs
1 egg
1 teaspoon salt
Dash pepper
Bacon strips

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For the Farm Wife and Family



Ladies, Have You Heard? . . .

By: Doris Thomas, Extension Home Economist

How Much Meat To Buy

You just count noses when you're planning to have frankfurters or chops for the family dinner. But buying other meats is a little different — you need to do some figuring. A few guidelines to help you in your buying are:

Boneless meat, such as round steak, ground meat and rolled roasts — allow one fourth pound for each serving.

Meat with an average amount of bone, such as bone-in roasts, steaks, lamb — allow one third to a half pound for each serving.

Meat with a larger amount of bone, such as short ribs, spareribs, pork hocks — allow three-fourths to a pound for each serving.



THOMAS

Some Rules for Successful Deep-Fat Frying

Keeping the proper fat temperature is important in deep-frying. A temperature of about 375 degrees is considered satisfactory for frying most foods. Higher temperatures cause food to brown too quickly on the outside before the inside is cooked through. But too low a temperature doesn't allow a crust to form rapidly enough, causing food to become grease-soaked.

Using a thermometer, especially for deep-fat frying, is the most accurate way to keep the fat at the proper temperature. But if you don't

have a deep fat thermometer, try this simple test: Heat the fat, and when you think it is near the desired temperature, drop a one-inch bread cube into it. If the bread browns in sixty seconds, the temperature is about 375 degrees.

To help keep the correct frying temperature, don't fry too much food at one time. Adding too many pieces to the hot fat reduces the temperature too much for proper frying of the food. After taking each batch of food from the fryer, let the fat return to the desired temperature, then put food in it.

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IN 3 1/2 YEARS

RESIDENTIAL BILLING COMPARISON
Showing Effect of Series of Rate Reductions



GENERAL RESIDENTIAL SERVICE ON SCHEDULE RS

Bimonthly KWH Use	Cost Before Sept. 1, 1961	Cost Starting Feb. 1, 1965	PERCENT DECREASE
(No Water Heater)			
200	\$ 9.80	\$ 8.90	9.2
300	12.80	11.40	10.9
400	14.80	13.60	8.1
500	16.80	15.10	10.1
600	18.30	16.60	9.3
700	19.80	18.10	8.6
800	21.30	19.60	8.0
(With Water Heater)			
1000	21.90	19.45	11.2
1200	24.90	22.40	10.0
1400	27.90	25.40	9.0
1600	30.90	28.40	8.1
1800	33.90	31.40	7.4
2000	36.90	34.40	6.8
2500	45.20	41.90	7.3
3000	55.20	48.32	12.5

Home Heating Cost On Total Electric Living Rate RH
With 5400 Degree Days

Home Size and Kilowatt hour use	Annual Cost Before 9-1-61	Annual Cost Starting 2-1-65	PERCENT DECREASE
1,000 sq. ft. Home Properly Insulated Using 12,800 KWH For Heating	\$234	\$140	40
1,500 sq. ft. Home Properly Insulated Using 19,200 KWH For Heating	361	205	43
2,000 sq. ft. Home Properly Insulated Using 25,600 KWH For Heating	488	269	45

PENNSYLVANIA POWER & LIGHT COMPANY

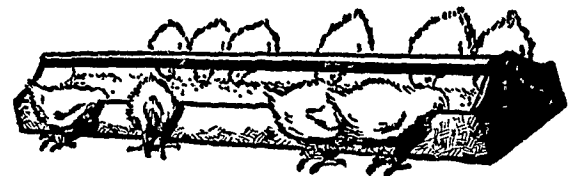
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