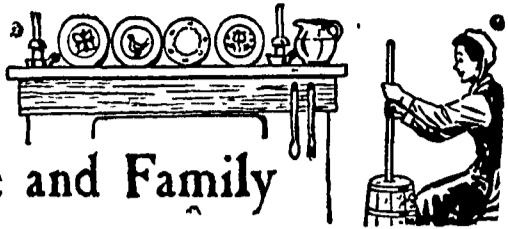


For the Farm Wife and Family



By Mrs. Richard C. Spence

SWEETS COME LAST IN MEALS WITH APPEAL



SPENCE

Apples are better after-school snacks for your youngsters than cookies. Sweet foods have a tendency to dull appetites and that's why it's best to feature sweets at the end of meals.

Properly planned menus will dull appetites, too. If you give extra thought to the meals you plan for your family, you'll be doing more than providing them with nutritious foods. You'll be helping to determine whether or not your family eats all the foods you prepare.

Choosing food combinations for their pleasing colors is one of the routes to good menu planning. Use colors both to contrast and to complement. Brightly colored foods

will provide a foil for the foods that are paler in color. So use them in salads and omelets served with buttered corn will probably taste all right. But its appetite appeal could be improved by serving green beans with the omelet instead of the corn.

Plan on flavor contrasts too when you're planning menus. Providing salty foods is usually no problem. Neither is "something sweet." But you may need to do a little checking to see if you've included the sour and tangy flavors. Pickles and tart salad dressings will assist you here. So will little touches, such as the lemon wedges you serve with fish.

The aroma of foods play a part in whetting appetites, too. But they can have the opposite effect if they're overwhelming. You can help control this by using seasonings in a subtle fashion.

Textures in foods are something else to consider when you plan meals for your family. It's a good idea to try to include something crisp, something chewy and something smooth in most meals. Crisp raw vegetables and fruits will look after one of these requirements. Meats and cooked vegetables will take care of the chewy aspect. And a peach or pear side salad will satisfy the last category.

If you remember that peo-

ple eat with their eyes as well as with their mouths you'll find it easier to plan appealing meals.

With Washington's birthday just around the corner, the sweets for your meals might possibly include cherries in some form or other. Here are several cherry desserts you might like to try.

WASHINGTON'S CHERRY COBBLER

- 4 cups red sour pitted cherries
- 1 1/4 cups sugar
- 4 tablespoons cornstarch
- 1/4 teaspoon salt
- 1 cup cherry juice
- 1/4 teaspoon red food coloring

1 tablespoon butter or margarine
1 teaspoon lemon juice
1/8 teaspoon almond extract

Biscuit Topping:

- 1/4 cup shortening
- 2 cups sifted flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 cup milk
- Vanilla ice cream

Drain cherries thoroughly.

In a saucepan combine sugar, cornstarch and salt. Gradually stir in cherry juice. Add food coloring and bring to a boil. Cook and stir 10 minutes, or until thickened and clear. Remove from heat and add butter, lemon juice, and almond extract. Stir in drained cherries. Pour mixture into a

1 quart baking dish about 2 inches deep. Place in a very hot oven (450 degrees) for 10 minutes.

For biscuit top, sift flour with sugar, baking powder, and salt into mixing bowl. Cut in shortening until the mixture resembles coarse corn meal. Add milk all at once; stir until dough clings together. Knead well 6 times. Roll out a circle 7 inches in diameter and 1/2 inch in thickness. If desired, flute the edge like a pie crust. Place on a baking sheet. Bake in a very hot oven (450 degrees) for 15 minutes, or until golden brown. Place baked biscuit on top of cherry filling. Serve (Continued on Page 15)



What you don't know about **ONE STOP BANKING** could be costing you money...



So many people now do all their banking with us. That means Checking Accounts, Savings Accounts and getting loans from us, too. Money-wise families borrow from our bank because when they need extra money, they take advantage of our quick, low-cost loans instead of dipping into Savings. The point is when you do all your banking here in our bank, which is convenient and time-saving, we can help you because we know you better both personally and financially. Why not try One Stop Banking soon? One of the many services at our Full Service Bank.

BANK HOURS: Main Office and Millersville Branch: Mon. thru Thurs. 9 a.m. to 3 p.m.; Fri. 9 a.m. to 6 p.m.

Lititz Branch: Mon. thru Fri. — 8 a.m. to 2 p.m.; Fri. 5 p.m. to 7:30 p.m.

DRIVE-IN WINDOW . . . for your convenience at main office and both branches. **FREE PARKING** at places listed below. Bring parking ticket to Bank for validation.



- Any Buhrman Parking Lot
- Grant Street Parking Lot — 48 W. Grant St.
- Kendig Parking Lot — 36 S. Queen St
- Hager's
- Swan Parking Lot — Vine & Queen Sts
- Stoner Parking Lot — Corner Vine & Queen Sts
- Watt & Shand Parking Garage

Conestoga
NATIONAL BANK

"Serving Lancaster from Center Square since 1889"

Maximum Insurance \$10,000 per depositor

Member Federal Deposit Insurance Corporation

MILLERSVILLE BRANCH

302 N. George St.

LITITZ SPRINGS BRANCH

Broad and Main Sts., Lititz



Henry, we've simply got to get more room now that the children are getting older.

You're right! Perhaps we should start looking for a bigger house right away.

MORTGAGE LOANS
Sensible Rates!

ACCOUNTS
INSURED TO \$10,000

FIRST FEDERAL
Savings and Loan
ASSOCIATION OF LANCASTER



25 North Duke St.

Phone 393-0601

